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A note from the office:

December 2025

Welcome to Sioux Center's Apple Tree Early Child Center. We hope everyone has a happy holidays.

With Christmas break approaching, please let us know if schedules will be changing. We will be having classroom Christmas parties on **December 18th & 19th**. Please watch for notes about the parties that will be posted on classroom doors.

We still take the kids outside daily so please make sure your child has a coat, boots, gloves and hat available for them to wear and stay warm. Also, please make sure your child's extra outfit is weather appropriate in case of spills or accidents.

SAVE THE DATE for Wednesday, December 17th, 2025

We will be having our Christmas Open House from 10:00 A.M. - 11:00 A.M. Parents are welcome to come for fun Christmas activities and cookies. We can't wait to have you all join us!

We hope everyone has a safe Merry Christmas!

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



Ian
Collin
Evelyn
Ivan

Canaan
Elíana
Miss Josalyn



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 Recognize & Understand Anger

Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent, you might find that calming your angry child can be one of the biggest challenges of parenting. There are many things that make children angry, and children feel anger in different ways — just as adults do. Perhaps you were taught as a child that being angry was not “allowed” or that anger was “bad.” It is important to teach your child that it is normal to get angry. Often, the first step parents must take is to set aside what they themselves were taught as children, and choose to teach their own child something new. As with all emotions, when you help your child recognize and name his anger you have helped him take the first step toward being able to control his own behavior. When your child is able to recognize the feeling and say, “I’m angry!” it reduces the chances that he will act out.



Try This at Home

- Notice and label when you, your child or others are angry. You might say:
- About yourself: “I am feeling angry in my body. My heart is beating fast and I feel like a volcano inside. I am going to take some deep breaths to calm down.”
- About your child: “I can see that you are angry! Your hands are making a fist and your eyes are big.”
- About others: “I see that little girl is angry. I wonder what happened. What do you think might help her to calm her body?”
- Encourage your child to move. Just as adults release stress at the gym or by going for a run, physical movement helps children to change their body experience. Teach your child to yell into a pillow or push on the wall. However, don’t encourage your child to hit others or hit objects (we want children to let go of their anger without hitting or hurting others).
- Read books about being angry. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and activities to help your child learn about emotions at: <http://challengingbehavior.fmhi.usf.edu/docs/booknook/ChildrensBookList.pdf>
- Calming down is a skill that children must learn. Young children do not understand the words “calm down.” Tucker Turtle is a story that helps children understand how to calm down. It can be a great tool for teaching this skill. Download and print Tucker Turtle for free at: <http://challengingbehavior.fmhi.usf.edu/Pyramid/intervention/TTYC/tools.html>.

- Puppets and toys are great to use for role playing situations that your child understands. “Wow, this lion is very angry. Her sister took her toys! She is stomping her feet and roaring very loudly! Let’s help her to calm down.”

Practice at School

Children can become angry at school for a variety of reasons. Teachers help children understand that everyone feels angry and shows the class positive ways to calm down, such as taking a deep breath or finding a quiet place by reading stories, or role playing with puppets. Children are given the opportunity to practice different techniques and find a solution that works for them. By encouraging children to find a solution that helps them not feel angry, teachers help children feel in control of their emotions and confident in their ability to handle difficult emotions.

The Bottom Line

Anger is a feeling all parents and children experience from time to time. The goal is not to try to get rid of anger in your child or yourself, but rather to teach your child useful and acceptable ways to manage her feelings. You can teach your child that anger is a natural, healthy emotion and like other emotions (i.e. joy, sadness, frustration), anger needs to be expressed appropriately. A child who has been taught to recognize and understand anger in herself and others will be less likely to express her anger in aggressive and destructive ways. The ability to manage feelings and solve problems is a life-long skill necessary for children to be happy and healthy.



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Weekly Themes:

| | |
|---------------|---------------------|
| 12/1 - 12/5 | Winter Wonderland |
| 12/8 - 12/12 | Candyland Christmas |
| 12/15 - 12/19 | Whoville |
| 12/22 - 12/26 | Christmas Fun |
| 12/29 - 1/2 | Welcome 2026 |



Teacher Fun Fact

What is your favorite Christmas movie?

Miss Jess: The Santa Clause

Miss Amanda: Elf

Miss Anita: A Christmas Story

Miss Connie: Elf

Miss Kara: Polar Express

Miss Emma: Elf

Miss Lois: Hallmark movies

Miss Emery: Christmas Vacation

Miss Shaylawn: Dracke & Josh Merry Christmas

Miss Amy: Christmas Vacation

Miss Josalyn: Elf

Miss Maggie: Gremlins

Miss Michelle: Home Alone

Miss Rhonda: Christmas Shoes

Miss Journey: The Grinch

Miss Noelia: Home Alone

Miss Josie: Home Alone

Stay in touch :



@AppleTreeECC



@appletree_earlychildcenter



appletreeecc.com

Health & Fitness Tips:

