



# Apple Tree

PRESCHOOL & LEARNING CENTER



# APPLE JUICE

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

## A note from the office:

*June 2026*

Yippee skippie it's summer!

A few friendly reminders for the month:

- **Extra Clothes:** Please remember to swap out your child's extra clothes when they switch clothing sizes or with the changes in weather!
- **Pastries with Parents:** We will celebrate moms and dads together this year with Pastries with Parents from 9:30am to 10:30am on Friday, June 5th. Please plan to attend and join our fun!
- **HHS Requirement:** When dropping off, you must bring your child into the classroom and sign them in. During pickup, you must come into the center to sign them out. Please make sure a staff member sees you!
- **Sunscreen:** Please make sure each child has their own sunscreen labeled with their name.
- **Child absences and late starts:** Please call the center or let your child's teacher know if your child will be late or absent. It is important for your child's safety and to ensure proper staff to child ratios.
- Please also remember to check your child's calendars and classroom doors for field trips!
- **Field trip money:** 1's & 2's will need \$6.00 to cover summer field trips, Tigers & Lions need \$21.00, Kangas & Koalas need \$20.00, ALL Apple Corps need \$50.00. Must pay in cash only. \*First Tee golf is \$50.00 and must be paid also in cash before June 1st.

A couple quick STAFF shout-outs to welcome back summer staff! We are excited to have you both back! **Miss Abby** was with us for several years as the Kangaroo teacher and is now a para at Morningside. She will be returning to the center as our Apple Corps Jr. teacher! **Miss Maiaki** is also returning to the center to be our new Kangaroo assistant for the summer. She is also a para but at in the South Sioux City School District!

Have a fun & safe summer!

*Miss Laurie & Miss Jenah*



Charlotte

Jade

Natalie

Landon

Elisha

Gakoby

Jade

Lola

Calvin

Crew

Amelia

Miss Brooke

*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!**



**Stay in touch :**



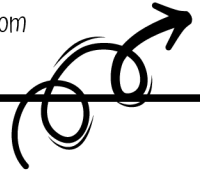
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**Teacher Fun Fact**

**What is your favorite picnic food?**

Miss Laurie: Pasta Salad  
Miss Jenah: Watermelon  
Miss Kim: Watermelon  
Miss Lilly: Bananas  
Miss Maggie: Oranges  
Miss Veronica: Chicken Salad  
Miss Sarah: Ham Sandwich  
Miss Adriana: Fruit  
Miss Haley: Watermelon  
Miss Madison: Fruit

Miss Saige: Chips  
Miss Brooke: Ham Sandwich  
Miss Lola: Sub Sandwich  
Miss Elisha: My dad's Baked Beans  
Miss Cadie: Fruit Platter  
Miss Alecia: Watermelon  
Miss Molli: Pickle Rolls  
Miss Zee: Sandwich with Chips Inside  
Miss Shannon: Corn on the Cob  
Miss Bell: Watermelon

Miss Autumn: Chips & Dip  
Miss Myesha: Fruit  
Miss Alycen: Watermelon

**Important Dates:**

6/5 - Pastries with Parents / 9:30 - 10:30am

6/21 - Happy Father's Day

6/25 - Apple Tree PJ Day

7/3 - Apple Tree is CLOSED today

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

# How to Help Your Child Understand and Label Emotions

Brooke Brogle, Alyson Jiron & Jill Giacomini

You can help your child expand her emotional vocabulary by teaching her words for different feelings. Once she knows and understands these words you can help her to label her own feelings and the feelings of others. For example, do you remember a time when your child had a meltdown at the grocery store or other public place? Perhaps you tried soothing your child by telling her to "calm down" and felt confused and unsure of what to do next when she continued the tantrum. Next time you can better help your child understand and deal with the emotions she is feeling by saying, "You look sad and disappointed. Sometimes I feel that way too. I wonder what we can do to feel better?" Teaching your child about her emotions can be a fun and rewarding experience and prevent challenging behavior from occurring in the first place.



### Try This at Home

- Simply state how your child is feeling. "You look really excited! I see your eyes are big and your mouth is open."
- State how others are feeling, "Wow, that little boy is really mad. I see he is crying and making fists with his hands. I wonder why?"
- State how you are feeling. "I am really frustrated that the lawn mower is broken. I think I'm going to take a break and come up with some solutions to this problem."
- Use books as teaching tools. There is a huge selection of children's books that focus on emotional literacy. Visit <http://csefel.vanderbilt.edu/resources/strategies.html#list> where you will find a book list, book activities and other resources for teaching emotional literacy.

