



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

July 2025

Summer is flying by! They say when you're busy having fun that will happen! July is the month of hammocks, fireflies, fireworks and cool refreshing swims. Let's make the most of it, shall we!

Happy 4th of July! The center will be closed Friday, July 4th on observance of Independence Day. *"May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right."* -Peter Marshall

Field Trip Reminders:

- Please check the calendar for information on when your children have field trips and if there are any associated fees.
- Please make sure your children arrive a few minutes before they are scheduled to leave for a field trip so we have plenty of time to get loaded in the vans and buckled up!

Reminders:

- Please take home your child's blankets on Fridays to be washed and returned on Monday.
- Please make sure to sign in and out every day on the clipboard by your child's classroom door.
- Check your child's folder daily for notes and any artwork that is ready to come home
- Please send your child in tennis shoes. Wearing flip-flops and sandals can be very hard to run and play in.

Food Policy: We ask that you do not bring outside food or drinks into the center for your child. If your child has an allergy or dietary restriction please speak with Tina, as we make accommodations for you to bring a cold lunch for your child to eat in place of our meal. You can bring snacks for your child's birthday if you wish! We just ask that the snack is pre-packaged and there is enough for the whole class. Please speak to Tina if you have any questions about this.

Preschool Initiative 2024-2025: Enrollment for our Preschool Initiative Program is open for the 2025-2026 school year. If you or someone you know has a child that will be 4 years old by September 15th, 2025 please let Tina know and she can give you an enrollment packet! The school year is just around the corner, so please return your enrollment packets as soon as possible to allow for your child to be enrolled this fall.

Here's to having a lot more fun in the sun!

"Together we can give our children the roots to grow and the wings to fly!"

Mrs Tina

Important Dates:

7/4 - Independence Day - Apple Tree is CLOSED today.



Teacher Fun Fact

My favorite ice cream topping is...

Miss Sara: OREOs

Miss Kayla: Chocolate & Sprinkles

Miss Ali: Caramel

Miss Cassi: Strawberry Topping

Miss Abby: Chocolate Syrup

Miss Alicia: Chocolate Syrup

Miss Melissa: Chocolate Magic Shell & Cookie Dough



Stay in touch :



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appletreechildcare.com



Ethan
Griffin

Health & Fitness Tips:

WATERMELON ICE

If your kids love snow cones, this watermelon ice is a fantastic healthy alternative. It is the perfect healthy treat for summer. It has no added sugar and is made with only two ingredients. It's also refreshing on those hot summer days.

INGREDIENTS:

- ½ watermelon, chopped
- Juice of one lime
- Lime zest, about ½ lime (if you like lime)

DIRECTIONS:

- Place the watermelon, lime juice & zest in a food processor/blender, blend until smooth.
- Transfer the mixture into a shallow, freezable container, and place in freezer.
- After two hours, gently scrape the top layer with a spoon. Once you get to the unfrozen mixture, pop it back into the fridge. Repeat after another 2 hours.
- Freeze until solid. Approximately 6 hours, depending on surface area of container.
- Scrape with spoon & serve.



STAYING HYDRATED THIS SUMMER

With the heat of summer upon us, it is important to stay hydrated. Most of your child's body is made up of water. Water helps maintain body temperature, make bodily fluids and function day-to-day.

HOW TO HELP KIDS DRINK MORE WATER

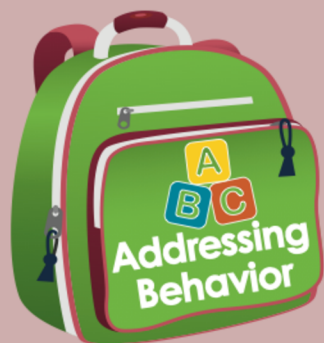
- Flavor water with fruit slices.
- Let the kids pick out a special cup or fun straw to use for their water.
- Keep their bottle of cup nearby them so they can drink as they are thirsty.

