



Apple Tree

PRESCHOOL & LEARNING CENTER



APPLE JUICE

www.appletreechildcare.com

A note from the office:

April 2026

Yay! Spring has arrived! We are thankful for the wonderful weather that has allowed us to go outside.

A few reminders:

- **Updated Parent Handbooks:** Please make sure you have read our updated handbook and turn in the signature sheet that goes with it ASAP. Thank you!
- **File Updates:** We will be updating our files soon. Please make sure your information is all up to date. Stop by and update your child's file, if needed.
- **Parent Teacher conferences:** Please sign up with your child's teacher. Sign-up sheets are posted on each door.
- **Vision Screening:** The Lions Club will be here to conduct vision screenings on the children. If you would like your child to have their eyes screened, please fill out the consent form. Screenings will only be done on children with signed consents. This is such a great service at no charge to the families. Early detection and treatment of a vision problem can prevent amblyopia (lazy eye). It can also make a difference in a child's ability to learn and excel.
- **Apple Corps parents:** If you are interested, please remember to sign-up for golf lessons with First Tee. We will also need a shirt size for your child. First Tee helps kids grow confidence, character and life skills on and off the course.

Classroom Spotlight:

Our Kangaroo room is for our older 3 and 4 year olds. Miss Zee is the lead teacher and Miss Haley is the assistant teacher. As a Kangaroo, your child will solidify these physical skills: hopping on one foot, climbing, walking up & down stairs with alternating feet, holding a pencil correctly. They will also be able to achieve these cognitive skills: naming colors, shapes, understanding the concept of counting, recognizing their name, remembering parts of a story & retelling the story. Emotionally, Kangaroos will work on playing cooperatively in groups, showing empathy, distinguishing between real & make believe. They will also use 500-900 words and use proper grammar. This is a very busy group and they all love to learn. Way to go Kangaroos! We are so proud of the hard work!

We are looking forward to all the spring flowers!

Miss Laurie & Miss Jenah



Kase
Petyon
Vivian
Evelyn

Charlotte
Ethan
Nash
Scout

Prince
Miss Rachel
Miss Zee

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!



Stay in touch :



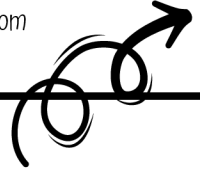
@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com



Teacher Fun Fact

What is your favorite late-night snack?

Miss Laurie: Shortbread & Tea

Miss Jenah: Popcorn

Miss Kim: Ice Cream

Miss Lilly: Pretzels & Caramel Dip

Miss Veronica: Yogurt & Fruit

Miss Madison: Chips

Miss Ava: Cheese or Junk Food

Miss Saige: Chocolate Covered Peanuts

Miss Allie: Cheez-Its

Miss Cadie: Takis & Cottage Cheese

Miss Mara: Hot Cheetos

Miss Elisha: Peanut Butter Ice Cream

Miss Lola: Dots

Miss Alecia: Frosted Animal Crackers

Miss Mollie: Celery

Miss Zee: OREOs

Miss Rachel: Reese's

Miss Autumn: Chips

Miss Bell: Air Head Extremes

Miss Shannon: Cookies

Important Dates:

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

4/5 - Happy Easter

4/6 - 4/10 - Week of the Young Child

4/10 - Pancakes with Parents / 9:00am - 10:30am

4/15 - 4/16 - NO SCHOOL / Spalding Park Kindergarten

4/16 - 4/17 - Lions Club Vision Screenings

4/27 - 4/28 - NO SCHOOL / Morningside Kindergarten

Photos of the Month





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.



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.



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 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.



ChallengingBehavior.org



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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



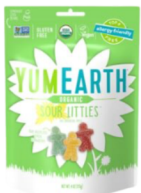
Hu Chocolate bars



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!

Caterpillars

Hello April!

Now that the weather is getting nicer, we are going to head outdoors on the nice days for fresh air. Please bring a jacket or sweater for your little one. It might be a good idea to bring a hat to protect them from the sun, too.

We would like to welcome **Bailey** and **Mia** to the classroom. We can't wait to watch them grow and learn new things. **Ruby** is so sweet. She goes to sleep in her crib all by herself. **Archie** has almost mastered rolling over and **Hazel** is sitting up all on her own. Way to go!

Happy Easter!

Miss Lilly & Miss Kim

Butterflies

"April is here, time for sunshine, growth and good vibes!"

This month we will make cute bunnies using our own feet! We will work on mastering the following milestones: sitting, being able to sit back down from a standing position and crawling. **Callum** and **Anna** accomplished the milestones they have been working hard at.