### The Bottom Line

Children with a strong emotional vocabulary:

- Tolerate frustration better
- Get into fewer fights
- Engage in less destructive behavior
- Are healthier
- Are less lonely
- Are less impulsive
- Are more focused
- Have greater academic achievement

### Practice at School

Talk with your child's teachers to see how they are teaching your child about emotions at school. Many emotions are seen and experienced at school. With adult help, children are taught how emotions look and feel on their bodies. Through books and real experiences, teachers show that a child looks sad because he is crying or mad because her fists are tight. As children begin to recognize what emotions look like, they can begin to manage their own emotions and show empathy toward others.



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SOUTH FLORIDA

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# Health & Fitness Tips:

## Outdoor Activities for Kids

- Fly a kite
- Photo scavenger hunt
- Set up a toy car car wash
- Attend a baseball game
- Visit a farmer's market
- Outdoor yoga
- Have a picnic in the park
- Enjoy backyard camping & stargazing
- Have a water balloon fight
- Host a lemonade stand
- Ride a bike around the neighborhood
- Create an obstacle course with sidewalk chalk
- Make bubbles with soap & water
- Start a small garden
- Go fishing at a local lake or pond
- Play soccer or kickball in the backyard
- Go on a nature walk
- Create puffy sidewalk chalk paint art
- Make ice cream in a bag
- Water balloon pinatas
- Create a road with chalk or painters tape for toy cars.
- Nature name collages
- Dance in the rain

## WATER SAFETY TIPS



### TEACH THEM EARLY

Teach children to get comfortable in the water, take swim lessons and educate them early about water safety.

### ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards. Parents should be within arms length of children.

### WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



### WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



### DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.



### I'M ON A BOAT!

Always wear a properly fitted US coast guard approved life-jacket (PFD- personal flotation device)



### STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.

## June 2<sup>nd</sup> is NATIONAL DONUT DAY

Celebrate with this non-traditional healthy 'donut' option.



### INGREDIENTS:

- 2-3 apples
- Spread of choice: Peanut Butter, Greek Yogurt, Chocolate Hazelnut Spread
- Toppings of choice: Sprinkles, Chocolate Chips, Granola, Peanuts, Strawberries

### DIRECTIONS:

- Slice the top and bottom of each apple and discard. Slice the apples into 1/2-inch circles. Use a small melon baller to cut a hole in the center of each to make a 'donut'.
- Top the apple rings with your choice of spread. Garnish each with a variety of the toppings.

# Caterpillars

Welcome to June!

This month we have a couple of milestones that have been met. **Maverick** has started rolling over and **Ruby** is sitting up all by herself! We are so proud of both of you. **Lovelynn** is starting to crawl! We can't wait to see you explore the classroom! **Jefferson** is our newest friend! Welcome to the Caterpillar room! We can't wait to watch you grow and learn!

We will be making cute footprint bugs for our classroom door! We will also be trying to go outside 2-3 times a week for fresh air. Please bring a hat for your little one.

The Caterpillars would like to wish everyone a happy June!!

**Miss Lilly, Miss Kim & Miss Maggie**

# Butterflies

Welcome June! A new month means new goals and blessings!

**Lennox** has learned how to sit up all by himself and is an expert crawler already. **Molly** has learned how to sit up all on our own; that's huge for our little Molly! We are so proud of both of you!! **Jaycee** learned how to crawl when she sees something across the room that interests her and she is loving exploring the classroom! **Madin** is a super affectionate little boy. He loves long snuggles and is always extra smiley!

This month we are going to celebrate our dads with a beautiful project. We also will be saying goodbye to some of our classmates who will be moving up. Good luck lil Butterflies!

We can't wait to see the adventures June holds!

**Miss Veronica, Miss Adriana & Miss Sarah**

# Monkeys

Here comes the sun! Summer is here!

One rule we will practice this month is how to use kind hands towards our friends, teachers, family and toys. This month we are going to celebrate our dads while also learning about safety, farms, dinosaurs and nature! Our June science activity will be making colorful frozen chalk. We will practice our math skills by counting how many flowers we can see outside.

**Za'Niyah** is learning all of her friends' names! **Melody** loves to sing and dance, she also loves picking out the transition songs!

Stay cool this summer!

**Miss Madison & Miss Haley**

# Giraffes

Summer is here!

