

November 2026

A note from the office:

Welcome to November! I hope your families have a cozy month filled with a lot of learning, fun and warm moments shared!

A few reminders as we head into another month:

- Starting the beginning of November, we will be doing a fundraiser with The Lunch House, who offer prepared meals. Be sure to pay attention for more information. Thank you in advance for your support!
- As we enter cold and flu season, please take a moment to review the sick policy and remember to keep your child home if they have a fever or other flu-like symptoms.
- If you have any extra plastic grocery bags that you would like to donate to the center, we are in need of bags for our classrooms.
- If you are able to help our center through donations of supplies, there is a classroom needs board outside of each classroom with a list of items we could use! We appreciate any items you are able to help us get for the kids!
- Please remember that due to allergies we cannot have outside food brought into our center unless it is for a birthday or special occasion. Please check with your child's teacher regarding any specific classroom allergies, if you do wish to bring in birthday treats.

We hope you have an amazing month and a Happy Thanksgiving!

You can reach us at the telephone numbers/emails below or by stopping in to talk to us.
Jess - telephone number: 722-4336 email: director.ecc@appletreechildcare.com
Amanda - telephone number: 722-4335 email: assistantdirector.ecc@appletreechildcare.com



Boston
Henry
Montgomery
Maebry
Rowan
Sage

Shawna
Bryson
Zoe
Brock
Johanna

Stay in touch :

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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.

National Center for Pyramid Model INNOVATIONS

ChallengingBehavior.org

How to Plan Activities to Reduce Challenging Behavior

Brooke Brogle, Alyson Jiron & Jill Giacomini

Unfortunately, there is no "Guidebook for Parents" that tells you exactly how to raise children who behave perfectly at all times. Each child and family is unique, which means that there is no one solution or strategy that is going to work for everyone, every time. However, while it isn't magic, simple planning ahead can work wonders to help improve your child's behavior. You can plan activities to teach your child important skills such as sharing, taking turns or handling disappointment. You can also plan ahead to prepare your child for new events in her life such as changes in her schedule, a road trip, a new baby or a visit from grandparents.

For example, Abby is three years old and is usually happy at preschool where she loves to draw and play with the doll house. However, at home when Abby plays one-on-one with another child, she often ends up throwing toys, screaming "Mine!" or crying. What can Abby's mom do? Instead of always "managing" these outbursts, she can intentionally plan activities to teach Abby the skills of sharing and taking turns. She can also plan activities that give Abby an opportunity to practice these new skills.

Try This at Home

- **Tell your child exactly what to do.** Telling your child to "share" or "be nice" does not actually tell her what she should be doing. For example, if Abby throws her toys, her mom can say, "Abby, toys stay on the floor or on your lap." If Abby hits her friend, her mom can say, "Hands down. Hands are for playing, eating, and hugging. Use your words. You can say, 'I am angry. Help please'."
- **Use a Visual Schedule.** A visual schedule will help her to understand what is expected. To learn more about visual schedules, read the *How to Use Visual Schedules to Help Your Child Understand Expectations* handout in the Backpack Connection Series.
- **Practice, practice, practice.** Intentionally create situations where she can practice the desired behavior. For example, Abby's mom can help Abby learn to take turns while playing with her sister or an older friend. She can ask Abby's sister to "help teach Abby to take turns" while playing with one doll. Abby's mom provides the toy and reminds the girls to take turns when playing. The girls can practice the skill of sharing during their time together.
- **Catch your child being good!** When your child is using the desired behavior, you can encourage her by responding with enthusiasm. For example, "Wow, I saw you share the sand toys at the park with those two girls. What a great friend you are!"
- **Prepare your child before an event.** For example, Abby's mom can say, "Abby, your friend Ella is coming over to play today. When friends come over, we share our toys. I know how special doggy is to you. We could put doggy in a safe place and you do not have to share her."



- **Hope for the best but plan for the worst!** If you know that your child might have problems when playing with other children, stay nearby so that you can intervene if needed. You might also provide two sets of an identical toy (e.g., two bubbles or two balls) and then offer a change in location to play to diffuse difficult situations.

Practice at School

School offers many opportunities for children to practice social skills and learn emotional vocabulary. Teachers can set up art or quiet activities where children have the opportunity to practice sharing, learning to wait and taking turns. As children interact with each other, teachers provide positive language. For example, "Abby, I see that you are pointing to the red marker. You can tap Jacob on the shoulder and say, 'Can I have a turn?'" After the interaction, the teacher provides the children with encouragement. For example, "Way to go! Class, Abby and Jacob are working together. They are sharing and taking turns!" Teachers can also use daily schedule changes to teach the skill of handling disappointment. For example, "Oh no, Miss Marcie is not here today. We won't be able to go to music. I am really disappointed. What should we do?" At this point, the children can learn to problem-solve and come up with a positive solution.

