



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

November 2025

A note from the office:

Hello and Happy November!

We are excited for another month of fun at Apple Tree!

A few reminders for all parents:

- As the weather changes, please make sure to send your child with a coat, hat, gloves and dress warm, as we will continue to go outside on chilly days! Also, be sure to switch out the extra clothes in your child's cubby for weather appropriate options!
- Please call the center if your child will not be attending! This helps us with staffing and planning for the day.
- Please sign your child in and out on the clipboard outside of their classroom.
- With a lot of sickness starting up, please remember to keep your child home if they have a fever. Policy is 24-hour fever free without fever reducing medicine.

Breakfast time change: In the past, breakfast has been served until 7:45AM. Effective Monday, November 3rd breakfast will stop being served at 7:30AM. This allows staff to take the children to their classrooms and gives the kitchen staff enough time to clean up and prepare for the other meals of the day.

Exciting News! We have hired a new director, and she will be starting at the center on Thursday, November 6th! **Miss Jesica** comes to Apple Tree with 15 years of experience in the field of Early Childhood and she is eager to get to know the families at Apple Tree. Miss Stephanie will continue to be in the office for some time as support for this transition. Please take a moment to stop by and meet Miss Jesica!

We are looking forward to another month of growing and learning! We are thankful and blessed that we get to spend time with your children each day. Thank you for choosing to be a part of our Apple Tree family!

Please let Miss Stephanie and Miss Jesica know if you have any questions! Have a fantastic month!

Miss Steph

Important Dates:

11/2 - Daylight Savings Time / Fall Back Clocks

11/4 - Sioux City Community Schools / NO SCHOOL

11/11 - Veterans Day

11/27 - Happy Thanksgiving / Apple Tree is CLOSED today.

11/28 - Sioux City Community Schools / NO SCHOOL



Teacher Fun Fact

What is your favorite Thanksgiving food?

Miss Steph: Turkey

Miss Sara: Green Bean Casserole

Miss Joshlyn: Mac & Cheese

Miss Cassi: Pumpkin Pie

Miss Bell: Stuffing

Miss Haven: Stuffing



Stay in touch :



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Reiya

Health & Fitness Tips:

TIPS TO HELP YOUR KIDS KEEP THE FLU AWAY

Make sure they **WASH THEIR HANDS!**

Teach your children to wash their hands regularly during the school day, and make sure it is the first thing they do every day when they arrive home.



Teach your kids to
**AVOID TOUCHING THEIR
EYES, NOSE, OR MOUTH**
as these areas are most
susceptible to germs.



While sharing is an
important lesson to learn,
make sure your kids know
that sharing things like

**FOOD,
DRINK
& LIP
BALM
ARE OFF LIMITS.**



Be strict about

More sleep
will help your
body heal and
fight off any
germs that come its way.

**BED
TIME!**

**MAKE FLU
PREVENTION
FUN !**



Teach your kids to
**SNEEZE
& COUGH
INTO A
TISSUE.**

If one is not handy, then they
should sneeze or cough into their
elbow, and never their hands.



Dress up your kid's
hand sanitizer with
a cute or fun case.
They'll love carrying
it around and use it
more frequently.



Let them pick out a
reusable water
bottle that they love.
This will encourage
them to drink more
water, and staying
hydrated can help to
fight off viruses.



A fun-themed tissue
case will also make
it easier to enforce
your children to carry
around tissues at
school for when they
need to cough, sneeze,
or blow their nose.

PUMPKIN SPICE YOGURT BARK



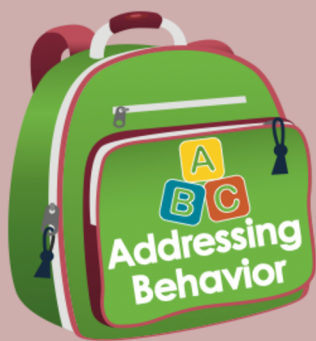
Pumpkin Spice Yogurt Bark is a delicious fall-inspired treat. The yogurt is flavored with pumpkin puree and pumpkin spice, and is topped with granola and a drizzle of maple syrup for a crunchy, sweet finish.

INGREDIENTS:

- 2 cups plain or vanilla Greek yogurt
- ¼ cup pumpkin puree
- 1 tsp pumpkin spice
- ¼ cup granola
- 2 tbsp maple syrup

DIRECTIONS:

- Line a baking sheet with parchment paper.
- In a bowl, mix the yogurt with the pumpkin puree and pumpkin spice until well combined.
- Spread the pumpkin yogurt evenly onto the prepared baking sheet.
- Sprinkle the granola on top and drizzle with maple syrup.
- Place the baking sheet in the freezer and freeze for at least 4 hours or until firm.
- Once frozen, break the yogurt bark into pieces and serve.



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.



ChallengingBehavior.org

Teachable Moments: How to Help Your Child Avoid Meltdowns

Brooke Brogle, Alyson Jiron & Jill Giacomini

Does this sound familiar? Your children are playing in the living room while you clean up the kitchen. You answer the phone, and a few minutes later, one child is angry and screaming because someone took her toy and the other is in tears because her sister hit her. It is in escalated moments like this that parents often find themselves trying to teach rules or give long explanations. Unfortunately, in moments such as this, your child usually is not even hearing your words let alone learning the rule. This is not a teachable moment.

There are countless teachable moments daily when skills can be taught and emotions discussed, such as during play time, in the car, at bath time or while reading together. As a parent, you can reduce challenging behaviors such as hitting, biting, pushing and whining when you 1) concentrate on calming your child during a challenging behavior incident and 2) wait until an appropriate teachable moment to actually teach your child.

