



Apple Tree Preschool
& Learning Center

April 2024

APPLE JUICE

www.appletreechildcare.com

A WORD FROM MISS LAURIE & MISS KOURTNEY

Hello spring, you have brightened our days!

A big thank you to the Gacke family who donated our toddler tables. Thank you to all who participated in our fundraiser. We will be purchasing new trikes and bikes for our toddler playground. Plus, new toys for the center. What a blessing! Thank you to the Mc Cauley family for the donation in honor of their son Brendyn. We were able to purchase a lego wall that all classrooms will be able to use.

Important dates:

- Hearing Screening for 3s - Pre-K - April 15th and 16th
- All center PJ day - Tuesday April 30th
- Week of the Young Child - April 8th -12th *Check the newsletter calendar for important dates.*
- Pancakes with Parents - April 12th 9:15-10:30

We will have parent conferences this month as well. Please be watching for sign-up sheets to be posted. Enjoy the beautiful springtime!

Miss Laurie & Miss Kourtney

TEACHER FUN FACT

If you could have any superpower, what would it be?

Miss Laurie: Change the weather

Miss Kourtney: To be invisible

Miss Deb: To fly

Miss Keisha: Teleportation

Miss Lilly: Teleportation

Miss Veronica: To read minds

Miss Carol: To jump into the future

Miss Bella: Super Speed

Miss Saige: Teleportation

Miss Mariah: To be invisible

Miss Kim: To be invisible

Miss Amanda: Teleportation

Miss Cadie: Time manipulation

Mr. Devon: To fly

Miss Mara: Super happiness for all

Miss Geri: Teleportation

Miss Gabby: To read minds

Miss Zee: Telepathic

Miss Molli: To be invisible

Miss Autumn: Telekinesis

Miss Abby: To fly

Miss Aspen: Teleportation

Miss Presley: To be invisible

Miss Ashlyn: To read minds

Miss Shannon: To fly

Miss Rachel: To read minds

Miss Shelby: Night Vision

Health & Fitness



25 WAYS TO GET MOVING AT HOME



- 1 Run in place for 30 seconds
- 2 Dance party for 1 minute
- 3 Stand up and sit down 10 times
- 4 Read standing up
- 5 Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
- 6 Jumping jacks for 30 seconds
- 7 Do the hokey pokey
- 8 See how many squats you can do in 15 seconds
- 9 Stand up, touch your toes
- 10 Wall sits while reading
- 11 Practice yoga for 1 minute
- 12 Stretch your hands high over your head
- 13 Arm circles forward for 30 seconds, arm circles backward for 30 seconds
- 14 10 frog jumps
- 15 Standing mountain climbers for 30 seconds
- 16 Stand on one leg, put your hands up, put your hands out to the side
- 17 5 lunges on the right leg, 5 lunges on the left leg
- 18 Practice spelling, do a squat for every vowel
- 19 Skip for 30 seconds, check your heart rate
- 20 Practice spelling by doing a jumping jack for each letter
- 21 30-second plank
- 22 Practice math problems, do a jumping jack every time the answer is an even number
- 23 20 leg lifts
- 24 Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter
- 25 High knees for 30 seconds

heart.org/KidsActivities

MOVE MORE MONTH

April is Move More Month. The motto is whatever gets you up and moving – for better physical and mental health.

Children need 60 minutes of aerobic exercise at least 3 days a week, 60 minutes of muscle strengthening at least 3 days a week, and at least 3 days of bone-strengthening activity a week.

AVOIDING FOOD DYES

We've come to expect food dyes in packaged treats and snacks, like when your kid's tongue turns blue from candy or their fingertips turn orange from cheese puffs, because many of these grocery store staples contain artificial dyes and colors.

Artificial food coloring is readily abundant in the products we use everyday, especially in kids products like snacks, candy and even medicine. These synthetic food dyes are made from petroleum and have been found to be carcinogenic, cause hypersensitivity reactions, and instigate behavioral problems.

