



Apple Tree

PRESCHOOL & LEARNING CENTER



APPLE JUICE

www.appletreechildcare.com

A note from the office:

September 2024

Summer is over and we are going back to our school year routine. As we say goodbye to some of our favorite friends who are going back to school and onto a new adventure, we also welcome new friends who will become part of our Apple Tree family.

A few reminders:

- Apple Corps parents, please for the safety of your child, call the center if your child will not be riding the vans to or from school.
- It is important that you sign your children in and out each day. It is a requirement for our food program and helps keep our children safe.
- Tuition has changed as of 8/26/24, if your child has moved classrooms. Tuition is due each Monday.
- We will be closed **Monday, September 2nd**. You will be charged for this day unless you have put in a request for a vacation day.

Please understand that the school year transition may be difficult for everyone involved. With consistency and encouragement, we hope there are few tears and everyone adjusts smoothly. Thank you for entrusting your children with us. We truly care for them and your family.

Congratulations to Miss Deb. She has been with our Apple Tree family for 30 years this September! We love you Miss Deb! We are excited for our new full adventures.

Miss Laurie & Miss Kourtney

Important Dates:

9/2 - Labor Day /Apple Tree is Closed Today

9/8 - Happy Grandparents Day

9/22 - First Day of Fall

9/27 - Early Dismissal for Bishop Heelan schools

Stay in touch :



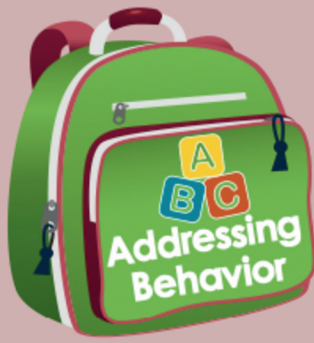
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Backpack Connection Series

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.



ChallengingBehavior.org

How to Give Clear Directions

Brooke Brogle, Alyson Jiron & Jill Giacomini

"Why do I have to repeat myself time and again?" "Why won't she listen to me?" Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions.

- **The child does not hear the direction.** Parents often give directions from a distance or in passing. "Lauren, get your shoes on." Did your child actually hear what you said? Just as adults often don't hear what their partner has said to them because they are focused on reading, email or talking on the phone, children too often don't hear what a parent has said because they are focused on a task such as building a tower or drawing a picture.
- **The parent gives too many directions at one time.** When you give your child too many directions at one time, it reduces the chance that she will follow the directions and increases the chance that she will be confused. "Lauren, please go upstairs, brush your teeth and pick up your blocks while I finish the dishes." This multi-step direction is too long and complicated for your child to easily understand. Instead, try giving one direction at a time.
- **The child doesn't understand the direction or the direction is too vague.** Directions such as "Settle down," "stop," or "be nice" might be too vague and difficult for your child to understand. If she is throwing toys out of the bathtub and you simply say, "Lauren," you have not actually told her what you want her to do. If you say, "stop it," it may temporarily stop the behavior, but she still may not know what you want her to do. If what you mean is, "Lauren, toys stay in the tub," then you need to explicitly tell her so.
- **The direction does not tell the child what to do.** Parents often tell children what not to do, rather than what they should do. It is important to state directions positively in order to teach your child the expectation. Instead of saying, "Stop running!", state the direction positively by saying, "Use walking feet."
- **The direction sounds like a suggestion or question.** Daily conversation is filled with questions, suggestions and directions. When you say, "Will you put your shoes away?" you are not giving your child a direction—you are asking her a question. When you give your child a direction that needs to be followed, it is essential that you tell your child what to do rather than ask. For example, "Lauren, put your shoes by the door."

Try This at Home

- It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWAP.
 - » Do—State the "do" direction.
 - » W—Wait for compliance (silently count to 5).
 - » A—Ask the child to restate the direction.
 - » W—Wait for compliance (silently count to 5).
 - » P—Provide encouragement or help (helping will ensure success).

- **Make sure that you have your child's attention.** Eye contact is a great indicator! When you state the "do" direction you are teaching your child the desired behavior. For instance, "Lauren, go brush your teeth." When you count to five, you are giving her the opportunity to hear and process the direction. Parents often repeat the same direction over and over in that five second period. When you repeat the same direction to your child time and again, it teaches her that she does not have to follow the direction the first time. Instead, state the direction once and then have your child restate the direction back to you. This way you can confirm that she heard you and understood what you were saying. Finally, offering help may simply mean that you take her hand and lead her to the bathroom. Don't forget to encourage your child by saying something like, "Wow, Lauren, what great listening ears! Thank you for brushing your teeth."



