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A note from the office:

October 2026

Welcome to ECC! We hope everyone is enjoying these last days of warmer weather as we move into fall!

Please mark your calendars for **Monday, October 12th, 2026** when our center will be closed for an all staff training day. We will spend the day building our skills as caregivers and this time will help us meet the requirements for training hours set by HHS. Child care will NOT be available on 10/12/26.

As we move into fall, please check your child's extra clothing to make sure it is the correct size and weather appropriate for the cooler weather. Also, please be sure to bring a jacket or sweatshirt, as we will still be going outside on the cooler days this fall.

To avoid the risk of personal items being lost or broken, we ask that you do not bring toys from home to the center. We also ask that you do not bring outside food or drink to the center. If your child has a snack in the car, please have them finish it before they come into the center to avoid risk of exposing children to food allergies.

We hope your families have a great October!

You can reach us at the telephone numbers/emails below or by stopping in to talk to us.

Jess - telephone number: 722-4336 email: director.ecc@appletreechildcare.com
Amanda - telephone number: 722-4335 email: assistantdirector.ecc@appletreechildcare.com



Perla
Ainsley
Callie
Jace
Haven
Maverick

Stay in touch :



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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

How to Help Your Child Transition Smoothly Between Places and Activities

Alyson Jiron, Brooke Brogle & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.



Try This at Home

- Use a timer, an instrument or a funny noise to give your child advance warning of routine transition events. If possible, ask him to help "alert" everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.
- Let your child pick out a special object or toy to transition with to the next activity or place. "Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?"
- Use a visual schedule to show your child the plan for the day. "First, you have school and then we are going to take Aunt Rachel's gift to the post office and mail it to her."
- Make the transition a game or activity where the child has the opportunity to move around. "I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?" If possible, let him think of the game. "I wonder how we could get to the car today?" You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.
- Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.
- Give your child a job. Children are more cooperative when they can be part of the process. Perhaps he can help stir something for dinner, unlock the car doors with the remote or pick out a diaper before a diaper change.

Practice at School

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them to move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

The Bottom Line

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.



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Health & Fitness Tips:



Halloween Toast



Mummy Toast

- 2 slices Bread
- 2 tablespoons Hummus
- 1 small Cucumber
- 1 Black Olive , pitted

Directions

- Toast the bread and then spread with the hummus.
- Use a peeler to form thin slices of cucumber. Cut each slice in half, lengthways to form strips.
- Place the cucumber strips on the toast, overlapping in areas and leaving small spaces in other areas.
- Slice the olives into rounds and place them on the toast to represent eyes.

Ghost Toast

- 2 slices Bread
- 2 tablespoons Peanut Butter
- 1 Banana
- 8 Chocolate Chips
- 4 Raisins

Directions

- Toast the bread and spread with peanut butter.
- Cut the banana in half lengthways, through the centre. Then cut each piece in half to form 4 pieces.
- Assemble two of the banana pieces on the toast, rounded side up. Add chocolate chips as eyes and the raisins to form the mouth.

Weekly Themes:

9/28 - 10/2	Apples
10/5 - 10/9	Fall Harvest
10/12 - 10/16	Safety: Fire, 911 & Strangers
10/19 - 10/23	Count with Us
10/26 - 10/30	Halloween



Teacher Fun Fact

What is your favorite book to read with the kids?

Miss Jessica: Rainbow Fish
 Miss Amanda: Chicka Chicka Boom Boom
 Miss Anita: The Going to Bed Book
 Miss Connie: Baby Animals
 Miss Kara: Light Blue Tree
 Miss Paige: Charlotte's Web
 Miss Lois: Animals on the Farm
 Miss Hannah: ABCs

Miss Mya: The Very Hungry Caterpillar
 Miss Elena: Goodnight Moon, Let's All Play Rain or Shine & Elmo's Potty Book
 Miss Maggie: Dancing Feet by Lindsey Craig
 Miss Michelle: Tiger Can't Sleep
 Miss Perla: There Was an Old Lady Who Swallowed A ____ books
 Miss Amanda: Pete the Cat
 Miss Eden: Magic Treehouse

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!

