



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

September 2024

Hello September! We are so ready for the cool crisp breeze and the start of the changing leaves. May this month bring you courage, strength and peace.

Apple Tree will be closed **Monday, Sept. 2nd** in observance of Labor Day. Please have a wonderful and memorable time with friends and families.

Back to School Reminders:

- Sioux City Schools resumed classes on Friday, August 23rd. Please let us know if your drop off/pick up schedule changes.
- The Apple Tree vehicles leave by 8:00am for school drop-offs. Please arrive by 7:50am to allow us time to load the vehicles and safely buckle into our seats.
- When you are picking up your child from school, you must call Apple Tree by 2:00pm Monday-Thursday and 1:00 pm on Fridays. We WILL NOT leave the school without knowing exactly where your child should be.

Friendly Reminders:

- Tuition is due every Monday. Late fees are applied Thursday mornings. Your account should not fall no more than one week past due.
- Please call the center if you will be late and/or not attending for the day. This allows us to plan accordingly for staffing needs and lunch count.
- Also, it is very important that you are walking your child all the way from the parking lot to their classroom in the mornings and signing them in, and then in the evenings you are signing them out. This is for the safety of all our children.

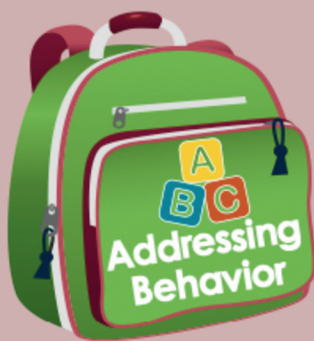
Thank you for your cooperation. If you have any questions feel free to ask! Thank You!

Scholastic Books: Be sure to check out the monthly flyers sent home- great books at great prices!! Reading is crucial for your child's brain development in these early years. Having a variety of fun books to resource is a great way to instill the love of reading in your child. FYI/ Miss Cassie will help you with your order. If you have any questions, please see her.

Preschool Initiative Fall 2024-2025: Our new school year is in full swing! We are looking forward to helping your children learn and grow, preparing them for bright futures ahead! Please welcome back Miss Anna McCoy and her assistant Miss Vanessa!

"I am in Preschool. I am not built to Sit Still. Keep my hands to Myself. Take Turns. Be Patient. Stand in Line or Keep Quiet all the time! I need: Motion, Novelty, Adventure, and to engage the World with my Whole Body. LET ME PLAY. (trust me I'm learning)."

Mrs Tina



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 Give Clear Directions

Brooke Brogle, Alyson Jiron & Jill Giacomini

"Why do I have to repeat myself time and again?" "Why won't she listen to me?" Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions.

- **The child does not hear the direction.** Parents often give directions from a distance or in passing. "Lauren, get your shoes on." Did your child actually hear what you said? Just as adults often don't hear what their partner has said to them because they are focused on reading, email or talking on the phone, children too often don't hear what a parent has said because they are focused on a task such as building a tower or drawing a picture.
- **The parent gives too many directions at one time.** When you give your child too many directions at one time, it reduces the chance that she will follow the directions and increases the chance that she will be confused. "Lauren, please go upstairs, brush your teeth and pick up your blocks while I finish the dishes." This multi-step direction is too long and complicated for your child to easily understand. Instead, try giving one direction at a time.
- **The child doesn't understand the direction or the direction is too vague.** Directions such as "Settle down," "stop," or "be nice" might be too vague and difficult for your child to understand. If she is throwing toys out of the bathtub and you simply say, "Lauren," you have not actually told her what you want her to do. If you say, "stop it," it may temporarily stop the behavior, but she still may not know what you want her to do. If what you mean is, "Lauren, toys stay in the tub," then you need to explicitly tell her so.
- **The direction does not tell the child what to do.** Parents often tell children what not to do, rather than what they should do. It is important to state directions positively in order to teach your child the expectation. Instead of saying, "Stop running!", state the direction positively by saying, "Use walking feet."
- **The direction sounds like a suggestion or question.** Daily conversation is filled with questions, suggestions and directions. When you say, "Will you put your shoes away?" you are not giving your child a direction—you are asking her a question. When you give your child a direction that needs to be followed, it is essential that you tell your child what to do rather than ask. For example, "Lauren, put your shoes by the door."



Try This at Home

- It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWP.
 - » Do—State the "do" direction.
 - » W—Wait for compliance (silently count to 5).
 - » A—Ask the child to restate the direction.
 - » W—Wait for compliance (silently count to 5).
 - » P—Provide encouragement or help (helping will ensure success).

- **Make sure that you have your child's attention.** Eye contact is a great indicator! When you state the "do" direction you are teaching your child the desired behavior. For instance, "Lauren, go brush your teeth." When you count to five, you are giving her the opportunity to hear and process the direction. Parents often repeat the same direction over and over in that five second period. When you repeat the same direction to your child time and again, it teaches her that she does not have to follow the direction the first time. Instead, state the direction once and then have your child restate the direction back to you. This way you can confirm that she heard you and understood what you were saying. Finally, offering help may simply mean that you take her hand and lead her to the bathroom. Don't forget to encourage your child by saying something like, "Wow, Lauren, what great listening ears! Thank you for brushing your teeth."



Practice at School

In addition to verbal instructions, teachers use many methods to give directions and help children understand expectations. These methods may include using symbols or pictures, sign language or gestures, songs, puppets, instruments, sand timers, or other tools. The more opportunities children are given to see or hear the instructions, the more likely they are to complete the task. For example, when teachers need to tell the class that it is time to go inside from the playground, in addition to words they may use a sound (e.g., ring a bell) to alert the children about this event. Children know that the sound means that it is time to line up at the door, even if they do not hear the verbal instructions. When teachers pair words with other signals, they help children to confidently and successfully participate in activities.



