



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

September 2026

Let's welcome the new school year!

As we head into September, please take note of a few reminders:

- Please remember that our policy states, that if your child will be absent you must communicate with the center. This includes school-age children who ride our bus/van to or from school each day.
- Van Routes- If your child is not going to be riding our van to or from school, please let us know. This is especially important in the afternoon and we ask that you communicate a change in transportation with us by 1:00pm to allow us to plan for the most efficient routes and avoid confusion between us and the school at the end of the day.
- Monday, September 7th - Please remember that we are **closed for the Labor Day holiday on Monday, September 7th, 2026**. Regular tuition is charged for holiday closures, per our handbook.
- Transitions- September is a big transition month. Many children may be a little stressed for a short period of time. We will work hard to make this as easy as possible for them, and for you as their parents. If you have any questions, please feel free to contact us.

Staff Spotlight:

Miss Sheila - Let's give a shout out to our new Giraffe lead teacher. She has taken over for Miss Sonja. She will do an amazing job!

Miss Val - We want to welcome Miss Val, who will be our new Giraffe assistant. We know she will be a great addition to our team.

Enjoy the weather!

Miss Laurie & Miss Abby

Love Our Center?

HELP US GROW!

3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
- LIKE, SHARE, COMMENT & SAVE OUR POSTS
- SCAN THE QR CODE & LEAVE US A REVIEW!

WE APPRECIATE YOUR HELP!



Important Dates:

9/7 - Labor Day / Apple Tree is CLOSED today

Stay in touch :



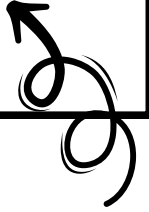
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Teacher Fun Fact

What was your favorite song to sing with the kids?

Miss Laurie: Bumble Bee
Miss Abby: Itsy Bitsy Spider
Miss Kim: Twinkle Twinkle
Miss Lilly: My Little Teapot
Miss Veronica: The Wheels on the Bus
Miss Haley: Rock-A-Bye Your Bear
Miss Madison: Baby Bumblebee
Miss Saige: Itsy Bitsy Spider
Miss Lola: Slippery Fish
Miss Cadie: 5 Little Monkeys Swinging in a Tree

Miss Bell: Months of the Year
Miss Shannon: Days of the Week
Miss Autumn: Finger Tap Song
Miss Alycen: Lemonade
Miss Peyton: Choosin Texas
Miss Olivia: Golden

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.

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 Have a Successful Morning

Brooke Brogle, Alyson Jiron & Jill Giacomini

Do you struggle with stressful mornings when you want to lay your head down and cry before 8:00 a.m.? Do you often leave the house in an angry, frantic rush? Mornings can be a particularly challenging time for parents. Getting your entire family up and out the door is no easy task! It is important to understand that your morning routine serves as the foundation for your family's entire day. You can create a morning routine that not only helps your day to begin more smoothly, but also teaches your child important skills that he needs to become more independent and confident. A morning routine can also reduce challenging behavior such as crying, whining and tantrums.



Try This at Home

- Use a visual schedule with items such as photos, clipart, or objects that shows your child the steps in his morning routine. This visual schedule can help him to understand the expectations of the morning routine. To learn more about how to create a visual schedule, go to challengingbehavior.org and search the site for "visual schedules" in the search box located in the upper right-hand corner of the screen.
- If your child has trouble waking up in the morning, it might be because he is not getting enough sleep at night. Set a consistent bedtime and stick with it. When a child's bedtime changes it can make it harder for him to wake up in the morning. For more information on bedtime routines, go to challengingbehavior.org and search the site for "bedtime routines" in the search box located in the upper right-hand corner of the screen.
- Plan ahead. Use your bedtime routine to plan for the next day together.
 1. Lay out the clothes your child will wear.
 2. Pack his backpack.
 3. Discuss the morning routine, show him pictures and talk about the day ahead.
- Give your child some power over his morning routine by offering reasonable choices. For example, "First, get dressed. Then, you get a choice! Would you like to have cereal or pancakes for breakfast?"
- Include bonding time in your morning routine. Time to read, bathe or snuggle will help your child feel loved and calm as he begins his tasks for the day.

- Encourage your child. When your child completes a task and follows the routine, provide positive and specific encouragement. For example, say "Wow! You got up and got dressed all by yourself! Now we will have a few extra minutes to play with trains. What a great way to start the day!"

Practice at School

Teachers use routines to provide a predictable structure to your child's day. When a child understands what she should be doing and what will come next, she feels less anxiety and more excited to participate. While the specific activities in the classroom might change, the routine does not. For example, while 10:00 may always be art time, the specific craft (painting, cutting, gluing) may vary from day to day. Children become eager to try new activities because they are confident and comfortable with the routine.

