

The logo for Apple Tree Preschool & Learning Center features the words "Apple Tree" in a large, bubbly, green font with a white outline and a black drop shadow. Below it, "PRESCHOOL & LEARNING CENTER" is written in a smaller, black, sans-serif font. The entire logo is set against a white background with a red border.

PRESCHOOL & LEARNING CENTER

A large green apple silhouette is centered on the page. Inside the apple, the words "APPLE JUICE" are written in a bold, red, sans-serif font with a white outline and a black drop shadow.

www.appletreechildcare.com

A note from the office:

February 2025

Hello February! You're the month of love- the best time of year to cherish the bonds that warm the heart!

Dental Awareness Month: Apple Tree encourages the idea that part of a healthy lifestyle is the care of your teeth. With that said, we will be providing a dental presentation for our students from Dunes Dental 4 Kids on Wednesday, Feb. 5th at 10:00am.

PBIS Kindness Week/Feb. 10th-14th: To support our Kindness campaign and celebrate Valentine's Day, we will have a fun week of "lovely" activities planned. Check out the fliers!

Valentine's Day Parties! On Friday, Feb. 14th, all classes will be spreading Kindness and a lot of love with fun activities and a Valentine's exchange. Please check with your child's teacher and get all the "yummy" details!

Apple Tree is closed Monday, Feb. 17th: Mark your Calendars!! Our staff in-service day will be on Monday, February 17th. It's a great opportunity for my dedicated staff to continue to bring high quality care to your little ones. Thank you for your cooperation.

We are KIND: This is our PBIS Center Expectations!

- We are Kind to ourselves by staying safe, using our walking feet and by following classroom rules.
- We are Kind to our friends and families by using KIND words and KIND touches.
- We are Kind to our school by using toys appropriately, picking up after ourselves and taking care of our playground equipment.

Following our PBIS expectations helps us all learn and grow in a happy & safe environment!

"As we arise each morning, let us be determined to respond with more love, more kindness - to whatever comes our way!"

Mrs Tina

Important Dates:

2/10 - 2/14 - PBIS Kindness Week

2/14 - Valentine's Day Classroom Parties

2/17 - Apple Tree is CLOSED for Teacher Inservice

2/17 - NO SCHOOL - Sioux City Community Schools

2/28 - NO SCHOOL - Bishop Heelan Catholic Schools



Teacher Fun Fact

What is your favorite comfort food?

Miss Jessica: Tater Tot Casserole
Miss Alyviah: Chili
Miss Joshlyn: Mac & Cheese
Miss Orionna: Pozole
Miss Ally: Breakfast Food

Miss Kayla: Chicken Alfredo
Miss Cassi: Ice Cream
Miss Anna: Homemade Fries
Teacher Pin: Rock Candy
Miss Ali: Breakfast Food



Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com



Drianna
Roman
Finley

Health & Fitness Tips:

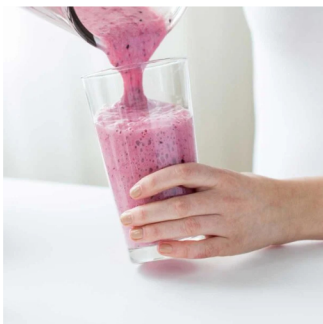
10 WAYS TO KEEP YOUR CHILD'S HEART HEALTHY

1. **Keep Moving.** Exercise as a family; ride bikes, take a walk, go swimming or play games outside.
2. **Be Positive.** Make heart health fun by incorporating games into your family activities or walk to a park for a healthy picnic dinner. Celebrate successes to promote a positive sense of self-esteem.
3. **Limit Screen Time.** Excessive screen time leads to a sedentary lifestyle and constant snacking which increases the risk of obesity and cardiovascular disease. Limit TV, computer and phone time to two hours each day.
4. **Schedule checkups before sports season.** If your child is an athlete, have him visit the pediatrician for a physical evaluation to rule out the risk of sudden cardiac death. While this is rare in otherwise apparently healthy teens, it must be addressed to identify those who are at risk.
5. **Go to the grocery store together.** Learn more about reading nutrition labels and make it fun for your child. Staples in your kitchen should be 100 percent whole wheat or grains, low-fat dairy products, poultry, fish and nuts.
6. **Keep healthy options on hand.** When your child gets home from school, give him healthy snack options such as whole grain crackers and string cheese, hummus dip and vegetables, Greek yogurt with apple slices, nuts & dried fruit.
7. **Make dinner a family affair.** Involve your child in cooking & planning meals.
8. **Check salt intake.** Avoid processed foods and keep salt shakers off the table.
9. **Stay involved.** Be an advocate for your child and others. Insist on good food choices at school. Make sure your child's pediatrician is monitoring cardiovascular indicators.
10. **Be realistic.** Set realistic goals and limits. Small steps and gradual changes can make a big difference in your child's health over time, so start small and build up.