The Bottom Line

Listening and following directions are skills that children learn through their daily interactions. When children do not follow directions, for any reason, it can be extremely frustrating for parents. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

An important consideration for parents when teaching their child to follow directions is to "pick your battles". You want to avoid insisting that your child follow directions that are not important or can escalate to a major struggle when the direction is not critical. Pick a few, very important directions that you will follow-through with your child.



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Important Dates:

9/2 - Labor Day /Apple Tree is Closed Today

9/8 - Happy Grandparents Day

9/22 - First Day of Fall

9/27 - Early Dismissal for Bishop Heelan schools



Teacher Fun Fact

Describe yourself in 3 words.

Miss Addie: Mom, Student & Caregiver

Miss Anna: Patient, Creative & Empathetic

Miss Cassi: Friend, Dependable & Responsible

Miss Brionna: Reliable, Determined & Outspoken

Miss Addie: Outgoing, Creative & Active

Miss Alyvia: Kind, Determined & Caring

Stay in touch :



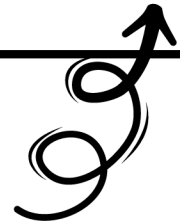
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**Apple
Tree**

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!

Health & Fitness Tips:

Mindfulness Activities & Exercises for Kids

Mindfulness - the simple act of focusing on the present in a gentle, non-judgmental way - can be helpful for both children and parents to connect to one's thoughts and feelings and be present with each other.

This can seem like a difficult concept to introduce to kids. But, there are many activities kids can do at home that incorporate moments of mindfulness in fun, educational and creative ways. Whether your child is showing signs they feel anxious or settling into new routines well, here are some simple and creative ways to encourage mindfulness:

Practice intentional breathing

The simple act of focusing on your breath can help you and your child to unwind, reset and step away from overwhelming feelings for a moment. Practice this simple breathing exercise: Draw sideways 8 and trace one loop with your finger while breathing in and then breathe out on the second loop.

Focus on the five senses

Having a hard time staying in the present? A quick way to ground yourself is by using your five senses. Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This practice can help bring one's attention to the present moment and create a sense of groundedness.

Get in touch with the outside

For most of us, walks have been a helpful way to get moving and release endorphins that elevate one's mood. Add some mindfulness to your family walks by playing "I Spy" or looking for art around your neighborhood. Encourage your child to listen, look and smell the world around them. Take breaks to just notice your feelings and explore with kindness and curiosity.

Engage and explore the senses

Rice, popcorn kernels, kinetic sand, beads, finger painting, shaving cream, model magic. Engaging with these items can be a grounding practice. You can add essential oils or fragrances to further engage the senses!

Create a sensory surprise bag

Gather items around the house of varying textures and put them in a paper bag. Have your child reach in and explore the items through touch. You can support your child being mindful by prompting them with questions such as: Is it hard or soft? Are there edges? Ask your child to describe what they are feeling.

Practice yoga

Yoga encourages taking time to practice deep breathing, engage in body awareness, reduce stress, practice patience and emotional regulation. Search YouTube for a variety of guided practices for both kids and adults at a variety of levels.

Kittens

Welcome to the Kitten room!

We have quite a few new Kittens in our room so we will review our classroom expectations and schedule. We love circle time in the Kitten room. We will be working on how to sit and learn during this time. During this time, we will learn about shapes, letters, numbers, emotions and talking about being kind to your friends. With fall approaching, we will learn about the fall harvest and explore all things fall.

Sage has really come out of her shell this past month and has so much to say.

We are ready for some cooler weather!
Miss Addie & Miss Alyviah

Tigers

Make it a September to remember!

This month we will be learning how to recognize letters and learn about the changing of leaves.

Eric is always willing to help me around the room and always puts 100% effort into his art projects. **Emiliano** has come a long way since starting in the Tiger room. He is a little assistant. He is always including everyone while playing.

Happy Birthday to our twins **Rheya** and **Ruka**!

The Tigers and Kangaroos are going to plan a field trip soon to the park. We will get the details out to parents soon.

Have a great September!
Miss Orionna

Kangaroos

We hope you had a wonderful August.

As we move into September we have some exciting activities planned for the children. The class is going to learn about farm animals. We will explore what it is like when you visit a farm and all the different sounds you hear. They are also going to learn about zoo animals and who takes care of them.

Eleanor loves to play babies with her friends at school. She also loves reading books to her friends. **Natalia** loves to play babies with her friends and read books to her babies.

A special Happy Birthday shout-out to Natalia! We hope you have a fun-filled day.

Wishing everyone has a wonderful fall.
Miss Cassi

Panda Bears

Welcome to the first month of Preschool! We are going to learn about letters and their sounds. We will do a letter scavenger hunt, make play dough letters and chalk letters!

Please bring in a family photo for our photo wall.

Ollyver and **Ansel** investigated magnets together! They took turns picking up magnetic balls with wands.

Happy Birthday **Miss Vanessa**!

Here is to a great year of learning!
Miss Anna & Miss Vanessa

Apple Corps

The school year is in full swing!

We are getting to know our friends and talking about what it means to be caring friend.

Welcome to our new classmate **Alexandra**. We are so excited that you have joined us. **Jason** is always willing to help anyone who needs it. He is so great at noticing when someone needs help.

Happy Birthday to **Jire, Jason & Zander**. We hope you all have great days!

I am so excited to work with you and your children this school year!
Miss Addie