Around 6 months, babies can be introduced to water. They only need about 4-8 ounces per day until they are a year old because the rest of their liquids come from breastmilk or formula. To stay hydrated, children ages 1-3 years need approximately 4 cups of beverages per day, including water or milk, not sugary drinks or juice. This increase for older kids to around 5 cups for 4-8 years old, and 7-8 cups for older children.

*It should be noted that these amounts vary by individual and may need to be adjusted depending on levels of activity & environmental conditions.

SIGNS OF DEHYDRATION IN KIDS

- Fewer than normal wet diapers
- Less urination or dark urine (urine should be very light yellow, almost clear)
- No tears when crying
- Dry lips or mouth
- Sleepy & irritable
- Flushed skin
- Headaches
- Dizziness



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 Stop Hitting and Pushing

Brooke Brogle, Alyson Jiron & Jill Giacomini

Like many parents and caregivers, you may have found yourself in a situation where, despite your best efforts, your child continues to hit and push you or other children. To begin to address this behavior, it is important to understand that your child has his own opinions and probably wants to do more things for himself, yet he may not have the language skills or impulse control to make those things happen. This experience can be frustrating for him and his first reaction might be to hit or push. Young children often express difficult emotions such as frustration, anger or embarrassment by acting out physically. Many children do not know a different way to handle difficult emotions.



Parents often feel embarrassed by this behavior and frustrated when it continues. When parents spank, laugh or ignore the hitting and pushing, they are telling their child that it is acceptable to hit and push. New behaviors that the child can use instead of hitting need to be taught and modeled by parents and caregivers. With patience and time, you can teach your child appropriate ways to handle disappointment and frustration that will allow him to feel confident and successful when playing with friends and siblings.



Try This at Home

- Read the book *Hands Are Not for Hitting* by Martine Agassi. This story helps children understand why they feel like hitting and teaches things they can do instead. Go to http://challengingbehavior.fmhi.usf.edu/docs/booknook/BookNook_hands_new.pdf where you will find many ideas you can use when reading this story with your child to help her understand how to use her hands in an appropriate way.
- Teach your child about her emotions. Notice and label a variety of feelings. "I see that you are getting angry. Your hands are in fists and your face is scrunched up! You can tell me that you are mad, but you can't hit me." To learn more about teaching emotions, go to challengingbehavior.org and read the Backpack Connection series handout titled *How to Help Your Child Understand and Label Emotions*.
- Trace your child's hands on a piece of paper and place them on the wall. Teach her to push on the paper on the wall when she is frustrated or disappointed. With enthusiasm, tell her, "You are getting out the frustration in your body! What a great way to deal with your feelings!"
- Tell your child what she can do! You can say to her, "When you are frustrated, you can scream into a pillow, push on the wall or say 'help please.'"



Practice at School

Children learn safe and healthy ways to express their emotions at school through stories, puppets or role playing. Teachers also post class rules showing children that we keep our friends, selves and toys safe. If a child hits or pushes another child at school, teachers first give attention to the child who is injured and have the other child help her feel better. This could include getting an ice pack, offering her a hug or bringing her a stuffed animal to hold. Once the injured child has been helped and everyone is calm, teachers talk to the child who hit. Together, they talk about how he was feeling and think of a different way he could have handled the situation.



The Bottom Line

Aggressive behavior, like hitting or pushing, happens when a child does not know how to handle strong emotions. While parents must tell their child that hitting and pushing are not ok, it is also important for parents to teach a new behavior that he can use instead when he feels angry, frustrated or embarrassed. Parents can help children learn new, positive ways to solve problems or express feelings before aggressive behavior is likely to occur. With practice and encouragement, children can feel confident managing their body and emotions.



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Kittens

Beat the heat of summer with us!