9 TIPS FOR KEEPING KIDS ACTIVE DURING THE WINTER



- 1 GO ON A WINTER WONDER-WALK
- 2 REGISTER FOR INDOOR CLASSES
- 3 LIMIT ELECTRONICS TIME
- 4 PLAY IN THE SNOW
- 5 HAVE A DANCE PARTY
- 6 CREATE A MOVEMENT JAR
- 7 HEAD TO THE PLAYGROUND
- 8 MESH EXERCISE AND EDUCATION
- 9 SET UP AN INDOOR ACTIVITY SPACE



TRIPLE BERRY SMOOTHIE

1 banana, frozen
1 c. milk or water
1/2 c. Greek yogurt
1/2 c. blueberries, frozen
1/4 c. strawberries, frozen
1/4 c. raspberries, frozen
Handful of spinach

Place all ingredients in a blender, liquids first. Blend until smooth, adding more liquid if necessary.

Serving size: 1



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 Manage Time and Understand Expectations

Brooke Brogle, Alyson Jiron & Jill Giacomini

Time is an unclear measure for children. It is very common for a parent to feel frustrated with a child when he has not done what he was asked to do (e.g., pick up toys, put on shoes, finish snack) even after he has been given a five-minute warning. However, it is important for parents to know that there is little difference between five minutes and an hour to young children because of the way they experience time. Children live in the moment and the future is difficult for them to measure. When parents use time (rather than events such as "when I get to the top of the stairs") to communicate what they expect the child to do, it can lead to the child feeling confused and frustrated, and ultimately, the child expressing his emotions through a tantrum.



Timers, particularly sand timers, are excellent tools parents can use to help young children measure time and understand expectations. Children can see the sand timer, turn it over and watch the sand fall to the bottom. There is a clear beginning, middle and end which gives children a way to predict and understand what will happen when the sand runs out. Sand timers empower children and help them to feel that they are a part of the process rather than simply being told what to do. Sand timers also give parents an opportunity to encourage and compliment their child when he is moved to action to "beat the clock"—a much more enjoyable and effective activity than nagging.

Try This at Home

- The skills needed to share, trade and take turns can be taught using sand timers. For more information on how to teach the skills of sharing, trading and taking turns, check out those topics in the Backpack Connection Series at www.challengingbehavior.org.
 - » **Taking Turns:** "I see that Tony is playing with the puppets right now. When this three-minute timer is done, it will be your turn."
 - » **Trading:** "You are having so much fun playing with your train. When the timer is done, you and Austin can trade. He will give you his car and you can give him your train."
 - » **Sharing:** "You and Ben are both playing in the sand. There is only one shovel and two boys. You have the bucket and Ben has the shovel. First Ben can shovel the sand into the bucket and when this timer is done, you can shovel the sand into the bucket. That is a great way to share the sand toys!"
- Sand timers can help with *transitions*, or children moving from one activity to another. "I see you are happy playing with your Legos. It is time to go to school. Would you like to put your shoes on now or in one minute?" After you say this, simply flip over the sand timer and you may be surprised how your child is able to make the transition on his own.
- Sand timers can help move an activity along (e.g. clean up time). "I wonder if you can put all your trains into the box in three minutes."
- Sand timers can help YOU stay on track too. "I would be happy to get down your puzzles. I am on the phone and will do it in five minutes." This clear

boundary teaches children exactly what to expect and can reduce whining and repeated asking.

- Sand timers can also help at dinner time. "We all sit together as a family at dinner time. You can get up when the timer is done."

Practice at School

Sand timers are used at school to help children learn how to take turns and solve problems. Sand timers are also used to let children know how long an activity will take or to let them know that they will be transitioning to a new activity soon. Sand timers allow children to manage time tasks without help from an adult and give them the ability to retain control over a situation because they can watch the sand falling and see that time is almost up. Sand timers are also used in classrooms to offer choice. For example, a teacher might ask, "Would you like to do that in one minute, or two?"

The Bottom Line

Time is a difficult concept for young children to grasp. Sand timers give children something they can see and touch to help them measure time. When sand timers are used to help children understand expectations, take turns and transition to new activities, they can reduce the frequency of challenging behavior, encourage children to participate in tasks and even do things by themselves. Parents benefit from sand timers as well because the timer reduces or eliminates the need for the child to be constantly reminded and monitored. Additionally, sand timers can offer more opportunities for parents to compliment and congratulate their child.