Think again about the scenario when you are on the phone and your children are fighting. Below are several examples of how you could use teachable moments throughout the day to reduce the chance that the challenging behavior occurs in the first place.

- **Teachable Moment #1** – During morning reading time, read the book *Hands Are Not for Hitting* by Martine Agassi. For additional activities to do with this book, go to <http://csefel.vanderbilt.edu/resources/strategies.html#booknook>.
- **Teachable Moment #2** – During breakfast time, intentionally teach the skill of sharing by saying, "Thank you for sharing the syrup with your sister!"
- **Teachable Moment #3** – When your children are playing on the floor quietly, sit on the floor, make eye contact and say, "Wow, you girls have been playing for 10 minutes quietly! Tell me about what you are building." This teaches the desired behavior of playing quietly together.
- **Teachable Moment #4** – When the phone rings. Put the phone down, tap both girls on the shoulder and say, "I am going to be on the phone for 10 minutes. When this timer is done, come tap me on my leg and show me the timer."



Try This at Home

Find teachable moments throughout the day!

- **Play Time (responding to common challenging behavior):** "Oh, no! I see that your bunny is super sad. Her sister is trying to take her toy. I wonder what she can do?" You can teach appropriate ways of getting her needs met. She

can ask for help, get a timer or trade her sister for another toy.



- **Bath Time (teaching rules):** "The water stays in the tub. You can use the cup and pour water into another cup or you can pour water on your body."
- **Car Time (teaching friendship skills):** "I saw that your friend, Bella was sad at school today and you made her a picture. I bet that made her feel better. What a great friend you are!"
- **Story Time (teaching emotions):** "Wow, that little girl in this book is really angry! I saw that she asked her mom for a hug. That is a great way to feel better. I wonder what you can do when you feel angry?"
- **Meal Time (teaching expectations):** "Let's practice asking for more milk." Role play with whining, yelling or just banging your cup. Then, teach the expected behavior. "You can ask nicely, say, 'Mommy, milk please.' When she does this, jump up and say, 'I'm happy to get you milk!'"



Practice at School

At school, teachers prepare students to solve social problems in appropriate ways before problems occur. Teachers use role playing, puppets or circle time to discuss emotions and possible solutions. Teachers provide opportunities to practice and reinforce skills during class. For example, children may practice how to trade a toy at circle time with a puppet. Later, teachers can compliment a child when they see him trade during play time. "Wow! You remembered that when a friend is using a toy, you can ask him to trade!" Teaching skills in advance gives children the confidence to successfully manage a situation and allows caregivers the opportunity to praise a child for making a wise choice.



The Bottom Line

Young children are learning in every moment. They are actively discovering the world around them. You are always teaching your child. Strolling in the park, reading books and giving her a kiss before bed all teach her about her world. You can use the many calm and happy moments in your day to intentionally teach expectations, rules and skills that will help your child be successful and reduce challenging behavior.



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SOUTH FLORIDA

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Kittens

We are nuts about fall!

The month of November is going to be a very exciting time in the Kitten room! We are going to learn all about autumn and discuss the things we are thankful for. In art, we will be making colorful turkeys and painting leaves. We will be learning to use our words to say "please stop" when a friend is doing something we do not like! We will also practice using kind touches and how to show kindness to our friends during play time.

Annie has made amazing progress and has adjusted to our center so well! She is very independent and plays well with others. **Nathaniel** is working so hard at potty training, and we are so proud of him!

Have a great month!

Miss Sara & Miss Joshlyn

Panda Bears

Hello Panda Bear families!

This month we will be starting our clothing study! We will learn all about how clothes are made, what clothing to wear for the cooler weather, and we will learn about clothing in other cultures. We will be making cards for Veterans on Veterans Day and we will have a class vote on Election Day!

We will practice the solution of waiting and taking turns and using our walking feet inside. Please be sure to send a jacket or coat, and dress warm for the cool days, as we will continue to go outside even when it is chilly!

Emiliano has been exploring the art center and making very creative crafts independently. **Evangeline** is working on writing her name and is doing great!

Have a great month!

Miss Bell

Tigers & Kangaroos

It's turkey time!

This month our class is going to learn about turkeys and where they live. We will make our own turkeys, so be sure to check them out in our room. We will also make a fun corn craft and learn where it comes from. As a yummy treat, we will taste pumpkin pie and make a delicious looking art project. During the week of Thanksgiving, we will discuss what we are thankful for and have a Thanksgiving feast! We will practice sharing and being kind to our friends as our social skills this month.

Karsyn loves playing with babies with her friends and she has so much fun coloring pictures! **Zoey** is great at sharing in the baby area and takes such great care of the baby dolls. She loves to pat their back to help the babies take a nap while she plays.

Stay safe and warm during your holiday travels!

Miss Cassi, Mr Devon & Miss Jasmine

Apple Corps

Hello November!

We are excited for another great month in the Apple Corps room! We have been working hard on art projects each day when we return from school in the afternoon and the kiddos have been loving it! This month we will make a Veterans Day craft and learn about what our Veterans have done for us. We will also be holding our own election on Tuesday, November 4th! We will learn about the election process, from voting to ballot counting and finding our winner!

Please let us know if your children will be here during the week of Thanksgiving, as it helps us plan for staffing and for our activities!

Harper is a great helper in the morning before school! She always plays with the youngers kids and comforts them if they are sad. **Elora** helped younger kids get buckled in on the van and she is so kind with them if they need help!

Have a great month!

Miss Haven

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31  HAPPY HALLOWEEN APPLE TREE Halloween Parties NO SCHOOL Sioux City Community Schools	1
2 	3	4 NO SCHOOL Sioux City Community Schools	5	6	7	8
9	10	11 	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 	28 NO SCHOOL Sioux City Community Schools	29