



PRESCHOOL & LEARNING CENTER

# APPLE JUICE

[www.appletreechildcare.com](http://www.appletreechildcare.com)

## A note from the office:

*December 2025*

It's the most wonderful time of the year!

A few reminders for parents:

- Please fill out our attendance sheets on your child's classroom door with their holiday schedule attendance. We need this in order to staff correctly within ratios for those days.
- We still plan to go outside to play when we can. Please dress warm and bring a coat, hat & mittens.
- School-age parents, please remember to let us know if your child does not need transportation to or from school. This is for their safety and staffing purposes.
- Please sign your child in and out. This is a HHS requirement.
- If you plan to use vacation days for the holidays, please let us know. We will need this in writing, as well.

Save the Date: **Thursday December 11th** from 6:15-8:00pm, we will have our annual Christmas Open House. Come join the fun. You can visit with Santa, play games, do crafts and enjoy hot chocolate and cookies. We will see you there!

Shout out to a couple staff members this month! **Miss Veronica** is our Butterfly room lead teacher and she is amazing. Miss Veronica is a wonderful person who loves all the babies. She provides a clean, fun and nurturing environment for all. **Miss Elisha** is our Butterfly assistant teacher, and she is so loving. Miss Elisha is so kind to the littles. She loves to snuggle & play with the babies. You will always see her on the floor engaging with the babies.

Have a very Merry Christmas & a Happy New Year.

*Miss Laurie & Miss Jenah*

HAPPY BIRTHDAY

Hazel  
Maylonie  
Amara  
Connor  
Terrayah  
Hazel

Maeve  
Lennox  
Noah  
Karsyn  
Aspen

## Important Dates:

12/11 - Christmas Open House / 6:15pm - 8:00pm

12/15 - 12/19 - Christmas Dress-Up Days

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

12/23 - Dress as your favorite Christmas character

12/24 - Christmas PJ Day

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

## Stay in touch :



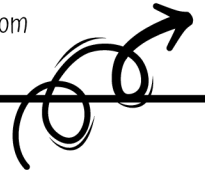
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## What is your favorite Christmas movie?

Miss Laurie: The Christmas Story

Miss Jenah: The Polar Express

Miss Lilly: The Grinch

Miss Kim: The Nightmare Before Christmas

Miss Elisha: Home Alone

Miss Veronica: The Grinch

Miss Lexi: The Santa Clause

Miss Brianna: The Grinch

Miss Jennifer: National Lampoons Christmas Vacation

Miss Jenny: Santa Paws

Miss Lola: Annabell's Wish

Miss Saige: Santa Clause 3

Miss Marah: Santa Paws

Miss Cadie: The Year without a Santa Claus

Miss Lexie: The Grinch

Miss Madison: The Grinch

Miss Alecia: Elf

Miss Molli: One Silent Night

Miss Myesha: Home Alone

Miss Zee: Elf

Miss Autumn: A Christmas Story

Miss Shannon: The Grinch Who Stole Christmas (original)

Miss Bell: The Year without a Santa Claus

## Teacher Fun Fact

## Photos of the Month







## 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](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://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/Pyramid/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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# 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.



## Caterpillars

Ho Ho Ho!

We will be making cute Christmas crafts this month.

A friendly reminder, with snow coming, please take your shoes off before entering the room. The babies love floor time, so this helps us keep it clean for them.

**Elizabeth** is new to the Caterpillar room. Welcome! We can't wait to watch you grow. **Donovan** can fully sit up on his own. YAY!

Merry Christmas & Happy New Year!

**Miss Lilly & Miss Kim**

## Butterflies

Welcome December! A time to reflect, give thanks and spread kindness!

This month we will make fun and creative crafts to decorate our classroom for Christmas. We will sing songs about Santa and read Christmas stories.

**Noah** can crawl on his hands and knees now! Good job Noah! **Viviana** is very talkative, and she can say, "dada".

Happy Birthday to **Lennox, Noah, Karsyn & Aspen!**

Merry Christmas!

**Miss Veronica & Miss Elisha**

## Monkeys

Hello December! We can't wait to see what magic you have in store.

We are working on saying "please stop", when a friend is doing something we don't want them to do. We are also practicing keeping our hands to ourselves.

**Harper** can walk to and from the mealtime table with no extra help.

**Ava** can sing her ABC's, *You are my Sunshine, Ba Ba*, and bumblebee songs during our music time.

We are going to learn about the colors red and green. We will learn about elves, and what hats & shoes they wear. We will also learn how they always help Santa, and what Santa says and wears. We will make art for our room. Glitter glitter everywhere with all the Christmas we will be enjoying.

We are looking forward to the new year. Have a very Merry Christmas!

**Miss Jennifer, Miss Brianna & Miss Lexi**

## Froggies

Hoppy Holidays from the Froggies!

As a class, we will focus on saying "please stop" when someone is doing something we don't like. We will also practice using our listening ears during circle time so we can hear what our friends & teachers are saying to us.

**Emmett** has become so vocal. He says, "me & mine" when he wants something or knows it is his turn. **Cassidy** talks so much! She will say, "no" or "no thank you", "help" & "mine" throughout the day.

We will learn about winter clothing & we will paint with ice cubes and on snow.

