



PRESCHOOL & LEARNING CENTER

# APPLE JUICE

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

*September 2025*

## A note from the office:

Hello September! We are so ready for the cool crisp breeze and the start of the changing leaves. May this month bring you courage, strength and peace.

Apple Tree will be closed **Monday, September 1st** in observance of Labor Day. Please have a wonderful and memorable time with friends and family.

### Friendly Reminders:

- Tuition is due every Monday. Late fees are applied Thursday mornings, if payment has not been received. Your account should not fall more than 1 week past due.
- Please call the center if you will be late or if your child(ren) will not be attending for the day. This allows us to plan for staffing and lunch counts.
- It is very important that you walk your child all the way from the parking lot to their classroom in the mornings. This is for the safety of all of the children in the center.
- Please sign your child(ren) in and out on the clipboards by the classroom door each day.

**Updating Child Files:** Intake forms, physicals and immunization records expire annually. If your child has expired items in their file, you will be notified and an updated version will be required in a timely manner. Also, please let us know if your contact information has changed (phone numbers, address, email) or if there are changes to the list of people approved to pick-up your child(ren).

**Scholastic Books:** Be sure to check out the monthly flyers sent home for great books at fantastic prices! Reading is crucial for your child's brain development in these early years. Having a variety of fun books to choose from is a great way to instill the love of reading in your child. Miss Cassie will take care of anything you will need to order from this program, so if you have questions please let her know.

**Preschool Initiative:** Our 2025-2026 school year has officially started! We are looking forward to helping your children learn and grow, preparing them for bright futures ahead! Please welcome Miss Bell and her assistant Miss Clarrissa!

*"I am in preschool. I am not built to sit still, keep my hands to myself, take turns, be patient, stand in line, or keep quiet all of the time. I need motion, novelty, adventure and to engage the world with my whole body. LET ME PLAY! (Trust me, I'm learning)".*

Thank you for your cooperation and if you have any questions feel free to ask!

*Mrs Tina*

## Important Dates:

9/1 - Labor Day / Apple Tree is CLOSED today

9/7 - Grandparents Day

9/22 - 1<sup>st</sup> Day of Fall



## Teacher Fun Fact

What was your favorite subject in school?

Miss Sara: Art

Miss Joshlyn: Art

Miss Addy: Math

Miss Cassi: Home Economics

Miss Bell: English

Miss Clarissa: Math

Miss Haven: Math



## Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree\_siouxcity



appletreechildcare.com



Nathaniel

# Health & Fitness Tips:

## 4 WAYS TO BE A MORE PRESENT PARENT



Kids aren't looking for perfect parents; they are looking for present parents. Don't allow the stress of "Am I doing enough?" hamper you from enjoying what you are doing. Spending quality time being present with your child should trump your feelings of guilt and stress about not spending enough time with a child.

## AFTER SCHOOL SNACKS FROZEN YOGURT COVERED BLUEBERRIES

### INGREDIENTS:

- Fresh Blueberries
- Greek Yogurt
- Lemon Zest (optional)
- Nut Butter, melted (optional)
- Chocolate, melted (optional)

### DIRECTIONS:

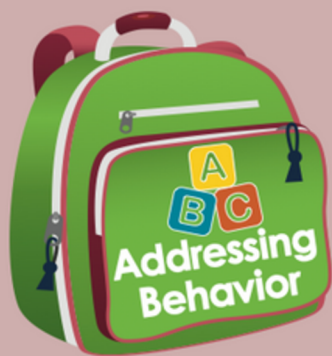
- Line a baking sheet with parchment paper.
- In a bowl, combine blueberries and yogurt, and mix well. Optional to stir in lemon zest. Using a spoon, place small dollops on yogurt mixture onto baking sheet. Freeze until set, at least 1 hour.
- Enjoy as is or dip & coat the clusters in melted chocolate or peanut butter. If using peanut butter, place back in the freezer until hardened.

## SCREEN FREE ACTIVITIES FOR FAMILIES

- Ride bikes
- Have a water balloon fight
- Make cookies
- Have a picnic
- Play hide-and-go seek
- Play dress-up
- Create an outdoor or indoor obstacle course
- Visit a children's museum
- Play board games
- Craete friendship bracelets
- Join a book club
- Go fishing
- Learn how to golf (or any sport)
- Write a book
- Do a puzzle
- Make homemade pizzas
- Volunteer
- Exercise
- Plant & grow a garden







# 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 Understand the Meaning of Your Child's Challenging Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent or caregiver, you may see your child behave in a way that doesn't make sense and ask yourself, "Why does she keep doing that?" It can be very frustrating, especially when it seems like it should be easy for your child to figure out on her own a more appropriate way to behave. In moments like this, it is important to remember that children continue to use a behavior because it works! Your child's behavior is a powerful communication tool that she uses to tell you what she needs or wants. Sometimes, when a child does not know the appropriate way (such as words, sign language or pointing to pictures) to express her needs or wants she may use challenging behavior (such as hitting, screaming or spitting) to communicate. Challenging behavior gives children the ability to send a message in a fast and powerful way. Children will use challenging behavior to communicate until they learn new, more appropriate ways to express their wants and needs. To change the behavior, it is important for you to first discover what is causing the behavior. If you know why your child is choosing a behavior, you can then teach her to communicate her wants and needs in a new way that everyone feels good about.

Children use challenging behavior to either:

- 1) get something, such as attention, a toy or a nap, or
- 2) get out of doing something, such as going to bed, eating a new food or getting buckled in the car seat.

The first step you must take to help your child learn a new behavior is to determine if she wants something or wants to avoid doing something.



