



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

December 2025

A note from the office:

It's the most wonderful time of the year!

We are excited to start another great month at Apple Tree and celebrate the holidays with the kids! Our Hooray for the Holidays week will be **December 8th-12th**, so please check the signs on the doors with details of what each fun-filled day has in store. Santa will visit our center on **December 10th** and we are looking forward to hearing what the kiddos want for Christmas!

A few reminders:

- We will still be going outside daily, so please send your child with a hat, gloves and winter coat! As long as the "feels like" temperature is above 20 degrees, we are able to go outside!
- Please sign your child in and out every day on the clipboard outside of their classroom. This is a HHS requirement that we use to track attendance.
- Payments are due on Monday each week for that week of care. Any accounts that have not received a payment by Wednesday will have a late fee added to the account. Your account is never allowed to have a balance of larger than 2 weeks tuition. If your account balance exceeds 2 weeks tuition, childcare services will not be offered until payment is received.
- Please let us know if your child will be absent for the day, as this helps us plan for meals and staffing.

We are looking forward to another great month at Apple Tree!

Miss Jessica

Important Dates:

12/8 - 12/12 - Hooray for the Holidays

12/10 - Visit from Santa

12/22 - 1/2 - NO SCHOOL / Sioux City Community Schools

12/25 - Merry Christmas / Apple Tree is CLOSED today



Teacher Fun Fact

What is your favorite Christmas movie?

Miss Jessica: The Christmas Shoes

Miss Sara: Scrooged

Miss Elliot: The Nightmare Before Christmas

Miss Cass: The Polar Express

Miss Cassi: Hallmark Christmas movies

Miss Bell: The Year Without Santa



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!

Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com

Health & Fitness Tips:

TIPS TO KEEP YOUR CHILDREN HEALTHY IN WINTERS

LOAD UP ON VITAMIN C

Foods rich in vitamin C can shorten the length of a cold



Vitamin C **reduces the duration** of children's colds by 14%

That means an average of **4 fewer sick days** a year

TAKE VITAMIN D

This vitamin regulates the immune system and prevent colds

Kids who take **1,200 mg** a day all winter get the seasonal flu **58% less**



WASH HANDS

Careful washing with soap and water kills most germs



Only **28%** of kids know how to wash their hands properly

Hands should be scrubbed for **at least 20 seconds** - as long as it takes to sing "Twinkle Twinkle Little Star"

SLEEP WELL

Plenty of sleep helps kids fight illness

Toddlers need at least **13 hours** of sleep per day

School-age kids require **10-11 hours**



USE A HUMIDIFIER

Maintain an ambient temperature which is neither too cold nor too hot.



WINTER WEAR

Wear enough layers of clothing including socks and gloves.



Santa
says...



Jump for joy
Hop on one foot
Do a dance
Pretend to ride a sleigh
Sit down
Stand up
Make a snow angel on the floor
Jump up
Spin around
Do a jumping jack
Pose like a Christmas tree
Reach for the stars
March like a toy soldier
Say ho-ho-ho
Pretend to throw a snowball
Hop like a bunny
Clap your hands
Play air guitar
Smell your feet
Walk backwards



CELERY REINDEER SNACKS



These Celery Reindeer Snacks are a fun and delicious twist on a familiar favorite. Easily turn a popular, kid-friendly snack into a festive treat with a few simple ingredients.

INGREDIENTS:

- Celery Sticks
- Peanut Butter
- Nutella
- Pretzel Twists
- Fresh Cranberries or red M&Ms
- Candy Eyes

DIRECTIONS:

- Cut celery into sticks that are 3-4 inches long. Spread peanut butter and Nutella along the center of the stalk.
- Break the pretzel twists in half. Arrange them at the top of the celery stick to form the antlers.
- Add two candy eyes below the antlers, then place a cranberry beneath each pair of eyes for the reindeer's nose.



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 Anger

Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent, you might find that calming your angry child can be one of the biggest challenges of parenting. There are many things that make children angry, and children feel anger in different ways — just as adults do. Perhaps you were taught as a child that being angry was not “allowed” or that anger was “bad.” It is important to teach your child that it is normal to get angry. Often, the first step parents must take is to set aside what they themselves were taught as children, and choose to teach their own child something new. As with all emotions, when you help your child recognize and name his anger you have helped him take the first step toward being able to control his own behavior. When your child is able to recognize the feeling and say, “I’m angry!” it reduces the chances that he will act out.



