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A note from the office:

January 2026

Welcome to Apple Tree ECC. We hope everyone has a great year.

There will be a transition happening Monday, January 5th, 2026. Notes will be going out to let you know if your child will be moving rooms. Please reach out to Miss Jess or Miss Amanda if you have any questions.

A friendly reminder to bring back any Apple Tree extra clothes your child may have borrowed. Our extras are getting low in some sizes. Thank you to those who have donated extras to the center.

Please make sure you are sending snow gear for your children daily. Don't forget to label all the items with your child's name. Weather permitting, kids will play outside and have fun in the snow. It is also a great idea to make sure your child has an extra outfit available in case they get a little wet from playing in the snow.

We want to thank all our families for a great year and we are looking forward to the fun memories we get to create with your children in 2026!

You can reach us at the telephone numbers/emails below or by stopping in to talk to us.

Jess - telephone number: 722-4336 email: director.ecc@appletreechildcare.com

Amanda - telephone number: 722-4335 email: assistantdirector.ecc@appletreechildcare.com



Damian
Raelle
Sawyer
Rowan
Kate

Zion
Raylan
Adeline
David



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 Recognize & Understand Disappointment

Brooke Brogle, Alyson Jiron & Jill Giacomini

Disappointment is a normal, though difficult, part of growing up. Your child is likely to experience disappointment as she makes new friends, tries new things and experiences the ups and downs of her world. Whether it's a trip to the park that is ruined by rain or missing a birthday party, life is full of little and big disappointments. When you allow your child to feel, experience and learn from little disappointments at an early age, you help her to create the skills she will need to successfully handle the bigger disappointments she will experience later in childhood and as an adult.



Try This at Home

- Notice and label when you, your child or others are disappointed. Explain that everyone, including adults, feel disappointment. You might say:
 - » About yourself: "I am disappointed. Grandma was supposed to come for a visit but she is home sick. I'm going to make her a Get Well card."
 - » About your child: "You have tears in your eyes. I see you are disappointed. You really wanted to go to the park but it is raining. I wonder what we can do on a rainy day like today?"
 - » About others: "That little girl is really disappointed. Her mommy told her she could not have an ice cream. I wonder what she can do to feel better in her body."
- Practice ways to handle disappointment before a potentially disappointing incident occurs. For example, if you know that your child will be disappointed if someone else is on her favorite swing, come up with appropriate solutions ahead of time. You could say, "When we go to the playground, someone else might be on your favorite swing. You might feel disappointed. What could you do to stay calm?" Come up with some solutions such as asking the child for a turn, saying please, or bringing a shovel and pail to play in the sandbox while the other child is on the swing.
- Encourage and teach problem solving. "I know you are disappointed to miss Sophie's birthday party. You are a great card maker and I bet you will find a way to wish her a happy birthday."
- Disappointment can quickly lead to feelings of anger if not acknowledged. Simply acknowledge her feelings without overreacting. "You really wanted the red cup. Your sister has the red cup today. Do you want the blue or the green one?"

- Role model how small disappointments can sometimes end up being positive. "I was so disappointed that the car was getting fixed today but I ended up having so much fun with you. It was a great day!"

Practice at School

Children can become disappointed at school when their excitement or expectations about a toy, activity or person don't turn out the way they want. Each child handles disappointment differently and teachers help children to recognize how they are feeling and begin to think about ways to find solutions for their problem so they can feel positive again. As a class, children learn by watching their peers solve their own problems and try to think about solutions themselves.

The Bottom Line

Disappointment can be a healthy and positive, although unpleasant, emotion in young children. The disappointment of not getting to wear the princess dress, dropping the ice cream cone or not being first in line prepares children to deal with life's greater obstacles in later childhood and adulthood. Parents can help their children recognize and understand disappointment, soothe themselves and problem solve. While tempting, it is not helpful for parents to try to keep their children from feeling disappointment and have life always flow smoothly. Parents can help their children so much more if they instead teach them how to recognize and cope with all of their feelings (i.e. anger, joy, excitement and disappointment) and teach children how to cope with emotions instead of expressing themselves with challenging behaviors.

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Health & Fitness Tips:

Fun Wintertime Activities to Get Moving

For Kids - Outdoors



For Kids - Indoors



10 Positive Morning Affirmations for Kids

(Start your day with a happy heart!)



