



# Apple Tree

PRESCHOOL & LEARNING CENTER



# APPLE JUICE

[www.appletreechildcare.com](http://www.appletreechildcare.com)

*April 2026*

## A note from the office:

They say "April showers bring May flowers", but here at Apple Tree, our little sprouts are already in full bloom!

This month we are leaning into the changing season by exploring the magic of nature. April is all about growth and discovery. We will also have some exciting Easter fun in the center on **Friday, April 3rd**.

As the weather remains a bit unpredictable, please ensure your child has a spare set of clothes (especially socks!) tucked in their cubby. We plan to take full advantage of the fresh air now that spring is here!

If you haven't already, be sure to sign up your school-ager for our fun-filled summer program. You can sign up by stopping by the front counter.

Thank you for being a part of our growing community.

*Miss Lisa*



HAPPY BIRTHDAY

Stella  
Theo  
Ruby

## Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree\_siouxcity



[appletreechildcare.com](http://appletreechildcare.com)

## Important Dates:

4/2 - 4/6 - NO SCHOOL / Sioux City Community Schools

4/5 - Happy Easter

4/22 - Earth Day

**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 favorite late-night snack?

Miss Lisa: Ice Cream  
Miss Sara: Root Beer Floats  
Miss Jocelyn: Mozzarella Sticks  
Miss Cassi: Ice Cream

Miss Leah: Ice Cream  
Miss Bell: Peanut Butter Snickers  
Mr Devon: Cocoa Puffs Cereal  
Miss Daisy: Super Dry Beef Jerky

*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:

## Healthy Easter Candy & Treat Options

Swap out the traditional Easter candy with any of the below options. They are full of real ingredients, no artificial flavors or food dyes.

### Dye Free & Clean Easter candy



Lake Champlain  
chocolate bunnies



Yum Earth  
Bunny + helly beans



Unreal  
peanut cups



Yum Earth  
Egg hunt kit



Lesser Evil  
Sugar cookie popcorn



Hearthly Foods  
Marshmallows



Target  
Fruit Snacks



Bear  
Fruit Bites



Yum Earth  
Jelly Beans



Skinny Dipped  
Coconut almond bites



Yum Earth  
Variety candies



Lake Champlain  
chocolate eggs



Simple Mills  
Cocoa blast



Hu  
Chocolate bars



That's It  
Crunchables



Smash Foods  
Snack bites



Yum Earth  
sour littles



Unreal  
chocolate  
coconut bars



Tony's  
Chocolate eggs



Free2b  
Sunflower butter  
cups



Skout bars  
Code: homeswaps



Solely  
Fruit jerky



Made Good  
Crispy squares



Seven Sundays  
Cereal snackies

## Outdoor Activities for Spring

It's finally spring – and time to send the kids outside to burn off the extra energy from being indoors over the winter months. Here is a list of outdoor activities great for the springtime.

- 1. Plant Seeds:** Pick out seeds or seedlings of your favorite vegetables & flowers. Find different pots and plant your flower or vegetable garden.
- 2. Create a Obstacle Course with Chalk on your Driveway:** From walking in a straight line, to hopscotch and jumping on one leg, there are numerous possibilities when creating your driveway obstacle course.
- 3. Wash the Car:** Even if they don't do a great job, they'll have fun.
- 4. Paint:** Any paint project can be done outside. Put down an old blanket or sheet you don't mind getting dirty. Decorate rocks with paint. Paint with squirt guns. Use items you find outside as paint brushes (ex. leaves, sticks)
- 5. Outdoor Scavenger Hunt:** There are a lot of great lists online to print for free. Stay in your backyard or go on a walk to try and find as many items as you can.
- 6. Blow Bubbles:** Let the kids chase them & pop them!




## 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](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



[ChallengingBehavior.org](http://ChallengingBehavior.org)

# How to Help Your Child Recognize and Understand Jealousy

Alyson Jiron, Brooke Brogle & Jill Giacomini

"It's not fair!" Jealousy is a normal emotion experienced by adults and children. Young children often do not have the skills or language to deal with this complex feeling. Many children deal with jealousy by acting out with challenging behavior such as tantrums, crying or hitting. Because your child may act out with anger, it can be difficult for you to respond to the true feeling of jealousy. When you teach your child to identify and respond to the true feelings of jealousy, you are doing more than making him feel better. You are also helping him learn to manage painful feelings and get along with others today and in the future. If your child knows that his feelings are normal and he is unique and valued for who he is, regardless of his toys or abilities, jealous feelings are less likely to escalate into destructive behaviors.



### Try This at Home

- Notice and label your child's feelings of jealousy. "I can see it makes you sad and jealous when I feed the baby. When the timer is up, you can choose an activity for just you and me! I love spending time with you."
- Be sure to spend dedicated, quality time with your child. Every child needs someone who is crazy about him! Fifteen minutes of one-on-one time without the TV, computer or phone will help you to build a positive relationship, support his social and emotional development, and help him feel loved, competent and confident. Quality time can be reading a book, giving hugs and/or high fives, singing a song or letting your child be your special helper.
- Remember a time when you felt jealous and share it with your child. Discuss with him how you dealt with your feelings of jealousy.
- Acknowledge differences in people. Teach him that everyone is unique and has different strengths and struggles. For example, you could say, "Your daddy is really good at playing baseball. I really like to play but it is hard for me." Or, "I see that some of those kids love playing with puzzles--others would rather play with the trains."
- Focus on your child's strengths. Tell your child the special things about him. "I love how you smile at the people in the store. It makes them happy." Or, "It makes me happy to watch you build with blocks. You create amazing towers and tunnels."

