

Apple Tree

PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

May 2026

A note from the office:

Happy May, Apple Tree families!

As the blossoms finally appear and the weather warms up, there is a renewed sense of energy throughout our center. May is one of my favorite months because it represents growth - much like the growth we see in your children every single day!

This month is particularly special as we celebrate **Teacher Appreciation Week (May 4th-May 8th)** and Mother's Day! It is a good time to reflect on the village it takes to raise and nurture our little ones. We are so grateful that you have chose Apple Tree to be apart of your family's journey!

Check your child's cubby to ensure you have swapped out your spare clothes for "summer ready outfits". We know accidents and spills happen, and want to make sure they have extra weather appropriate clothes.

Our teachers are the heart of Apple Tree. If you would like to participate in Teacher Appreciation Week, even a handmade card from your child with a quick THANK YOU note means the world to our teachers. We will have a "compliment board" in the lobby - feel free to post a kind word about your child's teacher!

Miss Lisa

HAPPY BIRTHDAY

Dylan
Alice
Adycin

Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com

Important Dates:

5/4 - 5/8 - Teacher Appreciation Week

5/10 - Happy Mother's Day

5/19 - Pre-K Graduation @ 4pm

5/25 - Memorial Day / Apple Tree is CLOSED today

Share
APPLE TREE WITH A
Friend

REFER A NEW FAMILY

\$100 TUITION CREDIT

Refer a new family and receive a \$100 tuition credit after their first 90 days of enrollment, while they enjoy free registration (\$50 value) when they enroll. It's our way of saying thank you for helping our community grow!

**Apple
Tree**

Teacher Fun Fact

What is your dream vacation?

Miss Sara: Scotland
Miss Joshlyn: Bali
Miss Cassie: Bahamas
Miss Daisy: Venice

Miss Bell: Galapagos Islands
Mr. Devon: Brazil
Mr. Devon: Hawaii

Love Our Center?

**HELP US
GROW!**

3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
- LIKE, SHARE, COMMENT & SAVE OUR POSTS
- SCAN THE QR CODE & LEAVE US A REVIEW!

WE APPRECIATE YOUR HELP!



Health & Fitness Tips:

SCREEN-FREE ACTIVITIES FOR KIDS THROUGHOUT THE SUMMER

With summer break approaching, the need for screen-free activities is at a high! Here is a list of activities for all ages...

- **Read a Book** and give a report once finished (older kids)!
- **Play a Board Game**
- **Take a Walk** and go on a scavenger hunt!
- **Play with Water** by going to the pool, set up sprinklers or a water table.
- **Camp Out... or In!** Get out those sleeping bags and make some s'mores!
- **Go on a Picnic.** Either outdoors or keep it indoors on a rainy day.
- **Host a Backyard's Olympics.** Invite your friends & neighbors over for a fun afternoon of obstacles in the backyard.
- **Set Up a Bike Car Wash.**
- **Plant a Garden.**
- **Make Popsicles.**

EAT MORE FRUITS & VEGGIES

National Eat More Fruits and Vegetables Day is **May 21st**, promotes healthy eating for kids. Engaging children with colorful, fun food art, involving them in shopping, and utilizing dips or smoothies helps boost intake. Kids need daily servings of fruits and vegetables to improve immunity and nutrition.

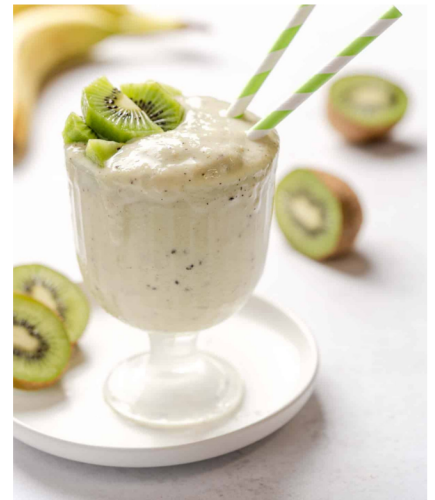
Key Activities for Kids' Fruit/Veggie Day:

- "Veggie Art" & Cooking: Use veggies as stamps with paint, or make smiley faces on sandwiches using vegetables and fruits.
- Hands-On Prep: Let children pick a new, colorful produce item at the grocery store and help with safe cooking tasks, like washing or assembling.
- Theme Days: Create a "color of the day" for veggies or a "smoothie bar" where kids can add spinach or berries for natural sweetness.
- Pairing with Dips: Serve raw vegetables with hummus or yogurt-based dips to enhance flavor.

Tips for Success:

- Be a Model: Children mimic parents, so it is important for adults to express excitement about eating vegetables.
- Try New Methods: Roast vegetables for a sweeter flavor or blend them into sauces to mask textures.
- Storytime: Use veggie-themed books or characters.

KIWI BANANA SMOOTHIE



INGREDIENTS:

- 2 ripe kiwis
- 1 medium banana
- ½ c. greek yogurt, plain or flavored
- Ice cubes
- 1-2 tbsp. honey, optional

DIRECTIONS:

- Peel the kiwis, chop into quarters.
- Place kiwi, frozen banana, Greek yogurt and honey into the blender. Blend until smooth. If necessary, add a tiny splash of water to help ingredients combine.
- Add ice and blend again, until smooth. Serve immediately.



