



Apple Tree Preschool
& Learning Center

May 2024

APPLE JUICE

www.appletreechildcare.com

A WORD FROM MRS TINA QUEEN

Welcome May! May you have happiness. May you be healthy. May you have courage & strength. May you be blessed always.

Happy Mother's Day on Sunday, May 12th.

Teacher Appreciation Week (May 6th - 10th): This is a special week where Apple Tree will be celebrating our wonderful teachers. Let's show how much we appreciate them and all that they do to help our children learn & grow. Please look at the flier showcasing ways to show our appreciation each day!

Muffins with Mom (May 10th): We want to also celebrate the moms, grandmas, aunts or sisters who play a special part in the lives of the children at Apple Tree. We invite you to join us from 9:30-10:30am in our lunchroom for muffins & juice. A photo booth will also be available to you.

Panda Bear Pre-K Graduation: The ceremony will be held at *Wesley United Methodist Church* at 4:00pm. The address is 3700 Indian Hills Drive, Sioux City IA 51104. A reception will follow.

Policy Reminder: Backpacks are no longer allowed. Please continue to use your canvas Apple Tree bag to bring your children's items to school. We try to keep a safe environment for all our students. If you need to bring an overnight bag for special occasions, please let us know. We will try to accommodate for this as best we can. Thank you for your cooperation.

Summer Field Trips & Activities are right around the corner! Calendars will soon be available, so check your folders. We are looking forward to a great summer!

Apple Tree will be closed on Monday, May 27th in observance of Memorial Day.

Let's make the month of May un-bee-lievable! Let's Bee intentional, Bee positive, Bee adventurous. Expect the very best. Live well.

Mrs Tina

TEACHER FUN FACT

My favorite season is...

Miss Angie: Winter

Miss Kathy: Summer

Miss Addy: Summer

Miss Orionna: Spring

Miss Beth: Summer

Miss Cassi: Summer

Miss Anna: Spring

Miss Gloria: Fall



PANDA BEAR GRADUATION CEREMONY

Thursday, May 23rd, 2024 / 4:00pm

Wesley United Methodist Church

We will have a short ceremony with cupcakes & punch served afterwards to celebrate your graduate.

We will also provide a photo shoot area for you and your family to enjoy!

Please bring a change of clothes to Apple Tree. We will change after our nap so we can have all the Panda Bears looking their best for the ceremony.

If this day is not your scheduled day to attend Apple Tree, please meet us at the church with your child by 3:45pm.

Health & Fitness

Make the Most of the First 2 Years Set Your Child Up for Success

Many parents know that the first 2 years of a child's life are important for brain development and building healthy relationships. But this time is also very important to help children stay at a healthy weight as they grow. Start teaching healthy habits right away - the first 2 years of your baby's life set them up for healthy growth & development.

Healthy Eating Starts Now

Responsive feeding helps you and your child build a healthy relationship with food and feeding. Responsive feeding means that you watch for your baby's hunger and fullness cues, respond warmly and promptly, and focus on creating a positive feeding experience.

Giving your baby a variety of foods makes it less likely that he'll be a picky eater later on. Babies form their taste patterns by 9 months old. So when you start feeding your baby solid foods, it's important to offer a variety of colors, textures and flavors. Giving your baby fruits and vegetables early and often makes it more likely he'll eat them later.

Babies and toddlers who drink fruit juice and other sugary drinks are more likely to have tooth decay and less likely to drink water as they grow older. The American Academy of Pediatrics recommends that babies (under 1 year old) drink only breast milk or formula. Babies older than 4 months can also have water. The healthiest choices for toddlers (1 to 3 years old) are water, water or breast milk. If you do offer juice, limit it to 4 ounces per day.

Sleep Matters from the Start

Getting enough sleep can help your child stay at a healthy weight later in life. It's linked to better mental health, too. Babies and children thrive on routines, including consistent bedtimes and naptimes - so it's important to start healthy sleep habits right away.

Active Babies Become Active Children

Babies and toddlers need active play to grow healthy! Many toddlers don't get enough active play. Spending too much time in strollers, swings and car seats can lead to motor delays.

Screen Time Habits Start Early

Up to 30% of toddlers already have TVs in their bedroom. But children with TVs in their bedrooms are more likely to be overweight, get less sleep, and have mental health problems as teens. **Children learn through active play and conversations**, so make it a priority for your child to have plenty of real life interactions and experiences - and less screen time!

Healthy Parents, Healthy Child

When it comes to starting healthy habits, **parents are the most important influence** in a young child's life. Be a role model for your child by eating healthy, taking time to be active and limiting your own screen time.

For more information, visit www.healthychildren.org/growinghealthy.

This product was developed by the American Academy of Pediatrics Institute for Healthy Childhood Weight. Development of this product was made possible through a grant from the Centers for Disease Control and Prevention.



American Academy of Pediatrics
Institute for Healthy
Childhood Weight
WHERE LIFELONG RESULTS BEGIN

Help Us Stay Calm

Strategies that help you and your child during challenging behavior

Stay Calm | Reflect | Re-Connect

When your child is engaged in challenging behavior or experiencing anger, stress, sadness or frustration, it is important to stay calm. If you express your anger and frustration, it might result in more challenging behavior from your child. Remaining calm will provide the safety and support your child needs as they learn how to calm themselves.

