



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

August 2026

How quickly we have arrived at August! The summer just flew by!

As we say goodbye to some of our friends and families, we would like to thank them for the great fun and memories we have made! We wish you all the best of times this school year. At the same time, we welcome back old and new friends and families! We are excited to get the school year started.

- Please check your child's hooks & buckets, and bring home your swim suits/towels as water days come to an end.
- We will be having our big move-up day on **Monday, August 24th**, so please be on the lookout for your child's move up letter.
- As your child moves to a new room, this is a great time to check their extra clothes to make sure they are weather and size appropriate. Accidents happen and having a backup set of clothes helps us eliminate the need to call you during your work day to bring clean clothes!
- The 1st day of public school is **Monday, August 24th**. Vans will leave at 8:00am, so please make sure you have your child here on time. Also, please let us know if your child will NOT be riding the bus/van back to Apple Tree in the afternoon. This is for your child's safety.
- If you would like to schedule a preschool home visit, please let us know and we will schedule one during the week of Aug 10th-14th.

We want to give a special shout out to our summer staff! They are always willing to go where needed and help fill our center with fun in the summer months!

Goodbye summer fun!

Miss Laurie & Miss Jenah



Jaycee
Phoenix
Silas
Vaida
Gabe
Henry
Egypt
Kaliyah
Fynn

CJ
Rowan
Remi
Kelsey
Harem
Jovanni
Miss Saige
Miss Peyton

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!

Important Dates:

8/10 - Apple Tree Outdoor Picnic

8/17 - 8/21 - Wacky Week Dress Up Days

8/24 - Move-Up Day

8/24 - 1st Day of School / Sioux City Schools

Stay in touch :



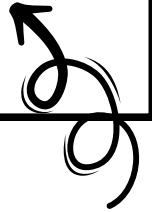
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Teacher Fun Fact

What was your favorite subject in school?

Miss Laurie: Child Development, Home Economics, Art & Shop
Miss Kim: Going Home
Miss Lilly: Math
Miss Maggie: PE
Miss Veronica: Art
Miss Sarah: Music
Miss Haley: Choir
Miss Madison: History
Miss Saige: Music
Miss Breanna: Music
Miss Sonja: Gym, Photography & Child Development

Miss Lola: History
Miss Cadie: Music
Miss Alecia: English
Miss Zee: PE
Miss Bell: English
Miss Shannon: Social Studies
Miss Autumn: Literature
Miss Abby: Science
Miss Bella: Math & PE
Miss Olivia: English
Miss Peyton: Math

Photos of the Month





How to Help Your Child Have a Successful Bedtime

Alyson Jiron, Brooke Brogle & Jill Giacomini

Infants and young children need 10 to 12 hours of sleep daily in order to support healthy development. Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children. When your child does not get enough sleep, challenging behaviors are likely to occur. Your child might be moody, short-tempered and unable to engage well in interactions with others. Lack of sleep can also have a negative impact on your child's ability to learn. When a young child sleeps, her body is busy developing new brain cells that she needs for her physical, mental and emotional development. Babies and young children thrive on predictability and learn from repetition. It is important to establish a bedtime routine that you and your child both understand and helps everyone to feel calm and relaxed.



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

- Watch for and acknowledge your child's signs of sleepiness. She might pull on her ears, rub her eyes or put her head on your shoulder. For example, you can say, "I see you rubbing your eyes. You look sleepy. Let's get ready for bed." Teaching your child to label and understand her body cues will help her to use language instead of challenging behavior (e.g., whining, crying or temper tantrums) to communicate her needs.
- Use a visual schedule made with photos, clipart or other objects to help your child see the steps in her bedtime routine. A visual schedule can help her to understand the steps and expectations of the routine. To learn more about how to create a visual schedule, visit challengingbehavior.org and type "visual schedule" in the search box in the upper-right corner.
- Provide your child with activities, sounds or objects that help her feel calm and restful during the hour before bedtime. Make these activities part of your nightly routine. For example, reading books, listening to soft, calming music, and/or giving your child her pacifier, favorite blanket or stuffed animal will all help her to understand that it is time to calm down and prepare for sleep.
- Tell your child what will happen when she wakes up. She may be resistant to going to sleep because she does not want to miss out on an activity or have her day to come to an end. Reassure her that tomorrow will be filled with more fun and special time. You can also include tomorrow's activity on the visual schedule (e.g., provide a picture of her teacher or preschool).

- Give your child your undivided and unrushed attention as you prepare her for bed. Bedtime can be a positive experience filled with quality time for you and your child.