TIPS TO KEEP YOUR CHILDREN HEALTHY IN WINTERS

LOAD UP ON VITAMIN C

Foods rich in vitamin C can shorten the length of a cold



Vitamin C **reduces the duration** of children's colds by 14%

That means an average of **4 fewer sick days** a year

TAKE VITAMIN D

This vitamin regulates the immune system and prevent colds

Kids who take **1,200 mg** a day all winter get the seasonal flu **58% less**



WASH HANDS

Careful washing with soap and water kills most germs



Only **28%** of kids know how to wash their hands properly

Hands should be scrubbed for **at least 20 seconds** - as long as it takes to sing "Twinkle Twinkle Little Star"

SLEEP WELL

Plenty of sleep helps kids fight illness

Toddlers need at least **13 hours** of sleep per day

School-age kids require **10-11 hours**



USE A HUMIDIFIER

Maintain an ambient temperature which is neither too cold nor too hot.



WINTER WEAR

Wear enough layers of clothing including socks and gloves.



Santa says...



Jump for joy
Hop on one foot
Do a dance
Pretend to ride a sleigh
Sit down
Stand up
Make a snow angel on the floor
Jump up
Spin around
Do a jumping jack
Pose like a Christmas tree
Reach for the stars
March like a toy soldier
Say ho-ho-ho
Pretend to throw a snowball
Hop like a bunny
Clap your hands
Play air guitar
Smell your feet
Walk backwards



CELERY REINDEER SNACKS



These Celery Reindeer Snacks are a fun and delicious twist on a familiar favorite. Easily turn a popular, kid-friendly snack into a festive treat with a few simple ingredients.

INGREDIENTS:

- Celery Sticks
- Peanut Butter
- Nutella
- Pretzel Twists
- Fresh Cranberries or red M&Ms
- Candy Eyes

DIRECTIONS:

- Cut celery into sticks that are 3-4 inches long. Spread peanut butter and Nutella along the center of the stalk.
- Break the pretzel twists in half. Arrange them at the top of the celery stick to form the antlers.
- Add two candy eyes below the antlers, then place a cranberry beneath each pair of eyes for the reindeer's nose.

Green

We are excited for a fun festive month!

We love reading books and singing songs with our littles. **Asher** absolutely loves to listen to our storytime and he gets so excited. **Beckett** has achieved is rolling status. He is such a happy boy.

We will be enjoying painting and making a Christmas gift for our families this month.

May you and your family enjoy a blessed Christmas.

Miss Anita & Miss Connie

Light Green

Welcome to the Light Green Room.

We are working on sign language and are introducing the use of silverware to our table food eaters. This month we are working on mobile activities and fine motor skills. We continue to teach our littles to use soft touches with friends and being nice.

Lane is one of our new friends and he loves playing with his friends by throwing the balls. **Evelyn** is going to be one this month. Happy Birthday! She has been learning how to stand all by herself.

We can't wait to make more memories with the kids.

Miss Kara & Miss Emma

Blue

Welcome to winter in the Blue Room.

We are working on being kind to each other. We will do this by using nice hands and saying nice things to our friends. When a friend has something we want we will wait our turn. **Tate** saw a friend fall over and the friend was sad. Tate walked over to check on them and helped them up. That was so KIND. **Eliza** showed kindness during pick-up time. She saw a toy that accidentally got left out and she quickly went and picked it up for us all. Thank you for being a kind helper.

We have a fun-filled month of Christmas crafts and activities planned. We will read Christmas books and sing Christmas songs.

Merry Christmas from all of us in the Blue Room.

Miss Amy

Light Blue

Welcome to winter and join us for Christmas fun!

We are working on knowing the difference between inside and outside voices and using our voices at appropriate times. We will also talk about playing together nicely by using building blocks and musical instruments. It is fun to play together nicely. **Leah** and **Rowyn** were sitting and playing together so nicely with baby dolls.

We have a fun-filled month of Christmas crafts and activities planned. We will read Christmas books and sing Christmas songs. We hope you have a meaningful Christmas spent with family and friends.

Miss Lois, Miss Emery & Miss Shaylawn

Yellow

Welcome to the Yellow Room! We are excited to celebrate this festive month and all things winter.

We are learning about voice levels and when to use inside voices. We are teaching kind words and how to ask our friends, family and teachers for help in a nice way.

Olivia loves to play with babies and is so good at sharing. **Amelia** is a great friend and also loves to color and do art.

This month we are learning all things winter and Christmas. A couple fun activities we will be doing are making "snow" dough and then making snowflake shapes with it. We also, will enjoy our sensory bin with cottonballs to make "snowman". We are planning a Candyland scavenger hunt and also playing the game, Pin the Bow on the Christmas tree. We have a lot of winter and Christmas art activities planned as well.

We hope your family has a great Christmas and a Happy New Year.

Miss Josalyn

Apple
Tree

Invite
YOUR FRIENDS TO
Grow
WITH US.

