A note from the office:

November 2026

It's November, let's be thankful!

A few reminders as we head into another month of fun:

- **Thanksgiving Attendance**: On each classroom door you will find a Thanksgiving week sign-up. Please take a moment to fill this out for your child. It helps us plan for staffing for the week to assure we meet our ratios.
- **Weather Changes:** Our children will still go outside even as the weather cools down. Please dress your child appropriately for outside play.
- **Parent/Teacher Conferences:** Please sign-up for a time to visit with your child's teacher about their progress. We are a team and we love to work with you to help your children achieve their goals.
- **School Routes:** Please have your child here by 8AM. We leave promptly to get to all of the schools on time. If you plan to pick up your child from school, we ask that you let us know by 1PM to avoid excess wait times at school pick up.

Staff Spotlights:
Miss Valeria is our new 2-year-old assistant. She is a sweet and kind soul and is a great addition in our Giraffe room. Thank you for your hard work. **Miss Regina** is our newest high schooler. She will graduate in December and will take on a full-time role. She always has a big smile and is a great helper!

You're never too old to play in the leaves!

Miss Laurie & Miss Shelby

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:

11/10, 11/11, 11/17 & 11/18 - Parent Teacher Conferences

11/20 - PJ & Movie Day

11/24 - Apple Tree Turkey Dinner

11/26 - Apple Tree is CLOSED / Happy Thanksgiving

11/26 - 11/27 - Sioux City Schools / NO SCHOOL

Stay in touch :

@AppleTreePreschoolLearningCenter

@appletree_siouxcity

appletreechildcare.com

Teacher Fun Fact

What is your favorite Thanksgiving food?

Miss Laurie: Sweet Potatoes
Miss Shelby: Mashed Potatoes
Miss Kim: Rolls
Miss Lilly: Pumpkin Pie
Miss Maggie: Pumpkin Pie
Miss Veronica: Ham
Miss Nichole: Gravy
Miss Haley: Pumpkin Pie with Extra Whipped Cream
Miss Madison: Sweet Potato Casserole
Miss Saige: Green Bean Casserole
Miss Elisha: Brussel Sprouts
Miss Sheila: Mac & Cheese, Turkey & Pumpkin Flan
Miss Lola: Green Bean Casserole
Miss Audri: Pumpkin Pie
Miss Cadie: Mashed Potatoes & Gravy
Miss Molli: Mashed Potatoes & Gravy
Miss Zee: Turkey with Gravy
Miss Mairaki: Mac & Cheese
Miss Bell: Stuffing
Miss Shannon: Stuffing
Miss Autumn: Green Bean Casserole
Miss Peyton: Potato Salad
Miss Alycen: Mashed Potatoes

Lovelynn
Mia
Maverick
Elena
Ruby
Andrew
Ivy
Ava
Clementine
Khalil
Hannah
Henry S.
Colton
Santiago
Diana
Olive
Miss Nicole

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!

Caterpillars

Gobble gobble!

There will be a sign on the door for the week of Thanksgiving asking if your child will be here. Please mark yes or no to let us know who to plan for each day! For art, we will be making footprint pumpkin pies, so be sure to check them out! This month the milestones we will be working toward are sitting up and crawling. We will do supervised and supported sitting activities with our friends that are learning to sit independently. A few of our friends are so close to crawling, so we will be helping them get on all fours to crawl and get to toys that are out of reach!

Millie can sit up on her own and crawl! **Cohan, David** and **Mabel** joined our class last month! We can't wait to watch all 3 of them learn and grow!

The Caterpillars would like to wish everyone a Happy Thanksgiving!

Miss Lilly, Miss Kim & Miss Maggie

Butterflies

Hello November! We are thankful for our sweet little Butterflies!

This month our Butterflies will explore fall through sensory play, songs and fun Thanksgiving activities. We will focus on gratitude, making sweet memories and celebrating how much our babies are growing. We will focus on the milestones of communication and grasping items. When we work on communication, we will sing songs, talk to each other, and repeat sounds that we hear to encourage babbling and early communication. We will also offer colorful toys at different distances to make the babies reach, grab and explore.

Mia is growing and learning every day. She loves exploring her surroundings and sharing her adorable smiles with everyone. **Lovelynn** has reached an exciting milestone. She can walk! We love watching her explore the classroom on her own!

Happy Thanksgiving from our Butterfly family to yours!

Miss Veronica & Miss Nicole

Monkeys

Gobble Gobble!

This month we will be learning all about turkeys including what sounds they make and where they live. We will read the book, *This Little Turkey,* and play with corn and beans in a harvest-themed sensory bin. During opposites week, we will learn differences like fast and slow, and loud and quiet! We will also work on using our words to say please stop and how to ask for help when we need it. We are very excited that Mr Austin will be coming to visit our class and help us with a farm sensory activity.

Donovan is starting to use more words. **Scotlyn** sings her ABC's now!

Happy Thanksgiving!

Miss Madison & Miss Haley

Froggies

November is here!

This month we will be having so much fun together! We will be playing soccer, basketball and tossing a football during sports week! We are going to make a gift for Miss Saige's dad, who is a veteran of the Army. We can't wait to enjoy our Thanksgiving meal at Apple Tree, play in the leaves and read *Pookie's Thanksgiving*. When we practice our social and problem solving skills, we will learn how to get a teacher if we need help in the classroom.

Karsyn has been talking a lot recently. She loves to say "There you go!", while giving a toy to a friend. **Lennox** is so helpful around the room! She loves to clean up our toys.