The Bottom Line

Much of the frustration that parents experience can be avoided by planning ahead and teaching children a desired behavior before a difficult situation occurs. When you are unprepared for your child's challenging behavior, such as whining or temper tantrums, you might respond with anger or in other ways that make the situation worse. Remember that you are in control of the daily schedule and routine. If your child is having problems with activities such as play with others, drop-off at school, or bedtime, you can plan activities that will give her the opportunity to learn the social skills she needs. Planning ahead can reduce challenging behavior such as meltdowns, whining and temper tantrums and increase desired behavior such as flexibility, using words and patience. Planning activities that teach skills such as sharing and taking turns will provide her with the tools she needs to increase self-esteem and be successful in school and life.

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University of South Florida

IDEAs that Work — Office of Special Education Programs

Health & Fitness Tips:



Apple Pie Yogurt Dip



Ingredients

- 1 Greek 100 Vanilla Yogurt Cup
- 3 tbsp. Fresh Ground Almond Butter (or any natural nut butter)
- 1 tsp. Apple Pie Spice
- Apple Slices (for dipping)
- Graham Crackers (for dipping)

Directions

- To make your dip, simply stir the almond butter and apple pie spice into the yogurt cup. You don't even have to dirty any extra dishes! Mix well. Then dig in!

Fall Outdoor Activity



Rake Leaves. Jump Into the Piles.
Throw Leaves Up in the Air. Repeat.
Make Physical Activity FUN!

Weekly Themes:

11/2 - 11/6	Opposites
11/9 - 11/13	We Love Our Veterans
11/16 - 11/20	Sports
11/23 - 11/27	Thanksgiving
11/30 - 12/4	Winter Wonderland



Teacher Fun Fact

What is your favorite Thanksgiving food?

Miss Jess: Broccoli & Cheese Casserole
Miss Amanda: Green Bean Casserole
Miss Anita: Sweet Potatoes
Miss Connie: All of it! Especially Pecan Pie
Miss Kara: Green Bean Casserole
Miss Paige: Pumpkin Pie
Miss Lois: Lemon Pie
Miss Mya: Smoked Venison
Miss Elena: Mashed Potatoes, Ham & Stuffing
Miss Maggie: Cranberry anything
Miss Michelle: Ham
Miss Perla: Mashed Potatoes
Miss Amanda: Green Bean Casserole
Miss Edan: Mashed Potatoes

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!

Green

Welcome to the Green Room! We hope everyone has a great fall!

We are excited for the fall months. We will read seasonal books, sing songs and bundle up to go for buggy rides! We will be working on tracking items with our eyes! We will have children follow items as we move them left, right, up and down. We will also continue working on head control with tummy time. We will place a book or mirror near them on the playmats for them to focus on!

Beverly has the brightest smile! She loves to be talked to! **Saylor** grabbed a toy from my hand and shook it. She was so excited.

Happy Thanksgiving to all of our families!

Miss Anita & Miss Connie

Light Blue

Greetings! We are getting ready for Thanksgiving!

This month we will do so many themed activities and have a great time together. During sports week, we will play with different balls, and practice throwing and catching. We will also get in the fall mood for Thanksgiving with turkey art, tractor and hay bale sensory play and by reading the book, *Happy Thanksgiving*. We will end the month getting ready for the Christmas season and winter with snowflakes, mittens, cap & coat artwork.

Asher had fun playing in the leaves outside. **Graham** enjoyed playing with the sensory toys.

We are looking forward to winter, snow & Christmas!

Miss Lois & Miss Hannah

Yellow

Hello and welcome to the Yellow Room!

This month we will be learning what happens when fall arrives. Some of the activities we will be doing are a fall scavenger hunt and making leaf snow angels. We will also make leaves using ziplock bags and paint. We will be washing toys in the sensory bin during opposites week to learn the difference between clean and dirty.

Emersyn saw that a friend didn't have their shoes on and she helped them put them back on! **Leah** helped wipe the table off after snack.

I am very excited to decorate for Thanksgiving with the kids and explore what it is all about.

Miss Elena

Light Green

Welcome to the Light Green Room!

This month we are going to try to get outside as much as possible before the cold weather comes! We will be working on our fine and gross motor skills. We will put objects into a bowl and encourage the kids to use their fine motor skills to grasp the items and take them out. We will work hard on crawling, standing and walking in our gross motor development. We will continue to work on sign language and focus on the words eat, all done and more to help the kids at meal times. We will also encourage the kids that are ready to pull themselves up to a standing position and practice standing next to items before they are ready to stand on their own!