The website below has a great list of food brands that have removed or are working to remove artificial food dyes.

<https://dfwchild.com/how-to-cut-food-dyes-from-your-diet/>

SWAPS TO AVOID ARTIFICIAL FOOD COLORING

	→			→	
	→			→	
	→			→	

BECAUSE / HEALTH



Help Us Calm Down

Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



take deep breaths



count



go for a walk



take a drink



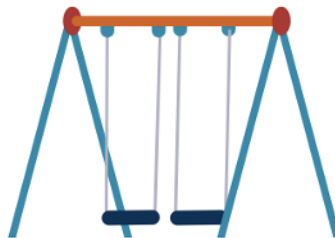
take a break



listen to music



draw a picture



swing



rock



read a book



hug a favorite toy



do a puzzle

CATERPILLARS

April Showers?! I hope we get rain so we have May flowers! We are looking forward to all the beautiful colors spring brings.

The Caterpillars will have story time and singing. We will look and count how many times we can find the colors purple and green in our story books.

We welcomed four new babies to our Caterpillar room. We have the twins **Hazel and Maeve, Jakari, and Connor**. Welcome!

Carolyn is really getting around by rolling on the floor mats. She is our oldest baby so we look to her to show our tiny babes all the tricks to crawling and moving!

We are looking forward to having windows open and smelling fresh air and the grass! We love spring!

Miss Deb, Miss Lilly & Miss Keisha

BUTTERFLIES

We are so happy spring has sprung! We are looking forward to warmer days and green grass & trees!

We welcomed 8 babies last month! We look forward to watching them learn and grow! We have a lot of activities planned that will help our Butterflies grow through music, story time and sensory toys.

Nash is crawling everywhere, pulling himself up and walking with help. **Evelyn** is now able to stand on her own. She will be walking soon!

Happy 1st Birthday to **Nash, Scout, Evelyn, Vivian and Jackson!** We can't wait to help you celebrate.

We are so thankful spring is here!

Miss Veronica & Miss Carol

FROGGIES

Hello April! We are ready for spring to kick in!

We will continue to work on the names of colors and different animals we see during the spring season by reading books, singing songs and creating fun art.

Elis has been doing so well walking. He has been having so much fun and making new friends. **Vaida** is so sweet. She loves to help make her friends feel better when she sees them crying.

Don't forget to bring a book from home on April 23rd.

Let's have an amazing month together!

Miss Bella, Miss Saige & Miss Mariah

GIRAFFES

Spring has sprung!

We will continue to monitor and keep track of the plants we germinated in March. The kids don't know what kind of plants we planted, so there will be a lot of talk about what they are. Will they be a flower or food?

We will also be making a weather jar to help us learn about the different kinds of weather we have in the Midwest.

We have a few new friends in our room and **Hazelle & Gannon** have both made sure they feel welcome.

Please make sure to read the important date section of the calendar to get all the information on important dates coming up.

Have a great month!

Miss Geri & Miss Gabby

MONKEYS

We gained new friends in March, now let's all grow together in April!

We have a lot of fun & learning planned this month. We will learn about rain and wear blue the first week of April. We will celebrate Week of the Young Child is April 8th - 12th. We will have fun activities scheduled throughout the week so please keep an eye out for more details to come. The following week we will study fruits and veggies. We will sample different fruits & vegetables each day including kiwi, bananas, beets and more! Because we are the Monkey room, we are going to celebrate National Banana Day. We will wear yellow and enjoy bananas. The week of the 22nd, we will celebrate Earth Day with a "Let's Grow Week". We will plant a bean seed and watch it grow! We get to end our month with a PJ day!

Harlan can say his friends' names and point them out! **Abbie** can sing her ABCs from A-J all by herself!

Let's plant the seeds in our minds so we can grow strong, smart and silly!

Miss Jennifer & Miss Kim

ZEBRAS

Hello April!