Try This at Home

- Notice and label when you, your child or others are angry. You might say:
- About yourself: “I am feeling angry in my body. My heart is beating fast and I feel like a volcano inside. I am going to take some deep breaths to calm down.”
- About your child: “I can see that you are angry! Your hands are making a fist and your eyes are big.”
- About others: “I see that little girl is angry. I wonder what happened. What do you think might help her to calm her body?”
- Encourage your child to move. Just as adults release stress at the gym or by going for a run, physical movement helps children to change their body experience. Teach your child to yell into a pillow or push on the wall. However, don’t encourage your child to hit others or hit objects (we want children to let go of their anger without hitting or hurting others).
- Read books about being angry. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and activities to help your child learn about emotions at: <http://challengingbehavior.fmhi.usf.edu/docs/booknook/ChildrensBookList.pdf>
- Calming down is a skill that children must learn. Young children do not understand the words “calm down.” Tucker Turtle is a story that helps children understand how to calm down. It can be a great tool for teaching this skill. Download and print Tucker Turtle for free at: <http://challengingbehavior.fmhi.usf.edu/Pyrmaid/intervention/TTYC/tools.html>.

- Puppets and toys are great to use for role playing situations that your child understands. “Wow, this lion is very angry. Her sister took her toys! She is stomping her feet and roaring very loudly! Let’s help her to calm down.”



Practice at School

Children can become angry at school for a variety of reasons. Teachers help children understand that everyone feels angry and shows the class positive ways to calm down, such as taking a deep breath or finding a quiet place by reading stories, or role playing with puppets. Children are given the opportunity to practice different techniques and find a solution that works for them. By encouraging children to find a solution that helps them not feel angry, teachers help children feel in control of their emotions and confident in their ability to handle difficult emotions.



The Bottom Line

Anger is a feeling all parents and children experience from time to time. The goal is not to try to get rid of anger in your child or yourself, but rather to teach your child useful and acceptable ways to manage her feelings. You can teach your child that anger is a natural, healthy emotion and like other emotions (i.e. joy, sadness, frustration), anger needs to be expressed appropriately. A child who has been taught to recognize and understand anger in herself and others will be less likely to express her anger in aggressive and destructive ways. The ability to manage feelings and solve problems is a life-long skill necessary for children to be happy and healthy.



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Kittens

Hooray for the Holidays!

This month we will be learning about the different holidays in December. We will write letters to Santa and make Christmas wreaths. We will learn about Hanukkah and color menorahs. We are excited to celebrate this month with our friends and family!

Lana is focusing on potty training and is doing wonderful! **Alice** always tries to make her friends feel better when they are sad.

See you in the New Year!

Miss Sara & Miss Elliot

Kangaroos

We hope you have a wonderful holiday season!

This month we will learn about gingerbread people and where they live. We will create our own gingerbread houses for the gingerbread people. We will also make stockings to hang on a pretend fireplace and Christmas trees with lights. Be sure to check out the reindeer crafts that we make as we learn the names of all of the reindeer. Our tree will go up in the center, and we will make ornaments to put on it, so look at the tree to find your child's creation!

Crimson loves to play and build with magnets with his friends. He has been doing great at using his words to communicate with his friends in the room! **Zoe** loves to play with the babies in the room and pat them to sleep.

Have a great Christmas and a Happy New Year!

Miss Cassi

Panda Bears

Hello December, get ready for some holiday fun!

This month we are continuing our clothing study. We will weave with fabric, learn about different materials and design clothing. We will have a fashion show on **Tuesday, December 9th** to celebrate our clothing study. Please have your child wear a favorite or special/fancy outfit on that day for the show.

We will practice using the solution of, get a teacher when we need help working something out with a friend or need help. We will also practice raising our hands during our large group when we have something to share.

Have a merry and bright month.

Miss Bell

Tigers

Welcome to December in the Tiger room!

This month will be full of holiday cheer and thankfulness! We have been working very hard on learning to share and how to use our words with our friends. We will make so many festive crafts to transform our room into a winter wonderland! Be sure to watch the door for more information about the Hooray for the Holidays event! Santa will be here Wednesday, December 10th and we know the kids will love a chance to chat with him!

Leo has been such a great friend and really loves to help his teachers. **Emmett** loves story time! He is so attentive to the story and grabs a book to look at any chance he gets.

Stay warm this month!

Miss Cass

Apple Corps

Hello December!

We are excited for a great month in the Apple Corps room! We will cover the classroom with festive decorations and spread holiday cheer everywhere we go!

Please let us know if you will be joining us for winter break! We are looking forward to seeing the kiddos all day during that time!



Be sure to bring your hat, coat, mittens and snow gear, as we will play outside in the snow when we can!

Please be sure to let us know if your child will be absent, as this helps with planning for the van routes.

Have a great month!

Miss Tita & Mr Devon

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9 PANDA BEARS Fashion Show	10 APPLE TREE Visit from Santa	11	12	13
		APPLE TREE - Hooray for the Holidays				
14	15	16	17	18	19	20
21	22 NO SCHOOL Sioux City Community Schools (12/22 - 1/2)	23	24	25  Apple Tree is CLOSED today	26	27
28	29	30	31	1  Apple Tree is CLOSED today	2	3