Elanor is a very happy little girl. She is always smiling and has learned to sit all by herself. **Melia** is so talkative - she can say both mama & dada. Way to go girls.

Happy Easter!

Miss Veronica & Miss Sarah

Monkeys

Hello! Welcome to the rain, sunshine and flowers!

The month of April brings a fresh start. We will learn about rain, crops, and how to grow seeds & flowers. We will do a science project & work on our math skills when we plant two bean seeds in a pot. We will watch them grow by our class window. We will enjoy making instruments as we learn about music. We will also be doing various art projects to work on our fine motor skills. Toward the end of the month, we will start working on our May Day baskets.

We will take a week to celebrate your child. You are all invited to join us on Friday, April 10th for Pancakes with Parents!

On National Banana Day, April 16th, we will learn about bananas and encourage your child to wear yellow. Join the fun!

We want to thank **Natalie** for being such a great helper. She is one of the best picker uppers at clean up time and we love the help. **Za'Niyah** can sign all of *Twinkle Twinkle Little Star* with a little help with the tune.

We can't wait to grow so much love this month!

Miss Jennifer, Miss Madison & Miss Ava

Froggies

We are hopping into April!

This month we will continue learning the alphabet! We will work on letters O-V. We will also experiment with science by creating a fizzy painting art & activity. We will work on our math skills by counting scarves throughout the classroom. As a class, we will practice using gentle hands with our friends, toys & teachers. We will practice saying, "Please stop" or "No thank you" when someone is doing something we don't like or want to stop.

We will celebrate the Week of the Young Child during the second week of April. You are invited to join us for Pancakes with Parents on Friday, April 10th. We will make a craft, eat pancakes & read stories together. Parents, you are welcome to bring a book to share with the kids.

Elijah has shown such growth since joining our class. He is a great helper and cleans up toys really well. **Rylan** is working on saying all her friends' names. She can name almost everyone!

We hope you have a TOADally great month.

Miss Saige & Miss Allie

Giraffes

Hello April!

This month we have so much to look forward to. We will be talking about all the changes we will see as spring returns, including weather changes, animals and plants we see begin to grow. We will celebrate the Week of the Young Child with activities all week. We have art planned for Earth Day with paper plates. We plan to do some math by counting all the colorful eggs that we will dye for Easter.

As a class we will work on using our inside voice in the classroom and in the hallways. We will talk and learn to ask for a hug when we feel sad or just need one. We will start the month out talking about all the APRIL SHOWERS and end the month talking about the MAY FLOWERS sprouting.

Have a great month!

Miss Cadie & Miss Marah

Zebras

Welcome April!

This month the kids will be learning about Earth Day, gardening and Easter. We will enjoy science with plastic easter eggs to see if they will float or sink, and for math fun we'll be counting carrots. We plan to take a nature walk and help the environment by picking up trash - of course with gloves. We will practice asking for a hug when needed. We know it can be overwhelming sometimes to be in a group setting, so we want all the children to learn how to regular their emotions and use their voice to ask for a hung.

We will be heading outside more to enjoy the nice weather. Please make sure your child has a jacket or sweatshirt for the cooler mornings.

Audrey has been working hard on pushing in her chair at mealtimes. She even loves to help her friends with this, too. You are so kind, Audrey. **Charlotte** is such a good friend. At pick up time, she picked up her toys and then helped her friend with their toys to.

Wishing you all a sunny month!

Miss Lola & Miss Elisha

Tigers

Welcome spring!

The Tigers will be learning about the weather. We will have a weather sensory bin to help us understand different types of weather. On **April 3rd**, we will have a small classroom egg hunt. We will do math after the egg hunt and sort them by color and count how many eggs we found. We will continue learning our alphabet and working on name recognition.

Chloe has been a great student. She is always so kind and helpful. Thanks for spreading kindness Chloe! **Scout** is always reminding her friends about the classroom expectations and wanting everyone to do their best!

Have a lovely April.

Miss Alecia & Miss Moli

Kangaroos

Hello spring!

This month we will review the letters of the alphabet. We have a fun scavenger hunt planned for the letter S. We will work on our math skills by counting airplanes.

We will celebrate the Week of the Young Child. Parents are invited to join us on **Friday, April 10th** for Pancakes with Parents.

We will work on asking for help in the classroom when we need it. We will also work on learning to take turns by setting a timer.