Refer a friend or family member to Apple Tree & if they enroll, (one month of attendance required) you will receive a \$50 gift card to a restaurant of your choice!

Red

Hello and happy holidays!

It's hard to believe it's already winter! By the end of the month, most of the Red Room will be 3. Now that we have hit that milestone, we will be working hard on motor skills and independence with shoes, clothing, bathroom, and winter gear. Please practice these things at home along side us at ECC. We plan to still go outside so make sure you bring your winter gear daily.

With our themes of Winter Wonderland, Candyland, Whoville, and Christmas Fun, we will have a lot of fun activities planned. These include Christmas cookie cutters with playdough, snowy tree paintings, counting with toy candy, stories about the Grinch, and learn & sing many Christmas songs.

We are working on the solution of ignore. If someone is bothering us, we try to ignore them and get a teacher if they continue. With this we are also practicing our listening ears to hear if a friend has asked us to please stop doing something and can stop.

Johanna loves to color and fold pictures to share with others. **Brock** enjoys reading books. His favorite recently has been, "Pout Pout Fish".

Merry Christmas and Happy Holidays to you & your families.
Miss Maggie

Gold

Hello families, We are so excited for a fun and festive month of learning, laughter and holiday joy!

This month we are focusing on taking a break and setting a timer to help students and teachers. This will allow them time to think before being loud & interrupting the teacher. We will take deep breaths as a class and work on using our listening ears.

We have so many fun arts & craft activities planned this month with all our winter and holiday themes. Snowflakes, whoville town drawing, grinch art, popsicle stick christmas tree, and so much more. We also will play a snowball toss game and do a Christmas scavenger hunt. We will read about snow & Christmas. We plan to learn about how people celebrate holidays around the world and students will practice writing by writing a letter to Santa.

Mataya makes everyone laugh and always knows how to turn a frown into a smile. Ethan is a really sweet boy, he is a hugger and always invites his friends to play.

Thank you for supporting our class. We are so proud of all the progress our Gold room students are making. We wish you all a warm and wonderful holiday season!

Miss Noelia & Miss Josie

Purple

Greetings from the Purple Room.

With the holidays quickly approaching, we will focus our learning activities around the following themes Winter Wonderland, Candyland Christmas, Happy Birthday Jesus, and Christmas fun. We will continue learning letters & shapes in preschool, as well as incorporate holiday fun. It's a true blessing to teach and care for your children each day.

Hayden enjoys pretend play with friends and helping around the classroom. **Klay** enjoys pretending with superheroes and exploring the outdoors.

This month we will focus on and practice using kind words towards friends, family and teachers, as well as taking turns in the classroom.

Enjoy the holiday season and have a Merry Christmas!
Miss Michelle

Dark Blue

We are so excited for the holidays!

With Christmas near, we will focus our learning activities around the following themes: Winter Wonderland, Candyland Christmas, Whoville and Christmas Fun. We will continue learning letters & shapes in preschool, as well as incorporate holiday fun. We have a fun-filled month of Christmas art projects and activities planned. We will read Christmas books and sing Christmas songs.

We will talk about and work on using our words when we want someone to stop bothering us by nicely saying, "Please stop".

Kalvin loves to work with the legos in the classroom. **Olivia** loves to look at & read books along with playing in the block area.

Have a joyful and peaceful Christmas.
Miss Rhonda

Black

We hope you have a happy holiday.

This month we will be introduced to our class Elf on the Shelf. This will be so much fun. In December, we will focus our learning activities on the following themes: Winter Wonderland, Candyland Christmas, Whoville and Christmas Fun. We have a fun-filled month of Christmas art projects and activities planned. We will read Christmas books and sing Christmas songs.



Souline loves to color with her friends and enjoys our group reading time. **Damian** loves to dance with his friends during our music and movement.

In class we are working on asking for help when we need it and using our listening ears in the classroom to hear the instructions given and what are friends are asking of us.

Have a great month!

Miss Journey

December

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|---|----------|
| 30 | 1 | 2 | 3 PRE-K Sunday Ford Visit | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 PRE-K Sunday Ford Visit | 12 SIOUX CENTER COMMUNITY 1:20pm Dismissal | 13 |
| 14 | 15 | 16 | 17 APPLE TREE Christmas Open House 10-11am | 18 | 19 | 20 |
| 21 | 22 SIOUX CENTER CHRISTIAN No School | 23 SIOUX CENTER CHRISTIAN No School SIOUX CENTER COMMUNITY 1:20pm Dismissal | 24 SIOUX CENTER SCHOOLS No School | 25  APPLE TREE is CLOSED TODAY | 26 SIOUX CENTER SCHOOLS No School | 27 |
| 28 | 29 SIOUX CENTER SCHOOLS No School | 30 SIOUX CENTER SCHOOLS No School | 31 SIOUX CENTER SCHOOLS No School | 1  APPLE TREE is CLOSED TODAY | 2 SIOUX CENTER SCHOOLS No School | 3 |