The Bottom Line

A morning routine is a daily opportunity for you to build and nurture a positive relationship with your child. When you follow a repetitive morning routine you allow your child to gain practice with important skills such as dressing, bathing and grooming and give him a feeling of confidence and success. A calm, loving morning routine at home sets the tone for the entire day for both you and your child.



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Health & Fitness Tips:

Immune Boosters for Kids

With school back in session, it's an important time to highlight healthy habits that can support a child's immune system.

Best Daily Habits

- **Good Hydration:** Drinking plenty of water keeps mucus membranes moist, creating a natural physical barrier against bacteria & germs.
- **Sufficient Sleep:** Rest gives the body time to recover and keeps the immune system working at its best.
- **Regular Exercise:** Physical activity keeps blood flowing and helps circulate immune cells through the body.
- **Handwashing:** Frequent scrubbing with soap and water stops germs from entering the body.

Key Immune-Supporting Foods

- **Vitamin C:** Found in citrus fruits like oranges, grapefruits, strawberries and bell peppers to help build white blood cells.
- **Vitamin D:** Found in fortified dairy, eggs and fatty fish to activate immune defenses.
- **Zinc:** Found in red meat, poultry, beans and nuts to help white blood cells function.
- **Probiotics:** Found in yogurt to support a healthy gut.

AFTER SCHOOL SNACK

Chocolate (Hidden) Veggie Muffins

If you are dealing with a picky eater or a child who doesn't like veggies, this may be the recipe for you. Hidden inside these chocolate muffins are zucchini, spinach & beans, making them a great (and healthy) after school snack.

INGREDIENTS:

- 1.5 cups oat flour
- 1/3 cup cocoa powder
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/3 cup chocolate chips plus some for topping
- 1/2 cup grated zucchini
- 1 cup spinach
- 1 cup chickpeas drained
- 1/3 cup maple syrup
- 2 eggs
- 1/3 cup olive oil or avocado oil
- 1/2 cup plain greek yogurt

DIRECTIONS:

- Preheat the oven to 350 degrees and grease a muffin tin or line with muffin liners.
- In a large bowl, mix dry ingredients (flour through salt; omit the chocolate chips for now).
- In a high speed blender or food processor, combine the wet ingredients (grated zucchini, spinach, chickpeas, maple syrup, eggs, oil and greek yogurt). Blend until it forms a uniform consistency and the spinach leaves are completely blended.
- Combine the wet mixture from the food processor into the large bowl with the dry ingredients. Gently mix, adding in the chocolate chips.
- Scoop the batter evenly into a muffin tin and top with chocolate chips and a pinch of sea salt, if desired.
- Bake for 20-24 minutes, or until a toothpick inserted into the center of a muffin comes out clean.



Caterpillars

Hello September!

This month we will be working on exploring our senses through different types of sensory art and play. We will fill a bag with paint and tape it to the floor so they can squish around the paint with their fingers. We will put different objects in the bags to allow them to push it around! We will be helping some of our friends who are so close to rolling over by practicing and helping them when they are so close! We will place toys just out of reach to encourage the kids to roll. We will also be practicing different sitting positions to encourage independent sitting.

Kylin and **Macie** joined us last month and we are so excited to watch them learn and grow! **Tucker** is starting to get up on his hands and knees! We might have a crawler here soon!

All the Caterpillars would love to wish everyone a happy September!

Miss Lilly & Miss Kim

Monkeys

Goodbye summer and hello fall!

We have so much fall fun planned this month! We will make feelings sensory bottles to explore all of the emotions that we might have! We will also count the sides of each shape as we learn them! It is so much fun to see the kids start to point out shapes when they see them! We will also be learning about apples and the different colors they can grow! We will practice using our words to say, "please stop", when someone is doing something we do not like. We will also practice how to walk in a line so our older friends are ready to move up!

Phoenix is the best helper when it comes to cleaning up! **Annalyse** loves to comfort sad friends by patting their back, or giving them a hug or toy.

Enjoy the final days of warm weather!

Miss Madison & Miss Haley

Giraffes

Welcome September!

We are excited for another month of fun, growth and learning! This month our themes are feelings & emotions, shapes, colors and apples! We will have fun playing outside as the weather (hopefully) cools down a little and we start to enjoy a fall breeze! We are working hard to learn the new routine of the classroom after our move-up and it has been so cool to see the kids start to explore their new room!

Have a great September!

