



PRESCHOOL & LEARNING CENTER



www.appletreechildcare.com

October 2026

A note from the office:

Kindness is BOO-tiful! Happy spooky season!

A few reminders:

Van Routes - We start loading the vans at 7:55am and we leave at 8:00am. If your child will not be riding in the morning or afternoon, please call the center to let us know.

Blankets - Per HHS, your child needs 2 blankets daily for nap time. Please make sure you take these home on Friday to wash and return on Monday.

Halloween Parties - Classrooms will have Halloween parties on Friday, October 30th. If you would like to bring treats, please talk to your child's teacher.

Mark your calendars for **Monday, October 12th** when our center will be closed for an all staff training day. We will spend the day building our skills as caregivers, and this time will help us meet the requirements for training hours set by HHS. Care will not be available and school transportation will not be available.

Staff Spotlight:

Miss Lily has been amazing since joining our team at the end of August. She has been in the Panda Bear room on the days when our preschool teacher is at the other center. She is excited to become our afternoon Apple Corps teacher and continue to get to know the families and children.

Have a fab-BOO-lous month!

Miss Whitney



Bryce
Brayden
Alexandra

Important Dates:

10/1 & 10/2 - Picture Day

10/12 - Apple Tree is CLOSED for Staff Training

10/29 & 10/30 - NO SCHOOL / Sioux City Community Schools

10/30 - Classroom Halloween Costume Parties

Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com

Share
APPLE TREE WITH A
Friend

REFER A NEW FAMILY

\$100 TUITION CREDIT

Refer a new family and receive a \$100 tuition credit after their first 90 days of enrollment, while they enjoy free registration (\$50 value) when they enroll. It's our way of saying thank you for helping our community grow!

Apple Tree

Teacher Fun Fact

What is your favorite book to read to the kids?

Miss Whitney: Dr Seuss ABC

Miss Sara: Toad on the Road

Miss Joshlyn: The Crayon Box That Talked

Miss Cassi: Goodnight Moon

Miss Bonnie: Chicka Chicka Boom Boom & The Very Hungry Caterpillar

Miss Lily: If You Give a Mouse a Cookie

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!



Health & Fitness Tips:



Halloween Toast



Mummy Toast

- 2 slices Bread
- 2 tablespoons Hummus
- 1 small Cucumber
- 1 Black Olive , pitted

Directions

- Toast the bread and then spread with the hummus.
- Use a peeler to form thin slices of cucumber. Cut each slice in half, lengthways to form strips.
- Place the cucumber strips on the toast, overlapping in areas and leaving small spaces in other areas.
- Slice the olives into rounds and place them on the toast to represent eyes.

Ghost Toast

- 2 slices Bread
- 2 tablespoons Peanut Butter
- 1 Banana
- 8 Chocolate Chips
- 4 Raisins

Directions

- Toast the bread and spread with peanut butter.
- Cut the banana in half lengthways, through the centre. Then cut each piece in half to form 4 pieces.
- Assemble two of the banana pieces on the toast, rounded side up. Add chocolate chips as eyes and the raisins to form the mouth.



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 Transition Smoothly Between Places and Activities

Alyson Jiron, Brooke Brogie & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.



Try This at Home

- Use a timer, an instrument or a funny noise to give your child advance warning of routine transition events. If possible, ask him to help "alert" everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.
- Let your child pick out a special object or toy to transition with to the next activity or place. "Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?"
- Use a visual schedule to show your child the plan for the day. "First, you have school and then we are going to take Aunt Rachel's gift to the post office and mail it to her."
- Make the transition a game or activity where the child has the opportunity to move around. "I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?" If possible, let him think of the game. "I wonder how we could get to the car today?" You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.
- Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.
- Give your child a job. Children are more cooperative when they can be part of the process. Perhaps he can help stir something for dinner, unlock the car doors with the remote or pick out a diaper before a diaper change.

Practice at School

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them to move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

The Bottom Line

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.



Reproduction of this document is encouraged. Permission to copy is not required.

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 (H3248070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3248170003). The views expressed do not necessarily represent the positions or policies of the Department of Education, July 2013/January, 2018.