Practice at School

For children who spend the day at school, nap time is an important time to rest and prepare for afternoon learning and activities. Teachers use a consistent routine so that children know what to expect and can participate in the process. Children can select and set up a napping area, get pillows or blankets from cubbies and choose a book to read. Routines might include brushing teeth, using the toilet, stories read aloud by teachers, or audio books or soft music for a period of time. Children understand the steps they need to follow to get ready for the nap, how long they are expected to rest and what they can do when they wake up. When everyone understands the expectations and routine, naptime can be a relaxing and happy part of the day.

The Bottom Line

Bedtime is a daily opportunity for you to build and nurture a positive relationship with your child. Predictable routines make children feel safe and secure. When you provide a predictable bedtime routine, you are teaching your child the skills she needs to relax and transition from the busy activity of the day to preparation for sleep. When your child is able to get a restful sleep, you will also feel more calm and rested. A successful bedtime routine that you follow regularly will prepare you both for shared days of family fun and learning.

Health & Fitness Tips:

Exercise with Your Child Week



National Exercise with Your Child Week takes place during the first full week of August (August 2-8). It encourages families to build healthy fitness habits, reduce screen time and enjoy physical activities together.

FUN WAYS TO GET ACTIVE

- **Dance Parties:** Turn on your favorite songs and move together with zero equipment.
- **Outdoor Adventures:** Visit local parks, try playground equipment or go for family bike rides.
- **Active Games:** Play tag, jump rope, hula hoop or set up a backyard obstacle course.
- **Family Walks:** Take a 15-20 minute walk around the neighborhood or a nature trail after dinner.
- **Card Game Workout:** Grab a deck of cards. Every suit represents a different exercise and the card value equals the number of reps. Example: You flip over a 10 of hearts... you do 10 push ups. All face cards represent a cardio move, and you do 20 reps of the move.

Homemade Fruit Roll-Up

Much healthier (and tastier) than store-bought, this homemade fruit leather is easy to make using your favorite fruit with just 2 ingredients.

DIRECTIONS:

- Preheat oven to the lowest setting, between 150F to 200F, with the top oven rack in the middle position. Line a baking sheet with parchment paper. Do not use wax paper.
- Add the fruit and honey into a blender and blend until smooth. Add the lemon juice to keep the fruit leather bright in color. To remove the berry seeds, pour through a sieve.
- Pour the mixture onto the prepared baking sheet and, with the back of a silicone spatula, spread the mixture into a thin, even layer. The middle tends to be thicker than the sides, spread this out to just as thin since the middle is the last thing to dry out.
- Bake for 4 to 6 hours, until the fruit leather peels away easily from the parchment and the middle is no longer wet.
- Once cooled, with scissors, cut the parchment paper from one end to the other, into strips. Roll them up, parchment and all.
- To eat, separate the fruit leather from the parchment as you go.
- Store the fruit leather rolled up in a zip bag or an airtight container in the fridge or pantry for up to 1 month.

Back to School Affirmations

1. I believe in myself
2. I am strong
3. I will have a good day today
4. I am ready to learn
5. I will ask for help
6. I am friendly
7. I am brave
8. I am unique
9. I will try new things
10. I am patient
11. I can and I will
12. I am helpful
13. I learn from my mistakes
14. I don't give up
15. Today is a new day
16. I am loved
17. I am smart
18. I stand up for myself and others
19. I love being me
20. I am smart
21. I love myself
22. I try my best every day
23. Mistakes help me learn
24. I am protected
25. I am perfect just the way I am

INGREDIENTS:

- 4 cups diced strawberries, any fruit
- 2 tablespoons honey, or sugar
- 1 tablespoon lemon juice, optional

Caterpillars

Hello August!

This month we will continue to work on our next milestones. Some of our friends will be working on sitting up with support. We will sit behind them and encourage them to work on their balance and tummy/back muscles used to sit independently. We will also encourage the kids to roll for their back to their tummy by setting toys just slightly out of reach, making them reach to get them! We will also be making cute back to school art including a footprint pencil and a footprint apple!

Ruby is crawling and we are so proud! **Wren** is a roller! She can roll from back to front and front to back!

The Caterpillars would like to wish everyone a happy August!
Miss Lilly, Miss Kim & Miss Maggie

Butterflies

Welcome August! Wishing you a blessed month!

This month we will focus on helping infants build problem-solving and gross motor skills through sensory exploration, music, movement, tummy time and interactive play. We will play with different textures to see the cause and effect of different textures and sounds. We will dance, move to music, crawl and wiggle to work on our gross motor skills.