Due to the rising heat, the Kittens will be spending more time indoors doing arts, crafts and STEM experiments. Together we will beat the heat in creative ways. We plan to learn about buoyancy and static electricity by making boats and paper planes. We will also be counting the stars on the American Flag and learning about our country and freedom.

Nathaniel is always the first one to lead his peers in a song! **David** is learning to pick up after himself. He has made a lot of progress.

Here's to a super summer!

Miss Sara

Kangaroos

Hello July!

This month the class will be learning about dinosaurs and where they come from. We will be going to the Sioux City Museum to dig for dinosaurs. The class is going to learn about nature and who lives outside. We are also going to do leaf and tree rubbings to see what happens. We will make crafts for the 4th of July to decorate our center in red, white and blue with paper flags!

Santiago loves to play legos with his friends. He also loves to play outside! **Ruby** loves the kitchen area outside and playing babies in the classroom.

We hope you have a fantastic month!

Miss Cassi & Miss Abby

Apple Corps

Happy summer from the Apple Corp team!

This month we will be working on math stations based on grade levels to keep our minds active! We will play Around the World and do math coloring sheets. We will be doing origami, making CD turtles and decorating the room with summer art! We will be taking a lot of field trips and spending time outside! Every week has a new learning topic and every day we have a special teacher helper. We are finding great summer books for library time and using them to work on fluency, word work, math facts and growing our own personal relationships with peers. This includes self-reflection, conflict management and choices with consequences.

Reminder: We are washing all of the golf shirts so they can stay at the center until summer is over! Please be sure to wear tennis shoes, especially for golf!

Alexandra is a dedicated artist, great listener and friend. She gives the sweetest hugs! **Miles** has become a great leader and helper in our classroom this summer. Keep up the good work!

Let's have a fun and safe 4th of July!

Miss Melissa, Miss Adriana & Miss Kara

Tigers

Time flies when you're having fun! Hello July!

We have so many exciting adventures happening in the Tiger room! Our July field trips include going to the Sioux City Museum to learn about dinosaurs, as well as to the splash pad, LaunchPad Children's Museum and the Dorothy Pecaut Nature Center. Please be sure to mark your calendar for those trips and bring water clothes, shoes, towels and sunscreen for the water play days and splash pads.

Alara always comes to Apple Tree with a smile and the room lights up when we see our sweet friend! **Boone** is so kind and always loves to help his teachers and peers.

Have a fun and safe month of July!

Miss Kayla & Miss Ali

Panda Bears

Hello July!

The Panda Bears are going to learn about dinosaurs, where they come from and go on a dino dig adventure at the Sioux City Museum.

We will be making our own firework art and flags to decorate the center in red, white & blue. We will be learning about nature and visiting Dorothy Pecaut Nature Center to explore the outdoors!

Izzy loves to play outside with his friends and he is great at building with magnetic tiles! **Skylar** is a great chef in our outdoor kitchen area! She is always cooking something yummy for her friends!

Enjoy July! August is just around the corner!

Miss Cassi & Miss Alicia



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2 KANGAROOS & PANDA BEARS Field Trip to the Park APPLE CORPS Field Trip to Jolly Time Popcorn	3 KITTENS Straw Paint Fireworks APPLE CORPS First Tee	4 HAPPY 4 th of July APPLE TREE is CLOSED today!	7
6	7 TIGERS Field Trip to the Museum	8 KANGAROOS & PANDA BEARS Field Trip to the Sioux City Museum	9 APPLE CORPS Make Dinosaur Fossils	10 APPLE CORPS First Tee	11 KITTENS Make Dino Tracks	12
13	14 TIGERS Field Trip to the Splash Pad	15 APPLE CORPS Watercolor Painting	16 KITTENS Water Day	17 APPLE CORPS First Tee	18	19
20	21 KITTENS, KANGAROOS & PANDA BEARS STEM Projects TIGERS Field Trip to the LaunchPad APPLE CORPS Make Volcanoes	22	23	24 APPLE CORPS First Tee	25 KITTENS Make Oobleck APPLE CORPS STEM Projects	26
27	28 KITTENS Go on a Nature Walk & make Nature Art	29 KANGAROOS & PANDA BEARS Field Trip to the Dorothy Pecaut Nature Center	30	31 APPLE CORPS First Tee	1	2