Calvin does a good job asking for a timer when he wants a turn with a toy that a friend has. Way to use one of our classroom solutions! **Cooper** is a kind friend. He helped a friend clean up a mess even when he didn't make it. Thanks for being kind, Cooper.

Bring on the nice weather!

Miss Zee, Miss Rachel & Miss Autumn

Koalas

We're ready to hop into April.

This month we are finishing up our pet study and beginning a study on recycling. We have conferences coming up on the **8th**. We have a sign-up sheet on the classroom door. Please sign up for a time. We are getting ready for preschool graduation on **May 12th**, so save the date! In preparation, we will be taking graduation photos on **April 22nd**. Please check your child's mailbox for more info!

We have a fun science activity planned with recycled paper and we will use jelly beans to do graphing during a math lesson.

We are excited to spend more time outside. Please bring a jacket or sweatshirt for the cooler mornings. Please make sure your child's spare clothes are appropriate for warmer weather.

Everly checked on a friend to see how they were doing when they got hurt. That was so kind Everly! **Freddy** complimented a teacher when she got a new haircut. He said, "Your hair is sick," and gave a thumbs up with a big smile.

Have a great month!

Miss Bell & Miss Shannon

Apple Corps

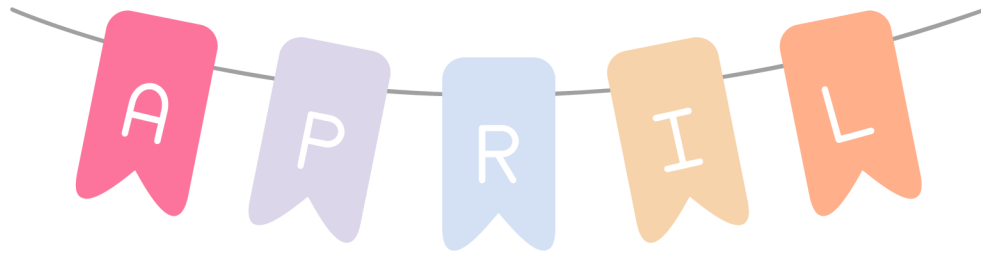
Happy April & Happy Easter!

With the warmer weather approaching it makes us think of SUMMER. Please make sure your school-age child is signed up for our summer program. We are doing First Tee again this summer. We recommend signing up ASAP before all the spots fill up.

Please let the office know if your child will not be needing transportation from school to Apple Tree for the afternoons. This would be if they leave school early due to an appointment or are sent home sick. This really helps out our van drivers and makes our afternoon driving so much smoother.

Have a great month!

Miss Myesha



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 APRIL'S DAY! 	2 GIRAFFES Dye Easter Eggs	3 MONKEYS Wear Blue FROGGIES Try Pickles GIRAFFES & ZEBRAS Show & Tell GIRAFFES Class Walk TIGERS & KOALAS Easter Egg Hunt NO SCHOOL Sioux City Community Schools	4
5 	6 MUSIC MONDAY NO SCHOOL Sioux City Community Schools	7 TASTY TUESDAY KANGAROOS Parent Teacher Conferences	8 WORK OUT WEDNESDAY KOALAS Parent Teacher Conferences GIRAFFES Bring a Book from Home	9 ARTSY THURSDAY TIGERS Parent Teacher Conferences	10 Pancakes with Parents 9:00-10:30am GIRAFFES Class Walk KOALAS Storytime at the Library	11
12	13 FROGGIES Try Quaker Oats	14 ZEBRAS Bring a Book from Home	15 KANGAROOS Nature Walk	16 APPLE TREE Vision Screening by Lions Club MONKEYS Wear Yellow FROGGIES Try Raspberries KANGAROOS Wear an Orange Shirt	17 APPLE TREE PJ & Movie Day APPLE TREE Vision Screening by Lions Club GIRAFFES & ZEBRAS Show & Tell GIRAFFES Class Walk TIGERS Bring a Book from Home	18
19	20	21 FROGGIES Try Strawberries	22 KOALAS Pre-K Graduation Pictures GIRAFFES Bring a Book from Home ZEBRAS Wear Blue or Green KANGAROOS Wear a Red Shirt	23 KANGAROOS Going on a Scavenger Hunt	24 FROGGIES Try Toast GIRAFFES Class Walk	25
26	27 FROGGIES Try Green Beans KANGAROOS Bring a Book from Home	28 MONKEYS Wear a Flower Shirt ZEBRAS Bring a Book from Home	29 FROGGIES Try Vanilla Wafers	30 MONKEYS Bring a Book from Home	1	2