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A WORD FROM MRS TINA QUEEN

April Shower! Bring May Flowers! Sometimes you need a little rain in order to bloom - let's hope this month brings us many beautiful blossoms!

I hope you had a wonderful Easter!

Week of the Young Child (April 8th - 12): A full-filled week celebrating early learning, young children, their teacher, families and communities. We have special daily themes to celebrate our children here at Apple Tree. See additional information in the newsletter.

Panda Bear Parent-Teacher Conferences: These will be held on Tuesday, April 16th and Thursday, April 18th. Our Panda Bear teaching staff is very excited to talk with you on the progress your children have accomplished this school year. We will schedule 30 minute time slots available for you. Please check out the sign-up sheet posted outside the Panda Bear door.

We are Kind: This is our PBIS Center Expectations!

We are Kind to ourselves by staying safe, using our walking feet and by following classroom rules.

We are Kind to our friends and families by using KIND words and KIND touches.

We are Kind to our school by using toys appropriately, picking up after ourselves and taking care of our playground equipment.

Following our PBIS expectations helps us all learn and grow in a happy & safe environment!

Outdoor Springtime Attire: With warmer weather conditions we will be going outside. Spring may still be a little chilly in the mornings, so we still need a hat, gloves and coats to give the children adequate outdoor playtime. Please check to see if your child has all the items here at school. Thank you for your cooperation.

"Most of what children need to learn during early years cannot be taught; It's discovered through play." Ruth Wilson

Mrs Tina

TEACHER FUN FACT

If I could have any superpower, it would be...

Miss Angie: To see into the future

Miss Addie: To be invisible

Miss Orionna: To fly, so I can go anywhere in the world

Miss Cassi: To be invisible

Miss Vanessa: To fly

Miss Anna: Teleportation

Miss Cassi: Laser eyes

Health & Fitness



25 WAYS TO GET MOVING AT HOME



1
Run in place for 30 seconds



2
Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

Practice yoga for 1 minute

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

18

Practice spelling, do a squat for every vowel



19

Skip for 30 seconds, check your heart rate

20

Practice spelling by doing a jumping jack for each letter



21

30-second plank

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

heart.org/KidsActivities

MOVE MORE MONTH

April is Move More Month. The motto is whatever gets you up and moving – for better physical and mental health.

Children need 60 minutes of aerobic exercise at least 3 days a week, 60 minutes of muscle strengthening at least 3 days a week, and at least 3 days of bone-strengthening activity a week.

AVOIDING FOOD DYES

We've come to expect food dyes in packaged treats and snacks, like when your kid's tongue turns blue from candy or their fingertips turn orange from cheese puffs, because many of these grocery store staples contain artificial dyes and colors.

Artificial food coloring is readily abundant in the products we use everyday, especially in kids products like snacks, candy and even medicine. These synthetic food dyes are made from petroleum and have been found to be carcinogenic, cause hypersensitivity reactions, and instigate behavioral problems.

The website below has a great list of food brands that have removed or are working to remove artificial food dyes.

<https://dfwchild.com/how-to-cut-food-dyes-from-your-diet/>

SWAPS TO AVOID ARTIFICIAL FOOD COLORING



BECAUSE / HEALTH



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



take deep breaths



count



go for a walk



take a drink



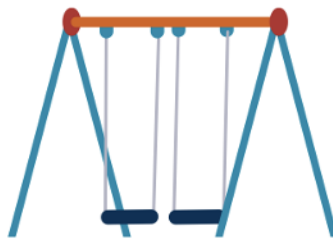
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle

Week of the Young Child

April 08th- April 12th 2024

A fun-filled week celebrating early learning, young children, their teachers, families and communities. We have special daily themes as we celebrate children!

Music Monday= April 08th

When children sing, dance, and listen to music, they develop their language and early literacy skills while being active and encouraging movement.

- Lummi sticks, streamers, instruments, and bells . . . Music fun all around the center!

Tasty Tuesday= April 09th

Cooking together connects math with literacy skills, science, and more. We encourage healthy nutrition and fitness habits at home and in the classroom.

- Classes talk about what foods are good for our bodies and how we can make healthy choices through eating well and lots of exercise! Classes have fun with tasty/nutritious cooking activities!