This month we will be focusing on the kids and how the world around them affects them. We will be celebrating National Tie-Dye Day on April 30th by dying different items as a class.

With the warmer weather, please remember to dress your child for varying temperatures, as we'll go out early in the morning & afternoons. Please check folders for grams, projects and any other important information.

We welcome the warmer weather!

Miss Amanda, Miss Cadie & Miss Mara

TIGERS

April is here! And we are ready!

We have officially finished the alphabet and will be spending the month exploring all things science! We will learn all about pond life. We have a fun field trip planned to Bacon Creek on the **25th**.

Our class has conferences this month on **April 16th**. Please be watching the calendar for updates on all important dates.

We welcomed new Tiger friends to the classroom. **Aria** has been helping her new friends learn the Tiger rules and has been making them feel so welcomed.

Happy Birthday to **Kase** and **Aria**! We hope your day is filled with fun!

Have a great month everyone!

Miss Autumn & Miss Molli

LIONS

Bring on the showers!

This month we will be learning about rainbows, flowers, spring, bugs/insects and farms. We will be doing a couple different rainbow experiments with skittles and water, and shaving cream. We will also be planting flowers. We will head outside to go on a walk, and look for bugs & insects. We also will enjoy making spring flower cookies.

Gemma helped a friend walk to the bathroom and helped them find their way back to the room. **Mercy** loves playing with the baby dolls and was able to figure out how to switch their outfits.

Let's see the flowers blossom!

Miss Zee

KANGAROOS

Welcome spring!

We will be finishing up the alphabet with the letters T, M, W & N. We will try to do a lot more hands-on work with the letters. We will work on our names, as well as make cookies and necklaces. We have fun weather activities planned also! We will make shaving cream clouds.

Hayes has loved bringing toys and sharing with his friends. **Grant** has turned into a wonderful helper for Miss Abby.

One more month until summer!

Miss Abby & Miss Aspen

PANDAS & KOALAS

Hello April!

Our preschool year is coming to an end and we have a busy month ahead! In April, we will celebrate the end of our clothing study with a fashion show and begin a new study about balls. We will learn about the sun and see the partial solar eclipse. We will watch the solar eclipse using cereal box viewers that we will create.

Colton has been working hard on cutting precisely and is doing an amazing job! **Harlem** has been working on perfecting writing his first and last name! **Alex** is working on sounding out words! **CJ** is working hard to write his full name, Calvin! Our Pandas and Koalas are such hard workers!

This month we have spring conferences. Please look for the sign-up sheet on the classroom doors. Please check your child's mailbox often as there will be info about preschool graduation coming soon.

We are looking forward to next month and preschool graduation!

Miss Shannon, Miss Ashlyn & Miss Presley

APPLE CORPS

Hello spring!

This April we will be spending time doing spring art projects. We will learn how to plant flowers, how they grow and how to take care of them.

We love it when our kids are kind and loving. **Charlotte** was being kind to a friend who was sad. **Grayson** was being kind and super helpful to his teachers.

We would love to give a Happy Birthday shout-out to our friend **Kingston**!

We are excited for the warmer weather and being outside more. We hope you all have a great spring season!

Miss Rachel, Miss Shelby & Mr Devon



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 	1 NO SCHOOL Sioux City Schools	2	3	4	5	6
7	8	TASTY TUESDAY Bring a Snack to Share	WORK TOGETHER WEDNESDAY	ARTSY THURSDAY	PANCAKES WITH PARENTS 9:15am - 10:30am	13
Week of the Young Child						
14	15 HEARING SCREENINGS Ages 3+	16 HEARING SCREENINGS Ages 3+ TIGERS Parent Teacher Conferences	17	18	19	20
21	22 	23 FROGGIES Bring a Book from Home	24 TIGERS Field Trip to Bacon Creek	25	26	27
28	29	30 ZEBRAS Tie-Dye Day APPLE TREE PJ Day	1	2	3	4