



PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

March 2025

Top o' the Morning to you March! -In like a Lion or out like a Lamb? Hoping for an early spring! Think Green!

Happy St. Patrick's Day: Monday, March 17th, Let's all wear GREEN!

This month there will be plenty of kindness and shenanigans taking place here at Apple Tree. The Apple Corp room will be making fun leprechaun traps and creating fun STEM projects. Some classrooms will be talking about rainbows, pots of gold, and if leprechauns are kind.

March 3rd-8th: Happy Birthday Dr. Seuss! The center will be celebrating with a fun week, filled with plenty of Seussical fun! Please check out the flier for all the fun details!

Daylight Savings Time: Sunday, March 9th, A reminder to SPRING AHEAD 1 hour!

Summer/Fall Attendance Forms: Please return this form by Friday, March 14th. This information is crucial to the space and attendance projections for summer. Your cooperation is greatly appreciated!

Preschool Initiative Registration: If you received one of these forms in your folder, please fill this out and return to me ASAP. The preschool year will be here before you know it and we would love for your family to join our classroom!

Monthly Reminders:

Safety Matters: Please remember to sign in/out on your child's log sheets placed at the door of their classrooms. It is so important for accurate counts for each classroom and lunch. Thank you for your cooperation.

Children's Cubbies: Please check your child's cubbies for proper and adequate clothes. This helps your child feel more comfortable when they have an accident. IT gives them a sense of security to have their own clothing to change into.

Here's to a wonderful spring!

"Fantasy is a necessary ingredient in living. It's a way of looking at life through the wrong end of a telescope, and that enables you to laugh at life's realities." -Dr. Seuss

Mrs Tina

Important Dates:

3/3 - 3/7 - Dr. Seuss Spirit Week

3/9 - Daylight Savings Time - Spring Ahead

3/17 - St. Patrick's Day

3/21 - NO SCHOOL - Bishop Heelan Catholic Schools

3/27 - 3/28 - NO SCHOOL - Sioux City Community Schools



Teacher Fun Fact

If you found a pot of gold, what would you buy?

Miss Joshlyn: books
Miss Alyvia: a home library
Miss Kayla: go on a long vacation
Miss Alize: a house

Miss Orionna: buy a house with a library
Miss Cassi: a private island
Miss Anna: a new car



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Rylee
Saylor

Krystal
Miss Anna

Health & Fitness Tips:

1 MEASURE YOUR CHILD'S HEAD

Use a soft tape measure to **measure the circumference of the child's head** about 1" above their eyebrows (or the thickest part of their head).

FIND A HELMET that includes your child's measurement in its size range.



2 POSITION THE HELMET ON YOUR CHILD'S HEAD

Place the helmet squarely on top of your child's head.

TWO FINGERS TEST
The helmet should sit low on the head - about **two finger widths** above the child's eyebrows.



HELMET SAFETY

Helmets provide the best protection against head and brain injury, whether your child is riding a bike, scooter or skateboard, or using skates. However, a helmet will only protect when it fits well.

Help your child get in the habit of wearing a helmet by starting when they're young. Be a good role model and wear a helmet yourself.

5 WAYS TO KEEP KIDS ACTIVE INDOORS

- 1. FREEZE DANCE** Who doesn't like a good dance party? **Shaking it off** to a few favorite jams is a surefire way to get your kids off the couch. To brush up on their listening skills, try freeze dance. The rules are simple: dance when the music plays and when the designated DJ stops the music, everyone freezes.
- 2. BALLOON VOLLEYBALL** Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills. Change things up by kicking or head-bumping the balloon.
- 3. BOOKWORM WORKOUT** Storytime doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word 'pajama' if you're reading *Llama Llama Red Pajama*. Every time the word is spoken, get your child to do a jumping jack.
- 4. HALLWAY SOCCER** You don't need a backyard to play a game of soccer. Start by setting up a net on opposite ends of the hallway by placing masking tape on the floor. After dividing into teams, grab a small plastic ball and let the fun begin.
- 5. SET UP A MAZE** Turn the hall into a 'laser' maze with yarn. Zig-zag yarn from varying heights and challenge your kids to get across without touching the laser.

BANANA SUSHI ROLLS



INGREDIENTS

- 8" Flour Tortilla
- 2 tbsp. Peanut Butter
- 1 Banana, peeled

DIRECTIONS

- Spread the peanut butter evenly on the tortilla and place the banana on one end.
- Roll the tortilla around the banana, cut into 1" slices.



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 Teach Your Child to Appropriately Get Your Attention

Brooke Brogle, Alyson Jiron, & Jill Giacomini

It is difficult to have a conversation with someone if you do not have their attention—this is true for both children and adults. The ability to successfully capture someone's attention is a fundamental social skill and provides the foundation for future success in social settings and relationships.

Children use a variety of ways to get attention and will often resort to techniques they find most effective, such as yelling or whining. For example, think about a child who wants to get Mom's attention when she is on the phone. He knows that if he continues to yell loudly, Mom will eventually pause her phone conversation and ask what is needed. If yelling and whining gets a child what he needs, he will continue to yell and whine until he learns a new way to get attention.

How can you change this pattern? You can teach your child the way that you want him to get your attention (such as tapping you on the shoulder) and then reward him when that behavior occurs. When you take the time at home to build on the skills your child is learning at school, you reinforce these positive skills and create a solid social foundation for your child which will help to reduce challenging behaviors.



