Apple Tree Preschool & Learning Center

APPLE JUICE

www.appletreechildcare.com

November 2026

A note from the office:

Hello November! Our center is sweet as pie!

A few reminders as we head into another month of fun:

- **Day after Thanksgiving**: Please be sure to let us know if your child will not be here on Friday, November 27th so we can plan for staffing and meals.
- **Extra Clothes:** Please be sure your child has extra clothes in their cubby. If your child is potty training, please bring multiple outfits, as accidents are common during this time.
- **Sweaters & Jackets:** The weather is getting chilly! Please be sure your child has a sweater or jacket, as we will still go outside as long as the weather allows!

Staff Spotlight:
Miss Leah has been a great help and jumps in wherever she is needed. She is always willing to come in earlier if needed. She is usually in the Kitten room in the afternoons and does amazing! She is always engaged and doing fun things. The Kittens just love her!

Gobble until you wobble! Happy Thanksgiving!!

Miss Whitney



Danika
Andrew
Elore
Laura
Giyonna
Cannon

Important Dates:

11/25 - Sioux City Community Schools / 1:30 Dismissal

11/26 - Happy Thanksgiving / Apple Tree is CLOSED today

11/ 27 - Sioux City Schools / NO SCHOOL

Stay in touch :

@AppleTreePreschoolLearningCenter

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appletreechildcare.com



Teacher Fun Fact

What is your favorite Thanksgiving food?

Miss Whitney: Cool Whip with a side of Pumpkin Pie
Miss Sara: Green Bean Casserole
Miss Joshlyn: Sweet Potatoes
Miss Cassi: Warm Pumpkin Pie with Ice Cream
Miss Emma: Cheesy Potatoes
Miss Bonnie: Turkey, Mashed Potatoes, Gravy & Stuffing
Miss Sara: Stuffing
Miss Lily: Mashed Potatoes
Miss Destinee: Ham
Miss Bella: Cornbread
Miss Leah: Stuffing

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:



Apple Pie Yogurt Dip



Ingredients

- 1 Greek 100 Vanilla Yogurt Cup
- 3 tbsp. Fresh Ground Almond Butter (or any natural nut butter)
- 1 tsp. Apple Pie Spice
- Apple Slices (for dipping)
- Graham Crackers (for dipping)

Directions

- To make your dip, simply stir the almond butter and apple pie spice into the yogurt cup. You don't even have to dirty any extra dishes! Mix well. Then dig in!

Fall Outdoor Activity



Rake Leaves. Jump Into the Piles.
Throw Leaves Up in the Air. Repeat.
Make Physical Activity FUN!



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.

National Center for Pyramid Model INNOVATIONS

ChallengingBehavior.org

How to Plan Activities to Reduce Challenging Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini

Unfortunately, there is no "Guidebook for Parents" that tells you exactly how to raise children who behave perfectly at all times. Each child and family is unique, which means that there is no one solution or strategy that is going to work for everyone, every time. However, while it isn't magic, simple planning ahead can work wonders to help improve your child's behavior. You can plan activities to teach your child important skills such as sharing, taking turns or handling disappointment. You can also plan ahead to prepare your child for new events in her life such as changes in her schedule, a road trip, a new baby or a visit from grandparents.

For example, Abby is three years old and is usually happy at preschool where she loves to draw and play with the doll house. However, at home when Abby plays one-on-one with another child, she often ends up throwing toys, screaming "Mine!" or crying. What can Abby's mom do? Instead of always "managing" these outbursts, she can intentionally plan activities to teach Abby the skills of sharing and taking turns. She can also plan activities that give Abby an opportunity to practice these new skills.

Try This at Home

- **Tell your child exactly what to do.** Telling your child to "share" or "be nice" does not actually tell her what she should be doing. For example, if Abby throws her toys, her mom can say, "Abby, toys stay on the floor or on your lap." If Abby hits her friend, her mom can say, "Hands down. Hands are for playing, eating, and hugging. Use your words. You can say, 'I am angry. Help please'."
- **Use a Visual Schedule.** A visual schedule will help her to understand what is expected. To learn more about visual schedules, read the *How to Use Visual Schedules to Help Your Child Understand Expectations* handout in the Backpack Connection Series.
- **Practice, practice, practice.** Intentionally create situations where she can practice the desired behavior. For example, Abby's mom can help Abby learn to take turns while playing with her sister or an older friend. She can ask Abby's sister to "help teach Abby to take turns" while playing with one doll. Abby's mom provides the toy and reminds the girls to take turns when playing. The girls can practice the skill of sharing during their time together.
- **Catch your child being good!** When your child is using the desired behavior, you can encourage her by responding with enthusiasm. For example, "Wow, I saw you share the sand toys at the park with those two girls. What a great friend you are!"
- **Prepare your child before an event.** For example, Abby's mom can say, "Abby, your friend Ella is coming over to play today. When friends come over, we share our toys. I know how special doggy is to you. We could put doggy in a safe place and you do not have to share her."



- **Hope for the best but plan for the worst!** If you know that your child might have problems when playing with other children, stay nearby so that you can intervene if needed. You might also provide two sets of an identical toy (e.g., two bubbles or two balls) and then offer a change in location to play to diffuse difficult situations.