Kittens

How do you fix a broken jack-o-lantern?... with a pumpkin patch!

This past month the Kittens learned when to trade toys. The kids did so great! In October, we will learn how to take a break when we are feeling upset or over-stimulated. We will also be reminded about using our listening ears. Our themes this month are autumn changes and Halloween. A few art projects we will be doing are leaf rubbings, broomsticks and spiderwebs. We will learn math through different counting games, and we will create a cloud in a jar as one of our science experiments. On **Friday, October 30th** we will be having a small party in our classroom! Costumes are encouraged and we are excited to see the kids all dressed up!

Please remember as the weather starts to change, we ask that you check your child's spare clothes to make sure they are weather and size appropriate! We will continue to head outside even on cooler days, so make sure to bring a hat, gloves and coat on chilly mornings!

Lucas shows up every day with a positive attitude! **Emersyn** is very inclusive when she plays! She never leaves anyone out of the fun!

Have a great month!

Miss Sara & Miss Joshlyn

Panda Bears

Preschool is spook-tacular!

Our classroom has just begun our tree study. We are exploring trees and learning about the different parts of the trees. We will be learning how trees change with the seasons and different things we find around trees. We will read tree themed books, collect and observe leaves, explore fall colors and create fun tree art. We will also enjoy Halloween activities as we celebrate the season! Our PBIS skills for this month are learning to ask for help when we need a teacher to help us solve a problem with a friend and how to use kind words and gentle hands with our friends.

Nathaniel has been working on using his words to get a teacher when he is feeling worried or upset. **Emmett** has been doing great in the classroom and engaging in P.I. activities.

We are excited for a fun-filled October! We can't wait to explore, learn and discover all the wonderful things trees have to offer!

Miss Bonnie

Kangaroos

Welcome October! Let the leaves fall and the adventures begin!

The Kangaroos are going to work on a new goal this month: keeping their hands and feet to themselves and respecting their friends' personal space. Last month we worked hard to learn how to stand in line and how to use our walking feet. This month we will learn how to wait and take turns and how to get a teacher if we need extra help during an interaction with our friend.

This month we will learn how leaves fall from trees and why they change colors. We will review safety rules and expectations of our center and do different art projects about safety. We will also be doing art with numbers and learning how to count up to 10!

On **October 30th**, we will have a fun Halloween party with games and yummy snacks! We will do a ghost balloon science experiment and count candy corn to get in the Halloween spirit!

Santiago moved up to the Kangaroo room from the Kitten room, and he has been doing great! He loves to play with dinosaurs any chance he gets! **Lana** loves to help her friends put puzzles together after she is done with her own puzzle!

Stay cozy and enjoy the crisp autumn days ahead!

Miss Cassie

Apple Corps

We hope everyone had a great first month of school!

This month we are excited to get to know each other more and spend as much time outside as possible! Miss Lily has been spending her days in the Panda Bear room but is excited to spend her afternoons with Apple Corps! This month we will learn how to ignore a friend when they are doing something we do not like and how to walk away or get a teacher if our solutions do not work. We will also review how to keep our bodies to ourselves and how to respect each other's personal space.

We will be do a sink or float activity during science where the kids will predict if the items sink or float when placed in water. This is such a fun way for the kids to learn about buoyancy and how to make an educated guess, or hypothesis, during an experiment. For math, we will use number blocks to add and play games to test our math skills.

Penny is always asking if the teachers need help and if there are any jobs she can help with! **Giyonna** is so helpful on the van if a friend is struggling to buckle their seat belt. We are so lucky to have such great helpers in the classroom!

Happy Halloween! Have a fun and safe month!

Miss Lily

OCTOBER




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 APPLE TREE Picture Day 8:00 - 11:00am	2 APPLE TREE Picture Day 8:30 - 10:00am	3
4	5	6	7	8	9	10
11	12  APPLE TREE Closed Today for Staff Training	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 NO SCHOOL Sioux City Community Schools	30 APPLE TREE Classroom Halloween Costume Parties NO SCHOOL Sioux City Community Schools	31 