Yogurt Bites

INGREDIENTS:

- $\frac{1}{2}$ cup granola
- 1 cup Greek yogurt
- $\frac{3}{4}$ cup fresh fruit, diced

TOPPING:

- $\frac{1}{4}$ cup granola
- Sliced fruit

DIRECTIONS:

- Line a 12-cup muffin pan with muffin liners.
- In a bowl, combine Greek yogurt with diced fruit.
- Divide granola into lined muffin cups and cover with the yogurt mixture. Top with granola and sliced fruit.
- Put into a freezer for 2-4 hours. Pop out each bit with a spoon and enjoy slightly defrosted 2-4 minutes later.



Weekly Themes:

12/29 - 1/2	Welcome 2026
1/5 - 1/9	Germs
1/12 - 1/16	Fairy Tales & Nursery Rhymes
1/19 - 1/23	Eating Healthy
1/26 - 1/30	The Wonderful World of Disney



Teacher Fun Fact

My New Year's Resolution is...

Miss Jess: to do more meal prep.

Miss Amanda: to spend more time with family.

Miss Connie: to eat healthier & exercise.

Miss Anita: to walk more.

Miss Kara: to save money for my wedding & a new vehicle.

Miss Amy: to eat healthy.

Miss Emma: to save money for a new car.

Miss Maggie: to try more fruits & veggies.

Miss Michelle: to spread kindness.

Miss Rhonda: to look for new ideas & creative ways of teaching

Miss Journey: to spend less money at Scooters.

Miss Josie: to drink more water daily.

Stay in touch :



@AppleTreeECC



@appletree_earlychildcenter



appletreeecc.com

Green

Welcome 2026!

Although we are sad to see some of our big littles move on to the Light Green Room, we are excited to continue to watch them grow and learn. We are so happy to have new little ones join us and can't wait to get to meet them and their families.

Ailany loves to scoot backwards around the room which is so fun! She is such a happy girl. **Sydney** loves to sit & play with friends throughout the day, and has been so happy to practice standing.

Happy January & stay warm!

Miss Anita & Miss Connie

Light Blue

Welcome to the New Year! We welcome the new year with songs and books.

This month we will read books about giving hugs and showing love and kindness, instead of pushing or hitting. We will work on playing together nicely and sharing our toys, because playing together is so much more fun! We will learn all about germs - what are germs & how they make us sick. We will practice covering our coughs and washing our hands. We will discuss eating healthy and enjoy playing with play food. For fun this month, we will talk all about Disney. Which character is your favorite?

Leah is a great helper. She loves to help put the toys away at clean up time. Keep it up! **Harper** is so kind to everyone. She loves to give hugs to her friends.

Stay warm and have fun in the snow!

Miss Lois, Miss Emery & Miss Shaylawn

Yellow

Welcome 2026!

This month we are going to be learning about things that are real and make believe. We will be talking & learning about germs. We will have fun making a healthy fruit pizza for a special snack while we learn about healthy habits. We will read stories about fairy tales and discuss all about Disney. Which character is your favorite?

Be sure to check the calendar for two special dress-up days for a little extra fun. Please bring snow gear for your child, as we still plan to play outside in the snow, weather permitting. We continue to work on playing nicely together during free play and center times, along with using our walking feet inside of Apple Tree.

Some of our friends have been doing so well with potty training and using kind touches. We are proud of all of them!

We are excited for this new month of fun! Stay warm!

Miss Emma

Light Green

Welcome 2026! We hope all our families have a great year!

This month we are learning and practicing new words such as ball & done. We continue to help the littles be kind to our friends and use soft touches.

Liam has found his voice and is always smiling. We love to see Liam happy! **Hazel** has been learning to stand up all by herself and loves to play independently.

We will work on learning new sign language, eat with our utensils at meal times, and some developmental skills such as rolling a ball, standing up and crawling.

We can't wait to make more memories with the kiddos.

Miss Kara

Blue

Welcome to 2026!

We will be learning a lot of exciting things this month in the Blue Room. We will start off talking and learning about New Years and celebrating 2026. We will learn all about germs, nursery rhymes, fairy tales, eating healthy, and Disney. Be sure to watch for fun arts and crafts we will be doing throughout the month.

Eliza will come up and comfort any friends when they are feeling sad. You are so kind Eliza - keep it up! When **Korbyn** finds things that belong to a friend, she is so sweet to take it right to them or show a teacher so they can get it to the right friend. That is so kind Korbyn - keep it up!