Practice at School

School offers many opportunities for children to practice social skills and learn emotional vocabulary. Teachers can set up art or quiet activities where children have the opportunity to practice sharing, learning to wait and taking turns. As children interact with each other, teachers provide positive language. For example, "Abby, I see that you are pointing to the red marker. You can tap Jacob on the shoulder and say, 'Can I have a turn?'" After the interaction, the teacher provides the children with encouragement. For example, "Way to go! Class, Abby and Jacob are working together. They are sharing and taking turns!" Teachers can also use daily schedule changes to teach the skill of handling disappointment. For example, "Oh no, Miss Marcie is not here today. We won't be able to go to music. I am really disappointed. What should we do?" At this point, the children can learn to problem-solve and come up with a positive solution.

The Bottom Line

Much of the frustration that parents experience can be avoided by planning ahead and teaching children a desired behavior before a difficult situation occurs. When you are unprepared for your child's challenging behavior, such as whining or temper tantrums, you might respond with anger or in other ways that make the situation worse. Remember that you are in control of the daily schedule and routine. If your child is having problems with activities such as play with others, drop-off at school, or bedtime, you can plan activities that will give her the opportunity to learn the social skills she needs. Planning ahead can reduce challenging behavior such as meltdowns, whining and temper tantrums and increase desired behavior such as flexibility, using words and patience. Planning activities that teach skills such as sharing and taking turns will provide her with the tools she needs to increase self-esteem and be successful in school and life.

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This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H326B070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H326B170003). The views expressed do not necessarily represent the positions or policies of the Department of Education. July 2013/January, 2018.

University of South Florida

IDEAs that Work — Office of Special Education Programs

Kittens

Hello everyone!

In November, the Kittens will be practicing how to ask for things nicely by saying please and thank you. We will be making handprint turkeys, pilgrim hats and pumpkin pie art. We will continue to practice math by counting various items. We will learn about weather and will make tornados in a bottle. We will observe the changes that are happening outside as the weather gets cooler. We will learn about Veterans Day and Thanksgiving. Are there any Veterans in your family? Let Miss Sara know! This month our sensory table will be used to explore opposites including hard vs soft and large vs small. We will also read the book *Over the River: A Turkey's Tale* by Derek Anderson.

Cecilia is a great help in the classroom. She always picks up her toys and she listens to directions very well. **Willie** loves to tell stories. He has a very active imagination.

Have a great month!

Miss Sara & Miss Joshlyn

Kangaroos

Thanksgiving is a time to give thanks for the little things that bring you the most joy in life.

This month we are going to work on a new goal: taking a break when we are upset or when we are feeling mad. Last month we worked hard on keeping our hands and feet to ourselves.

We will learn about opposites and compare the different sizes of the toys and items in our classroom. We will learn about Thanksgiving and what the holiday means to people. We will also learn about how Thanksgiving started and so much more. We will be making a cute Thanksgiving turkey art and read the book, *There Was an old Lady Who Swallowed a Turkey.*

Kaitlyn moved up to our room from the Kitten room and she is doing great! We are excited to see her grow and learn in her new classroom! **Grayson** also moved to our room from the Kittens. We are looking forward to so much growth and discovery with his new friends.

Happy Thanksgiving! May your day be filled with gratitude, love and wonderful memories.

Miss Cassi & Miss Emma

Panda Bears

This month our classroom is branching out with our exciting hands-on study about trees! We will explore how the leaves change color, why trees are important to animals and what makes a tree a plant. The children will be collecting fallen leaves to sort them by shapes and sizes. They will also observe the trees on the playground to see how they change daily as we transition into cooler weather. Our sensory bin will be filled with pinecones and tree pieces and we will read the book, *Tree Named Steve*. During centers and circle time, we will talk about the importance of taking turns by passing toys around to our friends.

Cecelia loves coming to school and is doing great at learning her sign language letters and sounds. **Kato** has been working very hard learning to write his name. We are so proud of the progress he has made.

We are looking forward to a wonderful, cozy month of learning together.

Miss Bonnie & Miss Sara

Apple Corps

Can you believe it is November already?

This month we will be making Thankful Turkeys, doing a poppy craft and sports art. We will continue to practice using kind words with other friends during play. Our sensory table will be filled with corn and turkeys for a Thanksgiving-themed activity. We will also read the book, *The Magic Tree House: Dinosaurs Before Dark*.

We will also be going outside as much as possible in the afternoons after school. Please be sure your child has a sweater/jacket as it has been chilly.

Ethan is such a kind, outgoing friend that is always smiling and following directions. **Alexandra** is so outgoing and helpful. She is always following directions and inviting others to join in activities.

Keep calm and gobble on! Have a Happy Thanksgiving!

Miss Lily & Miss Destinee

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4	5	6	7
8	9	10	11 	12	13	14
15	16	17	18	19	20	21
22	23	24	25 APPLE TREE Dress As Turkey Security 1:30 DISMISSAL Sioux City Schools	26  APPLE TREE Closed Today NO SCHOOL Sioux City Schools	27 NO SCHOOL Sioux City Schools	28
29	30	1	2	3	4	5