Try This at Home

- Model the behavior you are teaching and do it often! If you need your child's attention, tap her on the shoulder, move to her eye level and begin your communication from there!
- Practice, practice, practice! Play with this new skill. Practice with both parents, siblings and friends. Your child can teach her grandparent or teddy bear how to tap on someone's shoulder to get their attention.
- Remind your child of your expectation. If you are on the computer and she whines or begins to cry for attention, remind her, "It looks like you need something. I will respond if you tap on my shoulder and ask me."
- Celebrate when your child displays this new skill. "Wow, you tapped me on the shoulder because you wanted some milk. I am super happy to get you some. What a great way to get my attention!"

Practice at School

Most peer interactions are initiated when a child wants to give or get something from a friend. Rather than grab or yell across the room, your child is learning to gain a friend's attention before beginning a conversation by:

1. Moving to stand next to the person
2. Tapping the person on the shoulder
3. Looking at the person's eyes to see if they have their attention

The Bottom Line

Behavior is meaningful and communicates a message. If a child does not have an appropriate way to communicate, he will often use challenging behavior (e.g., hitting, screaming, whining) to communicate his needs. If his needs are then met, the behavior is reinforced and he will continue to use the challenging behavior to communicate. When parents teach their child how to appropriately get attention, the child will be less likely use the challenging behavior to communicate.



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Kittens

Hello!

This month we will be learning all about insects and bugs, so help your child watch for them when you are out and about! We have so many fun and festive crafts planned, including a Lorax paper plate craft and making play dough. March is a fun month of celebrating with Dr Seuss spirit week and a St Patrick's Day party! We will read, "Green Eggs and Ham" and have fun with the rhyming that Dr Seuss uses in his books.

Aneliz loves to dress up and dance with her friends! We love her dance moves! **Camila** is one of our newest kittens. She is branching out so well. We love her sparkling personality!

We are so lucky to be a part of your kitten's lives!
Miss Alyvia & Miss Joshlyn

Kangaroos

March is the month to be grateful for the small things.

This month we will be learning about Dr. Seuss and St. Patrick's Day, and we have so much fun learning planned. During Dr. Seuss Spirit Week, we will read so many of the fun rhyming books with creative characters that Dr. Seuss wrote about. We will celebrate St. Patrick's Day by making headbands, finger painting clovers, creating cereal rainbows and making things out of playdough. We are excited for the fun month to come!

Lincoln loves to build things out of legos. He also enjoys coloring with his friends. **Ruby** loves to play with babies and enjoys reading to them.

March comes in like a lion and goes out like a lamb!
Miss Cassi

Apple Corps

Hello March! Let's make it a good one!

This month we will do a STEM project out of popsicle sticks and make leprechaun traps to see if they can catch a leprechaun. We will also learn about Dr. Seuss and read some of the books that he wrote.

Charlie loves reading to the younger kids and helping them in the classroom. **Ethan** loves to make things out of paper and decorate them.

Have a great month!

Miss Cassie

Tigers

Spring is in the air & so is the excitement for learning in March!

We have a month of fun activities planned for St. Patrick's Day and learning about spring! During the week of St. Patrick's Day, we will make necklaces with lucky charms and marshmallows. Our sensory bin will be filled with rainbow pasta and we will read the book, "How to Catch a Leprechaun". We are excited that spring is finally here and we are hopeful that the warm weather is here to stay!

Rylee is adjusting to the classroom so well and she is very kind and sweet! **Boone** is always such a great helper and a kid that we can always count on!

Have a safe St. Patrick's Day!
Miss Orionna, Miss Aliza & Miss Kayla

Panda Bears

From here to there & there to here, I'm so glad to have your kids this year!

This month we will start the tubes and tunnels study! We will learn about ants, moles and prairie dogs and how they make tunnels underground. We plan to look around the center and look at pictures of tubes to learn the shape and how they are used. We will fish for numbers in water to work on number recognition and make letters in shaving cream, while we make the sound of that letter. During the week of St. Patrick's Day, we will build leprechaun traps, make pots of gold with glitter and enjoy finding green things all around us!

Skylar and **Saylor** played bean bag toss together and did great at taking turns. **Drianna** and **Matthew** used legos and teamwork to build a zoo and name all of the animals!

Here's to a month full of good luck!
Miss Anna

March*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 FOX IN SOX DAY Wear Fun Socks	4 GREEN EGGS & HAM DAY Wear Green	5 WACKY WEDNESDAY Wacky Hair & Clothes	6 LOOK LIKE A LORAX DAY We will make mustaches	7 CAT IN THE HAT DAY Wear stripes & a hat	8
9  SPRING FORWARD	10 APPLE CORPS Make Leprechaun Traps	11	12 KANGAROOS Make Fruit Loop Rainbow	13	14	15
16	17 Happy St. Patrick's Day APPLE CORPS STEM Project KANGAROOS Finger Paint Clover	18	19	20 HELLO SPRING	21 NO SCHOOL Bishop Heelan Schools	22
23	24	25 KANGAROOS Dot to Dot Paint Rainbow	26	27 NO SCHOOL Sioux City Community Schools	28	29
30	31	1	2	3	4	5