Miss Sheila & Miss Val

Butterflies

Welcome September! We are excited for another month of learning, growing and making special memories together!

This month we will explore the colors and signs of fall through fun, age-appropriate activities. The babies will enjoy sensory play, music & movement, tummy time, story time and opportunities to practice their developing motor skills. We will continue encouraging each child to explore, interact and reach new milestones at their own pace. We will practice sitting independently and balancing by doing supported sitting, reaching for toys, sensory activities and songs with movement. We will also be crawling and exploring with tummy time, floor play, reaching for toys, and encouraging babies to move and explore within the classroom.

Navy has been rolling around exploring the classroom. We love watching Navy discover new things! **Elena** has reached an exciting milestone...she can now sit on her own! We are so proud of her progress!

Wishing our Butterfly families a happy, cozy and beautiful fall!

Miss Veronica & Miss Sarah

Froggies

Hoppy September!

This month we are learning all about ourselves! We will talk about what foods and toys we like. We will also talk about how we feel, shapes, colors & apples. We will do a mirror activity making faces of different emotions and we will count toys as we put them away! During PBIS practice, we will learn to say "please stop" to friends doing something we do not like. We will also learn how to stay safe inside by using walking feet.

Karsyn has really started talking! She loves to name every animal in our books we read! **Jaylene** is a new friend and she just loves to play with the pop-its!

Have a great September!

Miss Saige & Miss Breanna

Zebras

New month, new focus! Welcome September! Let's make it count!

This month we will learn about colors, shapes, feelings and apples. We will play a lot of fun games and do a water and oil experiment with colors. During shape week, we will learn the names of the shapes and how to trace them. Our last week of the month we will focus on apples! We will do an apple number match in math! We will be learning how to trade and we will work on trading during art when we trade colors with our friends! We will practice how to tidy up the room and how to keep our classroom clean!

Amelia has been loving to talk and play with friends. Her favorite thing to do is play house and tell friends to wash their hands. **Lucca** has been such a good friend and is able to point out shapes all the time!

Here's to a crisp September!

Miss Lola & Miss Audri

Tigers

Goodbye summer, hello fall!

We have welcomed new friends into the Tiger Room and we are so excited that our new school year is in full swing! This month we have a lot of fun themes including feelings, colors, shapes and apples! During feelings week, we will make a pocket book containing all of the emotions we may feel and we will do a "fill your cup" science activity. Going into colors week, we will learn the rainbow order! We will sort shapes and learn their names during shape week. We will end our September talking about apples and we will taste test and rank them from the best to least favorite! We will also cover the letters L, T and I. As part of our PBIS, we will focus on teaching the children how to find a teacher when they need help. We will also learn how to help keep the classroom neat by cleaning up a center when we are done playing in it.

Kody has really come out of his shell and we have seen his personality shine. **Kyzer** helped a friend clean up a spill at lunch! Way to be a helper, Kyzer!

We're ready for an amazing school year!

Miss Cadie & Miss Molly

Kangaroos

Welcome September!

We are excited for another month of fun, growth and learning! This month our themes are feelings & emotions, shapes, colors, and apples! We will have fun playing outside as the weather (hopefully) cools down a little and we start to enjoy a fall breeze! We will be learning our shapes and searching for them as we go throughout our day. We will also learn how to follow the circle time expectations and how to share with our friends.

Have a great month!

Miss Zee

Koalas & Pandas

Welcome to Preschool!

We are excited to start our year of preschool fun and we will start by learning all about the preschool classroom. We will then transition to our first study: Trees! We ask that parents bring different tree parts on **September 18th** to aid in our learning! We will use a magnifying glass to look closer at the parts of a tree and we will use tape measures to measure tree trunks!

We will continue to work on our PBIS skills and practice our solutions. This month we will learn and practice how to ignore a friend when they are doing something we do not like. We will also learn the circle time expectations and practice them each day.

Cataleya was very welcoming to a new friend in our class. **Greer** does great at initiating the sharing of classroom materials.

We are looking forward to our new school year!

Miss Bell, Miss Shannon & Miss Autumn

Apple Corps Jr

As we get back in the school routine, we will be spending time winding down after school with outside time and centers. We will get to know each other and make new friends.

Asking nicely before we take something is a skill we will spend time practicing and we will also review how to use our walking feet in the hallway.

Alden is a kind friend in our classroom. He is always willing to lend a helping hand when someone needs it. **Quinn** has come out of her shell and made so many friends in our classroom.

Have a great month!

Miss Alycen, Miss Bella, Miss Peyton & Miss Olivia

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7  APPLE TREE is CLOSED TODAY	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3