Step 1:

Calm Yourself



Drink some water;
Have a snack



Count until calm



Take deep breaths



Connect with a friend



Ask for help



Think something positive or fun about your child

Step 2:

Reflect

What feelings and thoughts came up?

How do you think your child is feeling?

What might your child need to prevent the behavior from occurring again?

Are you calm enough to re-connect with your child?

Step 3:

Re-Connect

When you re-connect, you can help your child learn new skills. Once you feel calm, and your child appears calm, here are a few tips.



Make sure your child is calm

I see that not getting a turn made you angry.

Acknowledge feelings



Offer choice



Redirect to a new activity



Talk and play with your child

~ Teacher Appreciation Week ~

MONDAY MAY 06th – FRIDAY MAY 10TH

Help me make our teachers week special and show them how much they are appreciated!

MONDAY – Teachers are NOTEWORTHY!

Deliver a card/note to your teacher. (handmade is always the best)

TUESDAY – Teachers COLOR our WORLD

Surprise your teacher by wearing their favorite color!

**Ms. Angi = Emerald Green Ms. Anna= Red Ms. Vanessa= Pink Ms. Cassi = Yellow/Orange
Ms. Orionna= Cerulean Blue Ms. Gloria = Pink**



WEDNESDAY – Teachers help us BLOOM!

Bring your teacher a flower. (Real, fake, or handmade)

THURSDAY – Book Dedication Day

Help us GROW our classroom libraries with a donated book (new or used – write a special note inside 😊)

FRIDAY – My teacher is a TREAT!

Bring your teacher their favorite treat!



KITTENS

We are so excited spring is here and we get to spend more time outside!

This month we will be having a Cinco de Mayo celebration and making our mothers a beautiful Mother's Day gift. We will also be learning about butterflies. Hopefully we will get lucky enough to see some while we are outside.

Crimson is our newest kitten. He has really come a long way with sharing and speaking. **Alara** has been speaking more and interacting very well with others.

Happy Birthday to **Eric and Dylan!** We hope you have a fun-filled day!

We have been very busy in the Kitten room. We currently have 6 kittens working hard at potty training. At the end of this month, several of our students will be moving up to the Tiger room.

We look forward to assisting your children to reach their full potential. We enjoy having them at the Apple Tree!

Miss Kathy, Miss Angie & Miss Addie

TIGERS

Hello May, please be good to us!

This month we will learn about zoo life. What animals are found at a zoo? Who works at a zoo? This past month we planted our very own flowers and the kids have done a great job of taking care of them. They are very proud to be taking those home for Mother's day.

Danika is a great friend. She likes to help wherever she can. **Billy** is a great helper, too. He is always willing to help out everyone and is the first to help pick up toys.

We are very excited for our Muffins with Moms coming up on the **10th**.

Happy Birthday to **Ryder, Skylar, Matthew and Theodore**. We can't wait to celebrate you!

As the weather warms up, please bring sunscreen for your child. We hope to be outside as much as possible.

Have a safe May!

Miss Orionna & Miss Beth

KANGAROOS

Enjoy the nice weather!

The class planted flowers and this month we are going to learn about the flowers stages of growth. We are going to learn about ocean & farm animals. We will be learning about caterpillars and how they turn into butterflies!

R'bella set up chairs and pretended they were on a bus with her friends. She also sets up the chairs and pretends she is at the movies with her friends. We love her imagination!

I hope everyone enjoys the FANTASTIC spring weather! Summer is just around the corner.

Miss Cassi

PANDA BEARS

Welcome to Pre-K graduation month!

To start the month, we are preparing for our Pre-K graduation. We will be learning about what activities happen in kindergarten. We truly believe that each and every one of our Pre-K students are ready to jump into kindergarten this fall. We are so proud of them!

Writing one's name by ourselves is a huge step that we want to accomplish before kindergarten. This month we are going to focus on that! We are also going to learn a bit more about springtime and how it helps the butterflies' life cycle. We will be raising our very own caterpillars. We can't wait to watch them turn into butterflies.

Our Pre-K kids have been extra interested in rocks this past month. **Bradley, Liam and Dayna** used rocks to make a mountain for the king lion. **Willa and Hallie** used the scale and shiny pebbles to investigate the concept of weight.

Happy Birthday to **Joel and Henry!**

Have a fantastic month everyone!

Miss Anna & Miss Vanessa

APPLE CORPS

We hope everyone is enjoying their spring!

This month we are going to go on a scavenger hunt outside to see what kind of bugs we can find. We are going to learn all about sun catchers. We plan on making our very own sun catchers to take home with us. We have other exciting activities planned too.

We have several birthdays coming up this month. Happy Birthday to **Liam, Brandon, Kaden and Emryi**.

A few of our students have been excellent role models to our younger kids. Both **Emryi and Charlie** love to go into the Kangaroo room to read books to the younger kids. Way to be good examples guys!

Have a fun and safe month!

Miss Cassi & Miss Gloria



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|---|---------|-----------|--|---|---|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 <i>STAR WARS MAY THE 4TH BE WITH YOU</i> |
| 5 | 6 | 7 | 8 | 9 | 10 APPLE TREE Muffins with Mom 9:30am - 10:30am | 11 |
| TEACHER APPRECIATION WEEK | | | | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 LAST DAY OF SCHOOL Sioux City Schools | 24 | 25 |
| 26 | 27 Apple Tree is CLOSED TODAY | 28 | 29 | 30 | 31 | 1 |