Green

Welcome to the Green Room, where new things happen everyday!

This month we have so much fun planned! We will be singing songs and reading books about fall. We will talk and sing about the beautiful colored leaves that we will see. We have friends that are practicing standing. We will help them build their leg muscles and assist them in pulling themselves up on toys & shelves. We have so many friends on the move that are crawling through tunnels and across the room to get to their favorite toys.

Maven is sitting up all by herself and she loves to watch what is going on in the room! **Taytum** loves to reach for and grasp dangling toys!

Enjoy the fall season!

Miss Anita & Miss Connie

Light Green

Welcome to the Light Green Room!

We are going to do more sign language and get to know our new friends better. We will be working on helping friends pull themselves up to a standing position to build their muscles and learn to balance. We will also work on stacking blocks to build fine motor skills. We will be looking at our family pictures to see familiar faces and name the people we see. It is so fun to see their faces light up when they see their family photos in our classroom.

Boston is starting to pull himself up on things! **Henry** has been crawling and moving like crazy with his friends!

We can't wait to make more memories with the kiddos!

Miss Kara & Miss Paige

Light Blue

Welcome to fall!

This month we will find different colored leaves outside and rake leaves into a pile to jump in! We will count different items in the room, read counting books, and sing counting songs! At the end of the month, we will decorate a pumpkin with stickers and color Halloween pictures.

We are going to practice playing together by sharing toys and taking turns with our friends. We will also practice giving our friends hugs when they are feeling sad and how to show kindness through caring acts for each other.

Easton likes to build towers with blocks! **Sydney** enjoys music time and does the actions to some of the songs as we sing!

Enjoy the fall weather!

Miss Lois & Miss Hannah

Blue

Happy October from the Blue Room!

This month we have so much fun planned for each of our theme weeks! During fall harvest week, we will do a leaf sensory bag, corn dot painting, pumpkin roll painting and more! When we learn about safety, we will make a traffic light painting and do a safety dot-to-dot with a dalmatian. We will learn how to be safe around our center and in our homes! Counting will be our theme the third week of the month and we will see numbers everywhere. We will do a caterpillar number activity, sing 5 little ducks and do number sponge painting. We will end the month talking about Halloween! We will make a cotton ball ghost, fork paint a pumpkin and have fun with a googly eye sensory bag. All month long, we will work on how to ask for help if we need it and how to use our walking feet to stay safe in our center.

Ellie loves to dance and is always smiley. She loves to play with baby dolls. **Sage** loves to play outside and her favorite is the sand box!

Have a wonderful month!

Miss Mya

Yellow

Welcome to our crazy room!

This month the children will be learning about fall harvest, safety, counting and Halloween! We will count items in the classroom and compare which items have more! We will also have fall harvest fun with a spirit week at the start of the month! Check out the signs around the center to see what fun days we have planned. We will spend time learning how to stay safe at home and at the center. All month we will practice how to ask for things nicely from teachers and peers. We will also focus on how to keep our hands to ourselves.

Skylar asked if she could hand out everyone's water bottles before lunch and she did a great job helping her friends! **Emmy** was so funny when she tried to put on all of the dresses in dramatic play at the same time and got stuck! We giggled together as I helped her take them off!

We are very excited to keep on learning!

Miss Elena

Red

This month we will be settling into our fall routine as we welcome a few new friends!

Please continue to practice independence with clothing, especially pants, as we work on potty training! As the weather gets colder, I encourage you to practice independence with shoes, coats and gloves, as well! We will continue to go outside whenever possible, and if children are able to put on their own coats and gloves, we are able to get outside faster to enjoy the crisp autumn air.

