



PRESCHOOL & LEARNING CENTER



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

*January 2026*

## A note from the office:

Welcome 2026! We wish you a very Happy New Year and look forward to another great year with your kiddos!

A few reminders as we head into the New Year:

- **Apple Corps Parent:** Please let us know if your child will not be attending for the day. This helps cut down on confusion and wait time during the already busy school pick up process.
- **Vacation Days:** Vacation days are available to use on days that your child is scheduled to be in the center and is absent (i.e. vacations, illness, holidays) and credit your account for 1 day of tuition. Each child has 2 weeks worth of vacation (max of 10 days) to use each year. To use a vacation day, please speak to Jessica and fill out a Vacation Day Request Form located by the tuition box.
- **February 16th:** Apple Tree will be closed for staff training. Please mark your calendars and arrange for alternative care for this day.
- **Breakfast:** Breakfast is served from 7:10-7:30am in our center at the cost of \$1 per child per day. If your child eats breakfast at Apple Tree, your account will be charged at the start of each month for the previous month.
- **Paperwork:** File updates are in progress. Please fill out the paperwork sent home with your child(ren) and return it to the center no later than January 9th, 2026.
- With the snow on the ground, we are looking forward to getting outside to play. Please watch for signs posted on your child's classroom door with details of when to bring snow gear!

Have a great month!!

*Miss Jessica*

## Important Dates:

12/29 - 1/2 - NO SCHOOL/Sioux City Schools

1/1 - Happy New Year / Apple Tree is CLOSED today

1/16 - NO SCHOOL / Sioux City Schools

1/19 - Martin Luther King Jr. Day



## Teacher Fun Fact

### My New Years resolution is...

Miss Sara: to take a vacation.

Miss Breanna: to get better at guitar.

Miss Cass: to be present in the little moments.

Miss Cassi: to eat healthy.

Miss Bell: to read more.



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



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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:

- ½ cup granola
- 1 cup Greek yogurt
- ¾ cup fresh fruit, diced

### TOPPING:

- ¼ 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.







## 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).



National Center for  
Pyramid Model  
INNOVATIONS

[ChallengingBehavior.org](http://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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## Kittens

Happy New Year!

In January, the Kittens will be learning about arctic animals, decorating snowmen, and making snow globes. We will learn about Martin Luther King Jr and celebrate his birthday. As always, we will focus on being kind to our friends and ourselves through practicing our social skills. We will learn how to use nice touches and how to use our words when we want something. The Kittens are planning to start the year off right!

**Santiago** is becoming very verbal and is learning new phrases daily! **Sage** is very good at sharing toys with friends.

Let it snow!

**Miss Sara & Miss Breanna**

## Kangaroos

Happy New Year!

This month our class is going to be learning about snow globes and igloos. We are going to make our own snow globe and craft igloos out of marshmallows. We will also learn what animals live in the arctic and use ice for their homes. The class will make penguin projects to learn about where they live. We plan to head outside to play in the snow and use marshmallows to make snowmen for a fun winter learning project. We will focus hard on using our kind words and kind hands with our friends. We will also work on how to use our listening ears in the center and at home!

**Lincoln** loves to color pictures for his parents. He also loves building things with Legos. **Owen** loves to build things with Legos with his friends. He also likes to build towers with magnets.

Everyone have a safe and happy 2026!

**Miss Cassi**

## Panda Bears

Hello 2026!

This month we will begin a new study about buildings. We will also learn about arctic animals, construction, snow and numbers. We will do a science experiment to learn about how blubber keeps arctic animals warm. We will be working on taking turns and waiting our turn this month and how to use our walking feet inside.

Keep an eye on the door for info about snow days, as the days can change depending on the weather.

**Theo** is very sweet and always compliments his friends. When a friend spilled his milk, **Brayden** said, "It's okay, we can clean it up together." He is such a kind boy!

Have a great month and a fantastic start to the New Year!

**Miss Bell & Mr Devon**

## Tigers

Happy New Year, Tiger families! We are excited to welcome you back and to start the year fresh with learning, fun & positive routines.

We will work on getting back into routine after the holidays. We will be working on following directions and building independence while we explore winter-themed activities. We will work on sensory play, songs, stories, and hands-on learning that supports fine-motor skills and language development. At circle time, we will learn kind words that we can say to our friends and how to ask for help when we feel frustrated. We will also learn how to use our listening ears and gentle touches with others.

**Emmett** has shown kindness to friends and settles into the routine well. **Wylder** has been working hard at using her listening ears and helping clean up. She's a great example in the classroom.

Thank you for trusting us with your little ones. The days may feel small, but they are shaping something big, and we are honored to be a part of it.

**Miss Cass**

## Apple Corps

Welcome 2026!



We are excited for another great year in the Apple Corps rooms! We will be starting a new classroom routine in January to give the kids consistency in what to expect when they come to Apple Tree each day. We are excited to make yummy treats together, read books and do projects as a class. We have been working hard at speaking to each other with kindness and the kids are so great at this already!

**Zayden** is so kind to others in the room. He always greets his friends and teachers when he gets to the center. **Winter** is always ready to learn something new! She is very observant and asks questions that spark great conversations!

Thanks for a great 2025, now let's enjoy the start of a new year!

**Miss Tita & Mr Devon**

# JANUARY

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