Jaycee loves sensory play and is developing strong crawling skills. We are so proud! **Lennox** is becoming more confident crawling and loves exploring new toys! Great job!

We look forward to another fun month of learning and growing together!

Miss Veronica & Miss Sarah

Monkeys

This summer is flying by!

We will work on saying, "please stop", when our friend is doing something we do not like. We will also practice using our walking feet to walk in a line when we leave the classroom. Our final water day and field trip of the summer will be this month!

During science time, we will make chalk paint and use it outside on the sidewalk! We will count how many friends are in the classroom each day to practice our math & counting skills.

Harper is learning all of her friends names and loves to practice saying them. **Za'Niyah** has gotten so good at naming her colors!

Let's soak up the final days of summer!
Miss Madison & Miss Haley

Giraffes

Oh, it's back to school we go!

This month we will welcome new friends and continue to work on our friendship skills. We will learn to say "please stop", if someone is doing something we do not like. We will also learn why it is important to use our walking feet in the center to keep ourselves and others safe. We have fun science activities planned and we will even make our own volcano! We will also be playing with play-doh, singing songs and learning a new circle time routine. We will keep working toward the goal of potty training, so please make sure your kiddo has multiple sets of extra clothes, as accidents sometimes happen during this process!

Carter loves playing with friends in small group, and he is great at sharing and trading toys. **Natalie** has come such a long way with using her words and expressing how she feels!

Have a great month!
Miss Sonja

Froggies

We hope you are staying cool!

This month we will be doing science experiments including painting with ice! On **August 3rd**, we ask that you bring a clean, empty plastic water bottle to use for our experiment! Wacky Week is **Aug 17th-21st**, so be sure to check the calendar to see the daily themes! We are excited for our field trip on **Aug 11th**! Please make sure your child has socks and shoes and is at the center by 9am on this day! On **Aug 24th**, we will gain new friends with our move-up and we will watch some of our friends move onto the next room! We will continue to work on our solutions, and this month we will practice how to ignore when a friend is doing something that we don't like. We will also work together to keep our class clean and pick up the toys when we are done playing!

Elijah loves to give toys to sad friends and will say, "there you go". **Lennox** knows all of her friends names! She loves to name all her friends when we are playing.

We're toad-ally excited for August.
Miss Saige, Miss Breanna & Miss Elisha

Zebras

Happy August everyone! We are ready to make the most of our final days of summer.

This month we will be learning all about science, backyard fun and all things wacky! We will be doing an elephant toothpaste experiment on the 4th and counting apples on the tree on the 25th! We will also take a trip to the mall fort on **Aug 13th** for gross motor fun! We will continue to work on using kind words. We will go over please, thank you, using our voice and sign language. We will also work on using nice hands with our friends.

Cassidy loves to sing, especially during circle time when she sings with her friends. **Emmett** has been loving helping friends open doors and holds them open for everyone.

Farewell summer! We can't wait to see you again!
Miss Lola & Miss Audri

Lions

Our summer fun isn't done!

We will start our month with mad scientist week! We will perform spooky science experiments including making oobleck slime and frankenworms. We will also make puffy paint brains during the week! Then during backyard fun week we will play yard games, have a picnic and color with chalk. To finish our summer fun we will have a wacky week! We have silly dress up days throughout the week and we will learn songs like, "Hey Diddle Diddle". We will use our math skills and make wacky shape people. All month long, we will use our solutions to interact with friends and we will learn how to ignore a friend who is trying to bother us. We will also learn the difference between indoor and outdoor voice and where to use each one!

Ivy has been doing a great job recognizing her feelings and using her words. **Sakura** is always so kind to her friends and gives the best hugs.

Happy August!

Miss Cadie

Tigers

We are so sad to say goodbye to summer!

This month we will be soaking in the last of summer including our last water day! We will do a lot of fun science experiments and enjoy a picnic lunch! We will do a sink or float activity and count cars. At the end of the month, we will focus on our transition skills as we welcome new friends into the room! During our wacky week, we will have fun dress up days so check the calendar for a list of the themed days! We will learn how to ask for a timer if we want a toy that a friend has. We can set the timer and wait for it to go off before we get a turn with that toy. We will also be learning to keep our hands to ourselves.

Nash offered a friend a helping hand when they fell down and he encouraged them to try again. **Khalil** has done a great job working on his name recognition and spelling.

Have a great end of summer!

Miss Alecia

Kangaroos

Hello to a new school year!