- Read books about jealousy and other emotions. Talk with your child about what the character is feeling and experiencing and discuss with your child ideas for strategies that the character might try. For more information about emotional vocabulary, visit [challengingbehavior.org](http://challengingbehavior.org) and type in the search box in the upper right-hand corner "How to Help Your Child Understand and Label Emotions."



### Practice at School

At school, teachers talk about and celebrate all kinds of differences. When children learn that our differences make us unique, they are less likely to feel jealous or compare themselves to other children and are more likely to feel proud of who they are. Teachers help children learn about diversity by reading stories, looking at pictures, or playing with toys that represent people from other countries or people with different abilities, beliefs or lifestyles.



### The Bottom Line

When your child can understand and label his different feelings (sad, angry, jealous) it helps him to cope with emotion, understand others, and reduce challenging behavior. It is natural for him to feel jealous from time to time. Children can become jealous of a parent's attention (e.g., new baby at home) or another child's toys or abilities. Teaching your child to cope with jealous feelings will provide your child with a lifelong skill.



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# Kittens

Spring is in bloom!

Last month the Kittens learned to ask for help when needed. In April, we will continue working on this as well as learning to say, "Please stop", and how to use our inside voices! Our theme is Welcome to Spring! We will spend as much time outside as we can; we will be playing and observing the changes in nature all around us. We will be planting flowers in pots and watching them grow! We will make nature rubbings and coffee filter flowers. This month we will also learn about different weather phenomenons.

Easter is April 5th and we will celebrate with a small egg hunt on **Friday, April 3rd**. What are some of your Easter traditions? Please give Miss Sara your answer and receive a treat!

**Noah** enjoys helping around the classroom, whether that is opening doors, pushing in chairs or throwing away trash. He is a great helper!  
**Kingston** is back and he is excited to play with our new toys and meet new friends!

Have a great month!

**Miss Sara & Miss Joshlyn**

# Kangaroos

Goodbye March, thanks for the memories! Hello April, I look forward to new memories this month!

The Kangaroos are going to work hard at a new goal this month! We will be working on sharing with others in the classroom and outside! We will also practice using our inside voices and using our words if we need something. One goal we worked on last month was how to stay in line.

For the month of April, we are going to make different spring and Easter projects! We will make rainbows with Skittles, dye eggs, make bunnies and make our own flowers! We will be busy bees this month! What is your favorite Easter candy? Let Miss Cassi know and receive a prize!

**Sage** loves to color pictures for her mom and dad. She also likes to help her friends build towers and is great at cooking a delicious pretend meal for her teachers! **Lana** loves to tell stories to her friends! She also loves to read stories to her babies.

April showers bring May flowers!

**Miss Cassi & Miss Leah**

# Panda Bears

Happy spring!

This month we will finish our pets study and start our recycling study! We will do Easter activities like painting with peeps and engineering towers with recycled Easter eggs! We will be practicing how to wait and take turns and how to use nice touches! For a science lesson, we will use the light table to look at x-rays of pets and guess what animal we are looking at! Graphing is a great math activity and we will compare the different amounts of recyclable items we find!

Please mark your calendars for Preschool Graduation on **Tuesday, May 19th** at 4PM at Wesley Global Methodist Church! We are busy practicing our songs and preparing to show you what we have learned this year!

**Stella** is kind and includes all of our friends when she plays! We love her kind spirit! **Dylan** can recognize his name and almost all of the letters of the alphabet! Way to go, Dylan!

Happy Easter!

**Miss Bell & Mr Devon**

# Apple Corps

We are warming up for spring!




This month Apple Corps will participate in an Easter egg hunt! We will decorate our eggs and a goodie bag! We will also make a gift to go home to our parents! If any parents want to bring small treats to go in our eggs for the Easter egg hunt, please feel free to do so! We appreciate any and all donations!

To stay busy outside in in our theme, we will have a scavenger hunt! Students will be grouped and challenged to work together to finish the scavenger hunt as quick as possible! We will work hard on the social skill of ignoring. We will try our best to ignore a peer if they are doing something we do not like. We will also practice how to keep our hands to ourselves and respect other students' personal space. For science, we will make cardboard bloated and see if they float and for math we will keep score as we play trashketball!

**Ethan** has consistently shown improvement and a willingness to listen to others no matter the situation. **Zaydin** comes to Apple Tree everyday with a silly comment or story that makes his teachers laugh!

Thank you and let's have another great month!

**Mr Devon & Miss Daisy**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 	2  <b>NO SCHOOL</b> Sioux City Community Schools	3 APPLE TREE Easter Egg Hunt  KANGAROOS Dye Eggs	4
5 	6  <b>NO SCHOOL</b> Sioux City Community Schools	7	8	9	10	11
12	13  <b>APPLE CORPS</b> Make Cardboard Boats	14	15	16	17  <b>PANDAS</b> PJ & Movie Day	18
19	20	21	22 	23	24	25
26	27	28	29	30	1	2