The solution that we will focus on at circle time this month is how to take turns and the importance of using our words to talk to our friends and teachers.

**Lennon** joined our room last month and has done great at adjusting to our routine and has made many new friends. **Peyton** has mastered the skill of saying "please stop" to her friends when necessary, and by using her words to express herself and needs.

This month we will be learning about summer safety, farming and dinosaurs. Our science project this month will be making sun catchers, while we will practice our math skills by counting the stripes on our friends' shirts.

We will be celebrating three birthdays and Father's Day his month. We are so excited to celebrate them.

Lets have an AMAZING summer!

**Miss Brooke**

# Froggies

Welcome to summer!

This month are jumping into summer fun with water days every Monday! For water days, you will need to provide a one-piece swimsuit or swim shirt and shorts, as well as a towel. Please make sure you are taking these items home every Monday at pick up to ensure they are washed and ready for the next weeks water day.

We are also taking our first field trip this month. We will be walking to the Mall Fort on June 12th. Please make sure your child is here by 9:15am, as we are leaving at 9:45am. PLEASE send your child in socks and tennis shoes, they are required at the Fort.

If you haven't done so already, please mark on the bulliten board if you will be attending **Pastries with Parents on June 5th** at 9:30am. We will be reading stories, making donut art and playing games with our parents.

**Rylan** can talk! Our favorite word she says so far is "yesh" aka yes! Both **Anna** and **Hannah** have grown so much this last month that they've been in a room together. They love to read all the classroom books!

Stay cool!

**Miss Saige**

# Zebras

Welcome June! We hope your month is as bright and refreshing as a summer morning!

We will be working on using our kind words by using flash cards, modeling usage as teachers, and encouraging kids to use kind words during play & eating times. We will also practice keeping our feet on the floor.

**Crew** is a great friend to everyone! He helped a friend climb up the slide ladder when he noticed the friend was struggling. **Jasmine** loves playing kitchen and enjoys making her friends "food".

We'll be learning about summer safety, dinos and nature! We will also spend time learning about first responders and the cool trucks and cars they drive! We will work on a project about the importance of sunscreen, a dinosaur experiment and counting watermelon seeds are activities we are looking forward to this month.

Wishing you a sunny and bright summer!

**Miss Lola & Miss Elisha**

# Lions

Welcome back summer!

We are going to work as a class on how to get a teacher for help when we need it! We will also discuss the importance of using our listening ears!

Welcome to **Adonias**! **Adonias** has made so many friends in the Lion Room and is adjusting so well! **Nova** is so helpful & kind. She helped a friend clean up a spill at lunch time!

We are ready for summer and a busy month! In June, we will cover summer safety, farm life, dinos, and nature. We are also going to learn letters A-D. For our science activity this month, we are going to go on a nature walk to collect different things for our collages. For our math activity, we are going to discuss summer weather and sort clothes based off the seasons. We will have water days every Monday and we have three field trips planned this month! To ensure your child doesn't miss out on the summer fun, please keep an eye on the calendar.

Have a great summer!

**Miss Cadie**

# Tigers

Welcome summer!

The solution that we will focus on at circle time this month is to get a teacher to help us problem solve. We will also talk about why walking in a straight line is important when we go from one area to another in the center or on walks!

**Carter** has been doing a great job working on using his words to express his feelings. **Quin** encouraged a friend to be brave and sing a song for the class!

June is full of fun! We will have water days every Tuesday. We have fun field trips planned to Bacon Creek Park, the Sioux City Public Museum, Dairy Queen and more! We will learn about summer safety. For our science activity, we will use nature to create art. We will practice our math skills by counting popsicle sticks.

Have a great June!

**Miss Alecia & Miss Mollie**

# Kangaroos

Happy June!

The solution that we will focus on at circle time this month is how to trade and share with friends. We will also talk about how playing together is fun!

**Violet** asked a friend if they wanted to play together when the friend was sad and playing alone. Thanks for being a kind friend, Violet. **Greer** learned how to get herself started on the swing. Way to go, Greer.

We will be learning about summer safety, farms, dinosaurs, nature, and stars and stripes. For our science activity, we will be making sourdough dinosaur fossils!

Lets make this month as beautiful and vibrant as the summer sun!

**Miss Zee & Miss Haley**

# Koalas

Hello! Get ready for a summer of fun!

The solution that we will focus on at circle time this month is how we can play nicely and have fun together. We will also discuss how to line up quickly while keeping our hands to ourselves.