This month we will be learning about scientists, backyard games, having a wacky week, and our new friends who join our class. We will practice how to play with others cooperatively and how to take turns with toys! We will learn how to try 1 of our solutions before getting a teacher when we have issues with sharing or taking turns. One of the science experiments we will do is making ice cream in a bag. We will practice our number recognition by making a number rocket.

Rhett helped a friend clean up when they accidentally dropped something. **Prince** played with a new friend when he was feeling sad.

Bring on the cooler weather!

Miss Zee

Koalas

Hello August!

This month we will be mad scientists, play outside during backyard fun week, and dress up during wacky week! We will also practice how to get a timer when we want to take a turn with a toy that a friend has. During large group, we will practice raising our hands to speak! For science, we will do a volcano experiment and in math we will use beakers to measure.

Monday, August 24th will be the first day of preschool for the new Koala and Panda classes. Be on the lookout for info about the preschool year. Our last water day will be **Wednesday, August 5th**.

Chiharu always uses great manners saying please and thank you! **Dara** loves to draw pictures and give them to teachers and friends.

Have a happy school year!

Miss Bell, Miss Shannon & Miss Autumn

Apple Corps Jr

Hello sunshines!

This month we will take trips to the nature center, art museum, Chesterman's, the splash pad and enjoying as much summer sunshine as we can! We will talk about pirates, the rodeo, pets and transportation! We will make our own lava lamps and do a milk magic science experiment. We will practice our math skills by counting dots on our pet. We will also review how to use kind words, ask for things nicely and play together. We will practice how to take responsibility for our actions, as well.

Caleb was so helpful on the field trip to the IBP Ice Center. He helped his friends get off of the ice by lending a hand! **Parker** helped teach a new friend how to play a card game.

Have a great month and get ready for school!

Miss Myesha, Miss Abby & Miss Lucy

Apple Corps Sr

Happy August! We have a lot of exciting things happening this month!

We have trips planned to the art museum and splash pad! We will have a wacky week, so be sure to check out our dress up days on the calendar to join in on the fun! The kids will be learning through fun science experiments like walking water with paper towels! We will get our minds ready for math by doing flash cards and having fun with math problems! We will also practice how to use our solutions in the classroom. We will work extra hard at taking turns. We will also learn how to show respect to our friends by keeping our voices off and our listening ears on when another person is talking!

Liam has been super helpful by cleaning up and pushing in his chair without being asked. **Helen** included multiple other people when she was playing a game with friends and always lets others join in her play!

We look forward to a great month full of fun!

Miss Bella, Miss Olivia & Miss Peyton

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 MONKEYS Last Water Day FROGGIES Make Sensory Bottles APPLE CORPS First Tee Golf	4 ZEBRAS Make Elephant Toothpaste TIGERS Water Day APPLE CORPS JR Field Trip to Nature Center APPLE CORPS SR Trip to Adams Homestead	5 KANGAROOS Field Trip to Dorothy Pecaut KOALAS Water Day APPLE CORPS JR Field Trip to Art Center	6 FROGGIES Color Mixing KOALAS Field Trip to Dorothy Pecaut APPLE CORPS SR Field Trip to Art Museum	7 FROGGIES Paint with Ice ZEBRAS Water Day & Show & Tell TIGERS Trip to Dorothy Pecaut KANGAROOS Make Slime APPLE CORPS SR Science Experiments	8
9	10 APPLE TREE Outdoor Picnic Lunch APPLE CORPS First Tee Golf	11 KOALAS Trip to M'Side Snow Cones APPLE CORPS JR Trip to Chesterman's	12 MONKEYS Walk to Mall Fort KANGAROOS Trip to M'Side Snow Cones APPLE CORPS SR Trip to Chesterman's	13 ZEBRAS Walk to Mall Fort TIGERS Trip to M'Side Snow Cones APPLE CORPS JR Trip to Splash Pad	14 KANGAROOS Backyard Games APPLE CORPS SR Trip to Splash Pad	15
16	17 APPLE TREE Backwards Day APPLE CORPS First Tee Golf	18 APPLE TREE Mismatch Day	19 APPLE TREE Beach Day APPLE CORPS SR Trip to PetSmart	20 APPLE TREE Hippie Day APPLE CORPS SR Pizza Party	21 APPLE TREE PJ Day APPLE CORPS SR Movie & PJ Day	22
23	24  KOALAS & PANDAS 1st Day of Pre-K	25	26	27 KANGAROOS Bring Your Favorite Toy	28	29
30	31	1	2	3	4	5