Montgomery has figured out how to clap with our songs and is a very happy boy. **Sophie** is on the move! She is always moving and loves to sing!

We can't wait to make more memories with your kiddos!

Miss Kara & Miss Paige

Blue

Hello November!

This month we will be exploring more sensory bins and learning through songs. I am planning to read fall and Thanksgiving books during story time. We will work hard on sharing and playing nicely together.

Maebry has been very helpful when picking up and during circle time. **Shauna** has been a very good listener this month and has gotten really good at using her words when she wants something.

Wishing you all good times and days filled with laughter.

Miss Mya

Red

Hello to the parents and friends of the Red Room!

This month we will continue to celebrate fall and the upcoming holiday season! We will read books and do sensory activities about opposites to learn more about them. We will learn about different kinds of sports and practice throwing and kicking balls, dancing, running and yoga. We will practice saying things we are thankful for at mealtimes. We will also make thank yous for veterans with coloring pages. Finally, we will celebrate the beginning of winter with a snow sensory table.

We plan to keep going outside, so please practice putting on winter gear with your child and be sure to send coats with them on cool days.

Beckham loves to dance at circle time and sits so nicely for storytime. **Nolan** likes to set the table full of toy food to share with friends and teachers.

Enjoy your holiday season. We are thankful for your support!

Miss Maggie

Purple

Greetings from the Purple Room!

This month we will focus on all of the blessings we have been given. We have so much to be thankful for including family, friends, safety, protection, our talents and so much more.

During preschool, we will continue to learn our letters and colors each week. We will read, *The Thankful Book,* and do a fun Thanksgiving dinner themed sensory bin. We will use a visual timer to take turns with toys and trade with our friends. Sunday Ford will visit preschool to talk about bats and Ms Twila from the library will come to read stories to us.

Zoe is always excited to learn something new. She loves arts and crafts and helping in the classroom. **Johanna** is very kind! She is always happy and excited to be with friends!

Happy Thanksgiving!

Miss Michelle

Black

Gobble gobble! Happy November!
As the school year continues, we are finding so much to be thankful for. This month we will explore the colors and changes of fall, celebrate friends and family by learning about being thankful and do more hands-on activities. We will continue practicing being kind, sharing and using our words. We look forward to a month filled with laughter and learning.

Betsaida is always such a nice friend and plays well with other friends. **Calem** has really been working on sharing and taking turns. He has gotten so good at it.

Happy Thanksgiving!

Miss Amanda

Dark Blue

Greetings! I am excited to do more learning, adventure and finding more things the children love doing!

This month we plan to make art with each of our themes. The kids love art and I love to see the progress they make with the fine motor skills art projects require them to use. We will draw our Thanksgiving dinners, discuss what it means to be thankful and what we are thankful for. We will make fall leaf art projects and go on a walk to hunt for different colored fall leaves. Our sensory bin will be full of rice for exploration of measuring and different textures. We will practice giving our friends space when they need a moment to calm down and how to recognize when we need to take a break.

Korbyn is so good at talking nicely to other friends. **Penelope** is doing great at picking up toys when done playing with them!

I am excited to be part of the growth, learning and memory making that the kids will experience in our center! Feel free to reach out with any questions or concerns. I would love to communicate with you about what we do in our room!

Miss Perla

Gold

Welcome November!

November is a special month in our classroom, filled with opportunities to learn, celebrate and show gratitude. This month we will recognize Veteran's Day by learning about the importance of honoring and thanking those who have served our country. As we get closer to Thanksgiving, we will explore the meaning of gratitude and kindness through games, crafts and activities. We are looking forward to another great month together. We will read the book, *The Night Before Thanksgiving,* as we get ready for the holiday!

Bowen loves to create race tracks out of anything in the block center. It's great seeing the things he can make! **Hannah** has always been creative and has recently started creating games for the class to play together, which is always fun!

Happy fall! **Miss Edan**

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 BLUE ROOM Wet vs Dry Sensory Bin	3 	4	5	6	7
8	9	10	11 	12	13 Sioux Center Community NO SCHOOL	14
15	16 BLUE ROOM Wear Your Favorite Jersey	17	18	19 Miss Twila visits Pre-K	20	21
22	23 BLUE ROOM Decorate a Turkey	24	25 Sioux Center Community 1:05 Dismissal Sioux Center Christian NO SCHOOL	26  APPLE TREE is CLOSED TODAY	27 Sioux Center Schools NO SCHOOL	28
29	30	1	2	3	4	5