This month we will be focusing on fall harvest, reading books about farms, harvest time & the changing seasons. We will practice counting together, including counting trees when we head outside. We will do a chalk rubbing of the leaves that fall from those trees. We will practice safety with fire and weather drills during our safety theme week. Finally, we will celebrate Halloween at the end of the month with a class celebration! This month the rule we will focus on is using our listening ears to follow directions. We will also learn to ask for a turn when a friend has something we want to play with.

Eliza is a great helper at pick up time and loves to play with ponies. **Levi** loves to play catch. He has improved at catching the ball and shooting hoops!

Have a great month!

Miss Maggie

Black

Hello October!

This month we will be continuing to learn about fall! With harvest around the corner, we will be talking about all of the things that happen during harvest time in Iowa! We will also be learning how to stay safe. We will do a fun science activity of putting out "fires" with chalk and in math we will count objects around the room.

As we go through the changing of the seasons, please send your child with a jacket, as the weather is always unpredictable!

Calem has been working on using his words and is really doing great at using his voice. **Olivia** is so creative with everything she draws and colors. It's great seeing all the different things she makes.

Miss Amanda

Purple

Greetings from the Purple Room!

Preschool is off to a great start! This month will be packed full of fun! We will continue learning our letters and colors each week. We will incorporate the following themes into our learning and activities: Fall Harvest, Fire Safety, Count with Me and Halloween. Our fall party details will be on your child's daily preschool peek-a-boo. We will do a science activity this month to learn why leaves change colors and we will do a variety of sorting and counting activities. We will also learn the importance of taking turns and being helpful with our friends.

Haven loves to pretend play with friends, loves playing outside and being active. **Jace** loves learning something new! He enjoys the outdoors and pretend play with friends.

Until next time...

Miss Michelle

Dark Blue

Hello Parents! I am very excited to be your child's teacher, and help them learn & grow.

We are going to learn and practice using our words to solve problems. We will also practice being kind to others and how to work together to make our classroom a great place to be. The children will continue to learn letters and each week we have a new letter that we will focus on! We will be making play dough sensory bags this month as a fun way to explore our sense of touch and have fun with science. To go along with our themes, we will do a fire safety craft, count ants, count buttons on a scarecrow, and make a paper plate jack-o-lantern face. We are going to have so much fall fun this month!

Kaly is great at using kind words with friends and teachers! **Zion** likes to share with friends! It is so great to see!

I am happy to help your children grow and do things they didn't think were possible! I am excited to see what else these kids can do!

Miss Perla

Gold

This month we will be working together as a class for our fall project. Between pumpkins, squash and gourds, we will make them all! We will learn about teamwork and how important it is to work together toward a common goal! As we practice our PBIS skills, we will learn when it is a good time to get a teacher for help and when it is best to try to ignore a friend who is doing something we do not like. We will also focus on the importance of cleaning up a center when we are done playing to keep our room clean. As a fun activity, we will carve a pumpkin to see what the inside looks and feels like. We will also gather leaves that are falling from the trees and measure how many leaves tall the children are. It will be a great month of fall-themed fun!

Sawyer has really let her creative side show! Between her art projects, lego creations, and so much more, she shines bright! **Ian** has been the best helper and has worked very hard at making green choices! Great work, Ian!

Have a great month!

Miss Edan

OCTOBER




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 Sioux Center Christian NO SCHOOL	1 Sioux Center Christian NO SCHOOL	2 Sioux Center Christian NO SCHOOL	3
4	5	6	7	8	9 Sioux Center Community NO SCHOOL	10
11	12  APPLE TREE is CLOSED TODAY for Staff Training	13	14	15 Miss Twila visits Pre-K	16	17
18	19	20	21	22 Sioux Center Christian 1:05 Dismissal	23 Sioux Center Community 1:20 Dismissal	24
25	26	27	28 Preschool Fall Party	29 Preschool Fall Party	30 Preschool Fall Party	31 