Work Together Wednesday= April 10th

When children build together they explore math and science concepts and develop their social and early literacy skills. Children can use any building material—from a fort of branches on the playground to a block city in the classroom, or a hideaway made from couch pillows at home.

- **SHOW AND TELL DAY = Bring something to share and show to the class!**

Artsy Thursday= April 11th

Think, problem solve, create! Children develop creativity, social skills and fine motor skills with open-ended art projects where they can make choices, use their imaginations, and create with their hands. On Artsy Thursday celebrate the joy and learning children experience when engaged in creative art making. Use any materials—from crayons to paint, clay to crafts!

- Classes dive into hands-on art experiences: Finger paints, glitter, watercolors, glue, and so much more!

Family Friday= April 12th

Engaging and celebrating families is at the heart of supporting our youngest learners.

- Bring a book from home to share with the class. (please label)
Would you like to come read to your child's class? See teacher if interested!



KITTENS

Hello April, hello spring! Warmer weather you may bring!

This month, with it being spring, we are going to learn all about flowers. What do flowers need to grow? We will discover this when we plant our very own flowers. We cannot wait to watch our flowers grow.

This month we added a couple new friends to our garden. Welcome to **Lainey and Crimson!** We love that you joined our crew.

Zoey has been extra helpful around the classroom.

Happy Birthday shout-out to **Miss Addie!** We are so thankful for all the work you do.

With spring here, be sure to always send a coat with your child. We are excited to go outside more! Yay spring!

Miss Kathy, Miss Angie & Miss Addie

TIGERS

Welcome April! We are one step closer to summer!

This month's themes are circus and rain. We will discover why we need rain and everything it does for our world. With this we will do an experiment of planting our very own flowers.

Prarthana and Ryder are great kids. They both are willing to help and share their toys. They have come a long way in such a short time.

We will be celebrating the Week of the Young Child **April 8th-12th.**

With spring here, be sure to send a coat with your child. We are excited to go outside more!

Have a great spring!

Miss Orionna & Miss Beth

KANGAROOS

Hello spring!

This month we are going to learn about bunnies and chickens. We have amazing art projects planned to help us learn. We are going to do marble painting, dot painting and shaving cream eggs.

Two Kangaroos who have really been hopping along are **Roman and R'Bella.** **Roman** was showing kindness when he helped his friend build a tower with blocks and magnets. **R'Bella** loves to play with babies. She is so good at taking care of them. She is always willing to share with anyone, too.

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With spring here, be sure to always send a coat with your child. We are excited to go outside more!

I hope everyone enjoyed their Easter.

Miss Cassi

PANDA BEARS

Swinging into spring with the Panda Bears.

This month, we are going to finish the exercise unit and begin a tree study. We will go on walks to get closer to nature. We are going to make fruit pizza to learn about balancing healthy foods, as well as work on mathematics.

Happy Birthday to **Hallie, Elara and Adriana!** We can't wait to celebrate with you!

As Pandas we all strive to be kind to everyone in our classroom. **Liam** showed kindness when he helped **Joel** build a robot out of Brain Flakes. **Emilia** showed extra kindness when she helped her peers, she made sure to tell us a lot of jokes along the way.

Happy spring!

Miss Anna & Miss Vanessa

APPLE CORPS

Hello spring!



This month we are going to make sock bunnies out of socks. We are asking that everyone bring in a pair of socks for this project. Another fun activity we are going to do is make a bunny out of pottery pots. This is going to be a fun time! Spring and all of its animals are amazing. We will spend time exploring all the animals that we see during the spring and draw our favorites.

This month we are going to be celebrating **Miles and Paris,** who have birthdays! Happy Birthday!

This past month we took time to reorganize the books on our shelves. **Connor and Ethan** were extra helpful during this process. Thank you guys!

Have a fantastic month and stay safe!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 NO SCHOOL Sioux City Schools	2	3	4	5	6
7	8 MUSIC MONDAY	9 TASTY TUESDAY	10 WORK TOGETHER WEDNESDAY	11 ARTSY THURSDAY	12 FAMILY FRIDAY	13
	WEEK OF THE YOUNG CHILD					
14	15	16 PANDA BEARS Parent Teacher Conferences	17	18 PANDA BEARS Parent Teacher Conferences	19	20
21	22 	23	24	25	26	27
28	29	30	1	2	3	4