Be sure to check out our room during the open house this month.

Have a safe & hoppy holiday.

**Miss Saige, Miss Lola & Miss Jenny**

## Giraffes

Happy December!

We have so much fun planned for this month. We are going to sing Christmas carols with our friends and read Christmas stories. We will be doing a gift exchange and have a class party. Please watch for a letter to be sent home with more details.

This month we will talk about being kind to our toys and playing nicely together.

**Jazlene** is one of our new friends. She loves to read books and enjoys story time. Jazlene is having so much fun in our class.

**Jazmin** is also a new friend to our classroom. She enjoys building with the blocks in the block center. Welcome to the Giraffe room, girls.

Have a tree-mendous month!

**Miss Cadie & Miss Marah**

## Zebras

Merry Christmas!

This month we are learning about Christmas joy and cheer. We have fun activities and art planned. We will be reading Christmas stories brought from home. We will have fun dress up days this month - watch for signs about those days.

This month we are focusing on learning about how to ignore bad influences and choosing to do what is right even when friends are not. We will also practice using nice hands when touching a friend or teachers.

**Maeve** has been so great at sharing toys with friends while playing in the classroom. Way to go!

We have two birthdays this month. Happy Birthday **Hazel & Maeve**.

See you in the new year!

**Miss Madison & Miss Lexie**

# Tigers

Joy to the Tiger room!

This month we are learning all things "make believe" like fairytales, superheroes, and prince & princess. We will create our own accessories each week to represent each category. We will also spend a lot of time talking and learning about Christmas.

We will practice using timers when we are playing with something that a friend wants a turn with. This helps us with sharing and taking turns. We will also focus on keeping our hands and feet to ourselves.

We want to show kindness to our friends and teachers. A couple students got caught showing kindness this past month. **Oliver** has been doing a great job sharing toys during center time and letting friends play with him. **Kinsley** has been one of the best helpers in class lately. She has been helping friends and teachers throughout the day.

Have a very Merry Christmas!

**Miss Alecia & Miss Molli**

# Koalas

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 **Monday, December 8th** to celebrate our clothing study. Please have your child wear a favorite or special/fancy outfit on that day for the show.

Please join us for our Christmas Open House on **December 11<sup>th</sup>** from 6:15-8:00pm for food, games, crafts and more! We will also have fun dress up days the week of **December 15<sup>th</sup>**. Be sure to check the calendar for more information.

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 be practicing raising our hands during our large group when we have something to share.

**Baylor** showed a new student different toys in the classroom and **Millie** helped a friend who was sad at drop off time.

Have a merry and bright month.

**Miss Bell, Miss Shannon & Miss Autumn**

# Kangaroos

Hello winter!

This month we are focusing on learning how to wait and take turns when a friend has a toy we want. We are also practicing how to keep the toys in the correct centers.

Our student spotlights for the month are **Elara & Greer**. **Elara** saw one of her friends was feeling sad and she gave them a hug and asked them if they wanted to play with her. **Greer** saw the dress up area was super messy, so she went over and picked it up and put it away correctly.

This month we will be learning more about the letters L, M and N. We will make muffins for "M" and will make fruit loop necklaces for "N". We will also enjoy learning more about Christmas & New Years. We will make a Rudolph snack to celebrate Christmas.

Enjoy the snow.

**Miss Zee & Miss Myesha**

# Apple Corps

Happy Holidays!

We have winter break coming up for our school-agers. We will watch holiday movies. We will have a snow day with hot chocolate and will work on making holiday art projects.

We have two friends that recently got caught doing something KIND. **Skylar** and **Aleric** both are willing to play with others and make sure everyone is okay.

In the classroom, we are working on sharing and taking turns without arguments and teacher help. We are also practicing lining up nicely when going to and from mealtimes and outside time.

Have a good Decembrrrr!

**Miss Myesha**



# December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3 MONKEYS Wear a Christmas Shirt ZEBRAS & GIRAFFES Bring a Christmas Book from Home KOALAS Wear Something with Buttons	4 KANGAROOS Snow Day	5 GIRAFFES Wear Red or Green	6
7	8 KOALAS Fashion Show	9 ZEBRAS & MONKEYS Bring a Christmas Book from Home	10 APPLE TREE PJ & Movie Day	11 APPLE TREE Christmas Open House 6:15 - 8:00pm	12 APPLE TREE Librarian Visit GIRAFFES Show & Tell KANGAROOS Make Muffins for 'M'	13
14	15 WEAR CHRISTMAS FLANNEL	16 DRESS LIKE A SNOWMAN	17 GIRAFFES Bring a Christmas Book from Home WEAR AN UGLY CHRISTMAS SWEATER	18 DRESS LIKE A CHRISTMAS TREE	19 WEAR YOUR WINTER WORKOUT GEAR	20
21	22 NO SCHOOL Sioux City Community Schools (12/22 - 1/2)	23 APPLE TREE Dress like your favorite Christmas character	24 APPLE TREE Christmas PJ Day	25  APPLE TREE is CLOSED today	26	27
28	29	30 KANGAROOS Snow Day	31 GIRAFFES Bring a Christmas Book from Home APPLE TREE Ring in the New Year	1  APPLE TREE is CLOSED today	2	3