How to Help Your Child Recognize and Understand Sadness

Alyson Jiron, Brooke Brogle & Jill Giacomini

Sadness is one of the easiest emotions for young children to understand, and one of the first emotions that they can learn to recognize in others. Everyone feels sad at one time or another for a variety of reasons. As parents, we want to empower our children to recognize when they are feeling sad and, if needed, take steps to help themselves feel better or ask someone else for help. When you help your child recognize the physical features that accompany feeling sad and understand the reasons why someone might feel sad, you are helping your child create the necessary building blocks for him to manage his own emotions and relationships. Sometimes simply acknowledging your child's sadness is all that is needed. For example, saying to your child "You are so sad that it is time to leave the park."



Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



Try This at Home

- Notice and label when you, your child or others are sad. You might say:
 - » About yourself, "I'm feeling really sad that Grandma went home. Maybe I'll call her."
 - » About your child: "It looks like you are sad. You have tears in your eyes and your head is down."
 - » About others: "That little boy looks really sad. I wonder what might make him feel better?"
- Read books about being sad. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and corresponding activities to help your child learn about emotions at: <http://challengingbehavior.cbcs.usf.edu/implementation/family.html>.
- Share with your child times when you felt sad. What happened? What did you do? Did you stay sad forever? It is important for children to learn that emotions can (and do!) change.
- Use your child's play as a way to act out sad situations. For example, you could say, "Oh no, this train is super sad. All the other trains are playing together and he feels sad and lonely."



Practice at School

Whether a child is sad because a parent left, a toy broke or they fell down, there are many opportunities for him to learn what to do when someone feels sad. Teachers label the emotion for the child, (i.e. saying "You look sad") and then begin to let the child come up with a solution to help him feel better. This may be a hug, a story or a special object. As children become more capable, they themselves learn to offer comfort to their peers.



The Bottom Line

The way a child feels and behaves are closely related. Children who can manage their own emotions are better prepared to control their behavior. Children who can recognize their own feelings are better able to remain calm and use words, rather than challenging behavior, to communicate.

Kittens

Welcome to the zoo!

In April, the Kittens learned to say "please stop" and practiced using our inside voices. This month we will focus on learning how to share. Our theme for May is At the Zoo! We will learn about a lot of different animals. We will make animal masks, animal trains and paper plate peacocks. We will listen to animal sounds and learn all about the animals habitats. This month we will incorporate math by counting animals and we will also learn about light vs dark and doing shadow play!

May 10th is Mother's Day! The Kittens will be making a special project for the women in their lives. How do you like to celebrate Mother's Day? Let Miss Sara know for a prize!

Alice always makes sure to include all of her friends when playing. She is so good at making sure no one is left out! **Kaitlyn** has made excellent progress in both letter and number recognition!

See ya later, alligator!

Miss Sara & Miss Joshlyn

Kangaroos

Welcome May! We are wishing you a month filled with joy & prosperity.

The class has new goals for the month of May. We are going to learn & practice using kind words and using kind words when we need or want something that someone else is currently using. Last month we worked on staying in line and WOW!, they are doing a great job! This makes going in and out to the playground, meals and bathrooms so much easier! We have fun art projects planned for the month of May. They will be about spring, Mother's Day, bugs & zoo animals.

What is your favorite thing to do as a family in May? Please let Miss Cassi know to receive a prize.

We have a science activity planned where we will cause a volcano eruption with baking soda. We will work on our math skills by making flower number towers.

Leo has been sharing his toys with his friends so nicely. He is also a great helper when it comes to picking up his toys and helping his friends pick up their area as well. **Nehemiah** loves telling stories to his friends and teachers. He also likes to play with his friends and has so much fun!

"Enjoy the sunshine," "Cheers," Happy May!"

Miss Cassi & Miss Leah

Panda Bears

Happy May!

We will continue our recycling study learning about what items can be recycled and how trash can be reused with a little creativity! For example, we will make bird feeders out of milk jugs. We also plan to graph with recyclable materials - a great way to incorporate math into our study. For science, we will plant seeds to watch them grow!

We are working on the solution card, "Ask for help". This helps a lot in a classroom to have kids use their voices and be able to voice what they need or want rather than cry, or throw a fit. We always encourage everyone to use kind words in the center.

This month we are busy preparing for Pre-K Graduation! This will take place on **May 19th!** I can't wait to recognize and celebrate each student!

Evelyn has made fantastic progress with her numbers and letters. We are so proud of her! **Rylee** has made big strides in speaking up for herself and what she needs/wants. Great job!

Have a great month of May!

Miss Bell & Mr Devon

Apple Corps

What's a pilot's favorite month? "MAY DAY"!!

With the warmer weather in the air and green growing everywhere, as a class, we will sprout a lima bean! As we are learning how to grow the lima bean, we will also document it's stages and the differences in growth between a lima bean in sunlight, little sunlight, and no sunlight. Students will learn the importance of the sun & how it effects plants during the warmer weather.



We will work on asking a teacher for help around the classroom, as well as helping peers find a solution to their problems. We will be working on remaking our classroom rules just in time for the summer, so we will be ready to go!

Andrew has shown great improvement in his solutions & expectations within the classroom! Awesome job Andrew - this builds leadership! **Alexandra** is consistently a great listener! We truly appreciate your leadership and listening skills, Alex!

Thank you so much & lets have an amazing May!

Mr Devon & Miss Daisy

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 	2
3	4 APPLE CORPS Plant Lima Beans	5	6 APPLE TREE Teacher Appreciation Week	7	8	9
10 	11	12	13	14	15 PANDAS PJ & Movie Day	16
17	18	19 PANDAS Pre-K Graduation 4:00pm	20	21	22	23
24	25  MEMORIAL DAY APPLE TREE Closed Today	26	27	28	29	30