UNIVERSITY OF SOUTH FLORIDA

Reproduction of this document is encouraged. Permission to copy is not required.

This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education. July 2013/January, 2018.



Kittens

Hello February!

This month we have so many fun activities planned! We will open a mail & post office in our dramatic play center! The kids can write letters and then mail them while learning about this fun job in our community. When we discuss dinosaurs, we will sing the *Dino Stomp* and read, "How Do Dinosaurs Say Hello". During the week of Valentine's Day, we will make love bugs and practice our gluing skills! We adore the creations that the kids come up with and the stories they tell about their art. We will learn to use the words 'bigger' and 'smaller' and how to compare the size of heart shapes in a Valentine's Day math activity.

Temesgen is learning so many new words & is coming out of his shell to play with his friends! **Shalom** loves to dance and boogie anytime the music is on! It's so fun to see all of the other friends join in on the dancing fun!

Thank you for letting Apple Tree be a part of your child's village!

Miss Jessica, Miss Alyviah & Miss Joshlyn

Tigers

Welcoming February with open hearts & open arms!

This month we will be doing many fun learning activities. We will work on number matching by finding the other half of a heart that has the same number on it. We will practice using scissors when we make puppies out of heart shapes. They are going to turn out cute! We will learn how to spell heart with a fun song by the Kiboomers that is sure to be in our heads all day! On February 14th, we will celebrate Valentine's Day with our class party. You are welcome to bring valentines and/or treats for the class!

Evelynn has been adjusting well and is showing a love for art. **Rylee** has adjusted well to the classroom and has fantastic listening skills. She also loves to spend time with Miss Orianna and play hair salon.

Have a loving month!

Miss Orionna, Miss Ally & Miss Kayla

Kangaroos

Goodbye January and hello February!

This month we will celebrate Valentine's Day and learn about Groundhog Day. When we learn about Groundhog Day, we will discuss what will happen if he sees his shadow. During the week of Valentine's Day, we will use math skills to estimate how many hearts we think will fit on a paper heart tree! We will make special thumbprint magnets as a Valentine's Day gift for our parents and read, "There was an Old Lady Who Swallowed a Rose".

Natalia loves to tell stories to her classmates. She also loves to play house and read books to her friends. **Salyor** is a new friend in the Kangaroo Room and she has been loving telling stories to her friends and exploring all of the play areas in our classroom.

Have a safe winter and stay warm!

Miss Cassi

Panda Bears

Hello from the Panda Bear room!

This month we will be using yardsticks to measure items in our classroom. This fun math activity helps the children with estimation of length, using comparative language (longer & shorter) and reading a ruler. We will continue our clothing study and learn about different textiles. We will make collages about what to wear in different weather and seasons.

Please make sure that your child brings snow pants, boots, coat, hat & gloves so that they can enjoy the snow and play outside!

We will have a Valentine's Day party on the 13th. We would love for your child to bring a decorated box for their valentines.

Skylar and **Olyver** used white boards to create an image of the brain! It was so cool to see! **Ansel, Matthew, and Ryder** made a castle and used yardsticks to measure that it was 22 inches tall! Their teamwork was impressive!

Happy Valentine's Day! It is a pleasure teaching your children!

Miss Anna & Teacher Pin

Apple Corps

Welcoming February with cold hands and warm hearts!

In February we have fun projects planned to work on our fine and large motor skills! We will make paper plate yarn hearts, using our fine motor skills to weave yarn through the plate. We will use hearts to make groups of 10 with a Valentine's Day math sheets. We will also read books and sing songs about Valentine's Day! It will be a month full of love!

Alexandra is a kind friend! She always invites others to play and makes sure no one feels left out of activities!

Apple Corp wishes everyone a loving February.

Miss Ali

FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 	3 KITTENS Post Office/Mail Week	4	5 KANGAROOS Make Ladybug Love Bugs	6	7	8
9	10 KITTENS Valentine's Day Week CAPS OFF TO KINDNESS Wear Your Favorite Hat	11 KANGAROOS Make Tree Paper Hearts PEACE, LOVE & KINDNESS Wear Tie-Dye or Bright Colors	12 KANGAROOS Make Thumbprint Hearts COMFY KINDNESS Wear Your PJs!	13 SUPERHEROES OF KINDNESS Dress like a Superhero!	14  BE KIND, VALENTINE Wear Valentine's Day colors & hearts!	15
16	17  NO SCHOOL Sioux City Community Schools Apple Tree is CLOSED	18 KITTENS Dinosaurs Everywhere Week KANGAROOS Make Heart Doily Gnome Valentines	19	20	21	22
23	24 KITTENS My Teeth & Dentist Week	25	26	27	28 NO SCHOOL Bishop Heelan Schools	1