We look forward to finding out what is in store in 2026!

Miss Amy



Red

Hello & Happy New Year to all our friends and families.

January is an exciting month as we celebrate several birthdays & welcome new friends to our room. We will be working extra hard this month at potty training & independence with clothing and shoes. Please continue to work on these skills at home. We are aiming to have most of our 3 year olds in underwear by March!

We will talk and learn about germs - what are germs and how to keep from getting us sick. We will practice covering our coughs & washing our hands. We will read stories on fairy tales and will be learning nursery rhymes this month. Eating healthy is another thing we will talk about and will encourage all our friends to eat fruits and veggies.

Please bring snow gear labeled with names for outside play in the snow. Weather permitting, we will go outside. We don't have enough extras for everyone.

Zion goes up to each child as they arrive in the morning to greet them by name. You are so friendly Zion- keep up the kindness!

We will continue to work on using kind words when we communicate with our friends & teachers in the classroom.

Thank you for partnering with us to help your child learn & grow!

Miss Maggie

Gold

Welcome to the New Year!

We plan to celebrate the new year by playing fun games - one example is pom pom hockey. We will also work on our classroom goals for the year. We will discuss the importance of hand washing and covering our coughs to help NOT spread germs. We will talk about fairy tales & nursery rhymes, and discuss which one is our favorite and why. We are learning about the 5 different food groups and the importance of eating healthy. We will do an activity to identify healthy vs unhealthy foods.

Sawyer is so kind and helpful. She is always helping the younger kids and teaching them how to do things in the classroom, as well as reading to them. Thanks for spreading kindness, Sawyer.

We hope you all have a great new year!

Miss Josie

Purple

Greetings from the Purple Room.

This month during preschool, we will continue to learn our letters. We will also begin learning our shapes. We will incorporate the monthly themes into our learning activities. We are working together to solve problems in the classroom and being helpful to our friends and teachers.

Raelle enjoys pretend play with friends, as well as doing arts & crafts. **Malakai** enjoys superheros and building & constructing things. Malakai also loves to play outside.

Until next time!

Miss Michelle

Dark Blue

Greetings and Happy New Year. I am looking forward to a great year!

We will continue to learn our letters each week during preschool. We will also begin our shapes unit. We will incorporate the monthly themes into our learning activities. We are working together to solve problems in the classroom, and being helpful to our friends and teachers.

Olivia has a lot of energy and is always ready to learn something new. **Kalvin** has showed great interest in creating patterns. I love to see the kids learning!

Thanks for sharing your child, we love seeing all the smiles and learning we do together. Have a joyful month.

Miss Rhonda

Black

Happy New Year!

This month we will make fun confetti poppers and firework art for the New Year! We will also practice writing words and cutting on dotted lines. When learning about germs, we will practice covering our coughs and washing our hands. We will also do a glitter activity to show how germs spread.

We will continue to talk about asking for help when we need it. It is always ok to ask for help. We practice using our listening ears in the classroom to hear our friends and teachers.

Bowen enjoys building race car tracks with his friends. He also loves to help out around the classroom. Thanks for your help, Bowen. **Collins** enjoys doing art & crafts with her friends. She also enjoys helping us out when we need help. You are so kind, Collins!

Have a great New Year.

Miss Journey

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 SIOUX CENTER SCHOOLS No School	30 SIOUX CENTER SCHOOLS No School	31 SIOUX CENTER SCHOOLS No School	1  APPLE TREE is CLOSED TODAY	2 SIOUX CENTER SCHOOLS No School	3
4	5	6 NO KIDS ZONE	7 YELLOW ROOM Bring a Book from Home	8 NO KIDS ZONE	9	10
11	12	13 YELLOW ROOM Dress Like A Prince or Princess NO KIDS ZONE	14 PRE-K Sunday Ford Visit	15	16 YELLOW ROOM Show & Tell SIOUX CENTER COMMUNITY 1:20pm Dismissal	17
18	19  NO EHS/HS	20	21 YELLOW ROOM Bring a Book from Home	22 PRE-K Sunday Ford Visit YELLOW ROOM Make a Fruit Pizza for Snack	23	24
25	26	27	28 YELLOW ROOM Wear a Disney Shirt or Character	29 NO LITTLE WARRIOR	30 SIOUX CENTER COMMUNITY No School	31