## Try This at Home

- **Observe.** Pay careful attention to what is happening when your child displays challenging behavior. Keep a chart to see repeated patterns in behavior. What happens before the behavior starts? What happens after?
- **Track.** Keep track of when the behavior occurs. Do you always see the behaviors just before nap time? Perhaps your child is tired and you can change your routine to include errands in the morning and quiet, at-home activities before nap time.
- **List.** Brainstorm ideas about what your child is trying to get, or avoid doing, by using challenging behavior. The more you watch your child, the more you will be able to narrow your list down to a few possible reasons why the behavior is occurring.
- **Teach.** Once you have an understanding of why your child chooses to use a challenging behavior, you can teach him a new way to behave in that situation. Pick a time outside of the situation when you can:

- » **Role play:** Use puppets, trains, dolls or other toys to act out the new skill with your child. For example, you can make the doll say, "I really want to play outside. I want to open the door and run, but Mommy says I need to wait for her. I won't scream. I will say 'Hurry up Mommy. I am ready to play.'"



- » **Read books:** Children often tell you how they are feeling when they are trying to guess how others are feeling. Ask your child questions about a character in a book as a way to start to talk about your child's own behavior. For example, "That little girl doesn't want to go to bed. I wonder why?"

- » **Talk about the situation ahead of time:** Sometimes, children simply want to know about what is planned ahead of time or to be included in the planning. Parent schedules are busy and you often need to get things done quickly. However, quick transitions can feel overwhelming to young children. If you take a few minutes to include your child in the plan, you will likely see a dramatic decrease in challenging behavior. For example, you could say, "We are going to get in the car and go to the store when you finish this puzzle. Would you like to pick a special toy to bring with you to the grocery store?"



## Practice at School

Teachers are detectives too! When a child uses challenging behavior at school, teachers watch to see what caused the behavior and then teach the child a new way to communicate. For example, Ethan is playing with cars alone when Jacob tries to grab a car from him. Ethan hits Jacob and grabs his toy back. Jacob cries. Ethan was frustrated that a friend was taking a toy from him before he was done and used hitting as a way to tell Jacob that he wanted his toy back. The teacher might say to Ethan, "You looked frustrated when Jacob took your toy. Next time, you can use your words and tell him 'It's busy. I'm still using this toy.'" Teachers can also use puppets to reinforce the skill of saying "it's busy" during circle time or during other activities throughout the day.



## The Bottom Line

It can be fun and rewarding to figure out what your child is thinking and why! The more familiar you are with how your child reacts to everyday situations, the easier it is for you to teach him appropriate ways to deal with challenges like frustration, stress and fatigue. Children who learn how to manage these situations feel more confident and are less likely to use challenging behavior to communicate their needs.



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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 (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education. July 2013/January, 2018.





## Kittens

We can make the whole class SHIMMER!

This month is music appreciation month in the Kitten room! Every week we will focus on different genres such as rock, pop, country, jazz and blues. We are very excited to feature artists like Michael Buble, Dolly Parton, Prince and of course, Taylor Swift! A very exciting project we have planned this month is having the children make their own drums. We will also be practicing our sharing skills and learning why it is so important. We will be practicing using our inside voices! This allows everyone to participate in conversations.

**Alice** always brings a smile and a lot of love to the classroom. **Sage** is a big help in her final weeks with the Kittens. She set such a great example for her peers.

Dream until your dreams come true.

**Miss Sara & Miss Joshlyn**

## Tigers

Hello September!

The Tigers are going to learn about so many fun things this month including opposites, numbers, fall and apples. They will be doing an obstacle course with tricycles, while enjoying the fall weather. We will learn why leaves change colors in the fall and how apples grow on trees.

**Leo** is doing so well in the Tiger room! He is helping the new friends in the room adjust and teaching them how to play with our toys!

Have a great month!

**Miss Addy**

## Kangaroos

Hello September! May your month be filled with warmth, cozy vibes and beautiful fall colors!

The Kangaroos are going to learn about our 5 senses and how they work. They are going to learn about different kinds of apples and how they taste. Also, we are going to learn about farm animals, the sounds they make, and the people that feed and care for them. Some of our friends moved up to the Panda Bear room and we know they will do great in preschool! We will be learning how to share with our friends and how to be kind to others so that our classroom is a great place to learn and play together!

**Santiago** loves to make towers with magnets and loves to play outside with his friends. **Lincoln** likes to play with his friends outside and he loves to color pictures with his friends.

Have a great month!

**Miss Cassi**

## Panda Bears

Hello September!

We are excited for the first month of the school year! We will start the year with the Beginning of the Year study! This part of our curriculum focuses on learning classroom rules and expectations, and how to play with each other in each center of our classroom. Please watch your child's mailbox for more information about the study we are working on and for projects that your children bring home. We are excited to get to know your children and watch them grow this school year!

**Rylee** has been doing a great job playing with new friends! **Tiffany** is adjusting to the classroom very well and loves to create fun art projects!

We are looking forward to a great month!

**Miss Bell & Miss Clarissa**

## Apple Corps

Welcome back to school!

Apple Corps are going to taste test different kinds of apples and learn where they come from! They will learn about fall and why leaves fall off of the trees. We will make acorn crafts as we discuss different types of trees and where to find them. We will also learn the best ways to ask for help in the classroom and how to work together toward a common goal.

**Liam** and **Ethan** are always kind and use kind words with other people.

We look forward to a month of smiles and happiness.

**Miss Haven**

# SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1  APPLE TREE is CLOSED TODAY	2	3	4	5	6
7 	8	9	10	11	12 KANGAROOS Apple Taste Testing	13
14	15	16	17	18	19	20
21	22 	23	24	25	26	27
28	29	30	1	2	3	4