2025 July Field Trips & Activities

Theme:	Monday	Tuesday	Wednesday	Thursday	Friday
Stars and Stripes Forever	¹³⁰ Handprints Flags for Tigers	¹⁰¹ Tigers to Leif Erickson Park 9:40am	¹⁰² Pandas/Kangas to Leif Erickson Park 9:40am	¹⁰³ Kittens make straw Fireworks	¹⁰⁴ Happy 4th of July Center Closed
Dino. Mite	¹⁰⁷ Which dinosaur is your favorite one?	¹⁰⁸ Pandas/Kangas to Sioux City Museum for the Dino Dig Expedition 8:30am	¹⁰⁹ Tigers to the Sioux City Museum for the Dino Dig Expedition 8:30am	¹¹⁰ Dino saur Fossil Making	¹¹¹ Kittens to make Dino Tracks
Spish Splash	¹¹⁴ Pandas/Kangas to Leeds Splash Pad 10:15am	¹¹⁵ Tigers to Leeds Splash Pad 10:15am	¹¹⁶ Kittens have water fun Day 11	¹¹⁷ Sand/Water Sensory	¹¹⁸ Seashells, Sandcastles, Fishies
Ooey- Goopy Science	¹²¹ S.T.E.M Projects	¹²² Pandas/Kangas to Launch Pad 9am \$6.00	¹²³ Tigers to Launch Pad 9am \$6.00	¹²⁴ Magnets - Volcanoes & concoctions	¹²⁵ Kittens discover Goblek
Back to Nature	¹²⁸ Kittens to make Nature Art	¹²⁹ Pandas/Kangas to Dorothy Pecaut Nature Center Tour/Hike \$2.00	¹³⁰ Leaf Tree Rubblings	¹³¹ sticks and Stone Mobiles	¹³¹ Tigers to Dorothy Pecaut Nature Center Tour/Hike 9:30 \$2.00

2025 Apple Corp July Field Trips & Activities

Theme:	Monday	Tuesday	Wednesday	Thursday	Friday
Stars and Stripes Forever	Let Freedom Ring CD Art ¹³⁰	Drinking Straw Firework Art ¹⁰¹	Jolly Time Roasted Kernels but popcorn \$5.00 ¹⁰² 12:30	Sun Valley GOLF ¹⁰³	Happy 4th July Center Closed ¹⁰⁴
Dino-Mite	Dinosaur wordsearch ¹⁰⁷	Sioux City Public Museum Dinosaur Exhibit and Dig 12:30 ¹⁰⁸	Dino Saur Fossil Making ¹⁰⁹	GOLF ¹¹⁰	Riverside Park lemonade for a treat ¹¹¹ 12:30
Splish Splash	Chris Larsen Riverfront Splash Pad 12:30 ¹¹⁴	Watercolor Paintings ¹¹⁵	Water table sensory ¹¹⁶	GOLF ¹¹⁷	Leeds Splash Pad 12:30 ¹¹⁸
Ooey Goey Science	Volcanoes - Bubble - Concoctions ¹²¹	Wilbur Aulfs Public Library Robotics Fun 12:30 ¹²²	Magnetic Marvels ¹²³	GOLF ¹²⁴	S.T.E.M Projects ¹²⁵
Back to Nature	Tree Rubbings and Leaf Collections ¹²⁸	Wilbur Aulfs Lego Fun 12:30 ¹²⁹	Dorothy Pecaut Nature Center Tour/Hike \$2.00 12:30 ¹³⁰	GOLF ¹³¹	Sticks and Stones Mobiles ¹³¹