**Baylor** comforted a new student when they were sad. Thanks for being a kind friend, Baylor. **Amara** made beautiful pictures for her teachers during an art center. She is so kind!

This month we are switching to summer mode! We are starting field trips, water days and fun weekly themes! We will explore summer safety, farm animals, dinos and nature. Please bring a swimsuit, towel and water shoes/sandals every Wednesday for water days. Please bring field trip money ASAP and in cash, this is needed if you want your child going on a field trip. Our science activity this month is looking at nature through a magnifying glass, while our math activity will be learning different dinosaur patterns.

Have an awesome month!

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

# Apple Corps

Happy hot summer days!

The solution that we will focus on at circle time this month is how to take a break when needed. We will also practice how to accept positive criticism.

**Charlotte** is always making sure her classmates are okay. **Hazel H** is great at setting an example for her classmates. Great job girls!

This month we have many field trips planned. We will also be outside a lot. Please make sure to bring sunscreen and water bottles for your child!

Cheers to lazy days and sunshine rays!

**Miss Myesha & Miss Alycen**

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 APPLE CORPS First Tee Golf ZEBRAS, KOALAS & APPLE CORPS Fire Truck Visit MONKEYS, FROGGIES & LIONS Water Day	2 LIONS Books from Home TIGERS Water Day APPLE CORPS JR Palmer Candy	3 KOALAS Water Day APPLE CORPS SR Palmer Candy	4 KANGAROOS Water Day	5 APPLE TREE Pastries with Parents 9:30 - 10:30am	6
7	8 APPLE CORPS First Tee Golf MONKEYS, FROGGIES & LIONS Water Day TIGERS Bacon Creek Park	9 GIRAFFES Mall Fort ZEBRAS Books from Home TIGERS Water Day KOALAS Bacon Creek Park APPLE CORPS JR Siouxland Gymnastics	10 ZEBRAS Mall Fort KANGAROOS Bacon Creek Park (Bring Sack Lunch) KOALAS Water Day APPLE CORPS SR Siouxland Gymnastics	11 MONKEYS Mall Fort LIONS Bacon Creek Park TIGERS Books from Home KANGAROOS Water Day APPLE CORPS Pearsons Lemonade	12 FROGGIES Mall Fort ZEBRAS & LIONS Show & Tell ZEBRAS & GIRAFFES Water Day APPLE CORPS Downtown Library	13
14	15 APPLE CORPS First Tee Golf MONKEYS, FROGGIES & LIONS Water Day	16 GIRAFFES Dino Egg Experiment LIONS Books from Home TIGERS Water Day KOALAS & APPLE CORPS SR Sioux City Public Museum	17 KANGAROOS Sourdough Experiment KOALAS Water Day APPLE CORPS JR Sioux City Public Museum	18 LIONS & TIGERS Sioux City Public Museum ZEBRAS Dino Egg Experiment KANGAROOS Water Day APPLE CORPS The Corndog Company	19 ZEBRAS & GIRAFFES Water Day KANGAROOS Sioux City Public Museum APPLE CORPS Water Day	20
21 	22 APPLE CORPS First Tee Golf MONKEYS, FROGGIES & LIONS Water Day KANGAROOS Sgt Bluff Splash Pad	23 ZEBRAS Books from Home LIONS Sgt Bluff Splash Pad TIGERS Water Day APPLE CORPS JR Sertoma Park APPLE CORPS SR Water Day	24 GIRAFFES Leaf Painting TIGERS Sgt Bluff Splash Pad KOALAS Water Day APPLE CORPS SR Dorothy Pecaut Nature Center	25 APPLE TREE PJ Day KANGAROOS Water Day KOALAS Sgt. Bluff Splash Pad APPLE CORPS JR Dorothy Pecaut Nature Center	26 ZEBRAS & LIONS Show & Tell ZEBRAS, GIRAFFES & APPLE CORPS JR. Water Day APPLE CORPS SR Sertoma Park	27
28	29 APPLE CORPS First Tee Golf MONKEYS, FROGGIES & LIONS Water Day GIRAFFES Wear Red ZEBRAS & GIRAFFES Tie-Dye Day TIGERS Sgt. Bluff Park	30 TIGERS & APPLE CORPS Water Day KANGAROOS DQ & Sgt. Bluff Park GIRAFFES Wear Blue FROGGIES & MONKEYS Tie-Dye Day	1	2	3	4 
					APPLE TREE is CLOSED today	