Enjoy gobblin' your Thanksgiving feasts!

Miss Saige, Miss Breanna & Miss Elisha

Giraffes

Welcoming in a warm seasonal autumn with plenty of milestones for our toddlers.

This month we will be working on fall art including handprint spiders, ghosts and pumpkins. We will also learn more about fall, trees, leaves and pumpkins. The kids will learn how to ask a teacher for help when they are struggling or feeling frustrated, and we will learn how to take a break if we need one to calm our bodies!

Harper has been very helpful with her friends and always has great listening ears. **Carter** is such a great helper at clean up time.

We look forward to another month filled with laughter and learning! Thank you for your support.

Miss Sheila

Zebras

Cozy days, crisp air and a fresh November! Welcome to the month of gratitude!

This month we are going to learn about opposites and the kids will have fun doing a scavenger hunt! We will also learn about sports and play soccer inside using scooters. As a fun Thanksgiving treat, we will be making turkey snack bags and we will read the book, *The Crayons Give Thanks*. We will also put fall leaves in the sensory bin to explore the crunchy textures! Our social skill of the month is asking for help. We will teach the kids how to ask for help through modeling and practice how to get an adult for help during play times. We plan to take a fun nature walk this month to enjoy the fall weather and see how the trees and environment change as we inch closer to winter.

Crew has been working on his numbers and can count to ten on his own! **Cade** has been such a good friend. While his friends were struggling to share a toy, he stepped in and reminded them to share and be nice.

Have a very cool November!

Miss Lola & Miss Audri

Tigers

Gobble gobble! Happy November!

This month we have a lot of exciting things to learn about! We will be covering the letters C, A and G, and continue to fill our alphabet books! We will play sorting games during opposites week and learn all about sports! We will even make a graph of our favorite sports. During the week of Thanksgiving, we will make mini pumpkin pies. Yum! We will also read the book, *Bad Kitty Does Not Like Thanksgiving*. We will have conferences on **November 18th;** there will be a sign-up posted on our board! We will spend extra time learning how to trade toys with friends when we want a turn. It is such a great skill to have during free play in our centers!

Emmett helped a friend clean up a spill at lunch. **Adonias** always cleans up centers so nicely.

We are thankful for another great month.

Miss Cadie & Miss Molly

Kangaroos

Bring on the cooler weather!

This month we will have so much fun! We will make ice cream, jello and a koala snack, while we learn the letters I, J and K. In honor of Veterans Day, we will make pictures for our veterans and learn what is a veteran. We will also learn that F stands for flag and freedom! During the week of Thanksgiving, we will have a turkey dinner that will be so delicious! We will also have a sports day to enjoy different types of sports that we can play. We are looking forward to the library lady coming to our classroom to read us stories. She is always so much fun and picks the best books!

Our social skill we will practice this month is ignoring something or someone that might be bothering us.

Vivian has learned how to swing by herself on the swing! **Nash** is so kind! He will play with anyone that asks him.

Enjoy the good food this month!

Miss Zee & Miss Mairaki

Koalas & Pandas

Happy November!

This month we will be starting our clothing study! We will learn about how clothes are made, what to wear in different weather and the different features clothes can have. Our sensory table will be filled with buttons to sort and play with together. We will also have a visitor that will come and teach us about sewing and how to make clothing! We will read the book, *Something From Nothing*. During circle and play times, we will practice how to use kind words when we are talking to friends, teachers and family members.

Henry P will play with anyone and is such a great friend. **Henry S** is great at sharing! He shared the magnatiles with a friend who was upset in an effort to cheer them up.

Enjoy your month of family, friends and yummy food!

Miss Bell, Miss Shannon & Miss Autumn

Apple Corps

Let's be thankful!

This month we will be learning all about Thanksgiving! We will also learn when to get a teacher when we need help with a social situation with a friend. We will also go on a nature walk to see the trees losing their trees and the changing colors around us!

Remember there is an early out on Wednesday, November 25th, and no school on the 26th & 27th. Apple Tree will be closed Thursday, November 26th for the Thanksgiving holiday. Please sign-up on the sheets outside of our classroom door to let us know if your child will be here the week of Thanksgiving.

Colton is always willing to help when it is needed. **Marley** always invites friends to play if they are by themselves.

Happy Thanksgiving!

Miss Peyton & Miss Alycen

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 **ZEBRAS** **Books from Home**	4	5 **KANGAROOS** **Make Ice Cream**	6 **ZEBRAS** **Show & Tell**	7
8	9	10 **KANGAROOS** **Make Jello** **PANDAS** **Parent Teacher Conferences**	11 **KANGAROOS** **Make Pictures for Veterans** **KOALAS** **Parent Teacher Conferences**	12 **APPLE TREE** **Library Lady Visit 10-11am**	13	14
15	16	17 **KANGAROOS** **Parent Teacher Conferences** **ZEBRAS** **Books from Home**	18 **TIGERS** **Parent Teacher Conferences** **KANGAROOS** **Sports Day**	19 **KANGAROOS** **Make a Koala Snack**	20 **APPLE TREE** **PJ & Movie Day** **ZEBRAS** **Show & Tell**	21
22	23	24 **APPLE TREE** **Turkey Dinner**	25 **1:30 DISMISSAL** **Sioux City Schools**	26 Happy Thanksgiving **APPLE TREE is CLOSED TODAY** **NO SCHOOL** **Sioux City Schools**	27 **NO SCHOOL** **Sioux City Schools**	28
29	30	1	2	3	4	5