Practice at School

In addition to verbal instructions, teachers use many methods to give directions and help children understand expectations. These methods may include using symbols or pictures, sign language or gestures, songs, puppets, instruments, sand timers, or other tools. The more opportunities children are given to see or hear the instructions, the more likely they are to complete the task. For example, when teachers need to tell the class that it is time to go inside from the playground, in addition to words they may use a sound (e.g., ring a bell) to alert the children about this event. Children know that the sound means that it is time to line up at the door, even if they do not hear the verbal instructions. When teachers pair words with other signals, they help children to confidently and successfully participate in activities.

The Bottom Line

Listening and following directions are skills that children learn through their daily interactions. When children do not follow directions, for any reason, it can be extremely frustrating for parents. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

An important consideration for parents when teaching their child to follow directions is to "pick your battles". You want to avoid insisting that your child follow directions that are not important or can escalate to a major struggle when the direction is not critical. Pick a few, very important directions that you will follow-through with your child.



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Teacher Fun Fact

Describe yourself in 3 words.

Miss Laurie: Believer, Nurturing & Dedicated

Miss Courtney: Independent, Faithful & Resolute

Miss Deb: Grandmother, Daycare Teacher

Miss Lilly: Down to Earth

Miss Saige: Three isn't enough

Miss Veronica: Kind, Patient & Resourceful

Miss Emily: Musical, Creative & Serene

Miss Amy: Kind, Patient & Adventurous

Miss Jennifer: Energetic, Humorous & Creative

Miss Kim: Quiet, Reserved & Kind

Miss Mairka: Introvert, Funny & Adventurous

Miss Megan: Crafty, Loving & Outgoing

Miss Amanda: Silly Goose Period

Miss Cadie: Just a Girl

Miss Alycen: Smiley, Loving & Energetic

Miss Bella: Patient, Nerdy & Laid Back

Miss Mara: Compassionate, Persistent & Patient

Miss Molli: Sweet, Kind & Silly

Miss Zee: Outgoing, Goofy & Funny

Miss Brooke: Funny, Generous & Considerate

Miss Shannon: Dedicated, Funny & Kind

Miss Autumn: Patient, Empathetic & Thoughtful

Miss Abby: Quirky, Caring & Happy

Miss Myesha: Caring, Understanding & Confident

Miss Shelby: Quiet, Athletic & Shy

Mr Devon: Funny, Outgoing & Hyper-fixated

Miss Danielle: Friendly, Quiet & Hardworking

Photos of the Month



Health & Fitness Tips:

Mindfulness Activities & Exercises for Kids

Mindfulness - the simple act of focusing on the present in a gentle, non-judgmental way - can be helpful for both children and parents to connect to one's thoughts and feelings and be present with each other.

This can seem like a difficult concept to introduce to kids. But, there are many activities kids can do at home that incorporate moments of mindfulness in fun, educational and creative ways. Whether your child is showing signs they feel anxious or settling into new routines well, here are some simple and creative ways to encourage mindfulness:

Practice intentional breathing

The simple act of focusing on your breath can help you and your child to unwind, reset and step away from overwhelming feelings for a moment. Practice this simple breathing exercise: Draw sideways 8 and trace one loop with your finger while breathing in and then breathe out on the second loop.

Focus on the five senses

Having a hard time staying in the present? A quick way to ground yourself is by using your five senses. Name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This practice can help bring one's attention to the present moment and create a sense of groundedness.

Get in touch with the outside

For most of us, walks have been a helpful way to get moving and release endorphins that elevate one's mood. Add some mindfulness to your family walks by playing "I Spy" or looking for art around your neighborhood. Encourage your child to listen, look and smell the world around them. Take breaks to just notice your feelings and explore with kindness and curiosity.

Engage and explore the senses

Rice, popcorn kernels, kinetic sand, beads, finger painting, shaving cream, model magic. Engaging with these items can be a grounding practice. You can add essential oils or fragrances to further engage the senses!

Create a sensory surprise bag

Gather items around the house of varying textures and put them in a paper bag. Have your child reach in and explore the items through touch. You can support your child being mindful by prompting them with questions such as: Is it hard or soft? Are there edges? Ask your child to describe what they are feeling.

Practice yoga

Yoga encourages taking time to practice deep breathing, engage in body awareness, reduce stress, practice patience and emotional regulation. Search YouTube for a variety of guided practices for both kids and adults at a variety of levels.

Caterpillars

Welcome fall, the colorful months! Everyone looks forward to the spiced coffees and desserts that fall brings.

We will attempt making tissue paper leaves. This is fun with such tiny babies, as some want to keep the paper in their hands. We will talk about the colors orange and yellow this month. We will read a baby book about harvesting pumpkins and fall vegetables. We still love our songs and reading the book, "Mr. Brown Can Moo Can You". They get so excited over that book. We also enjoy counting ducks.

Peyton is already rolling over after her 1st week with the Caterpillars. Yay! **Hayes** has such a fun loving smile.

We hope you enjoy the weather and turning of the leaves.
Miss Deb, Miss Lilly & Miss Saige

Butterflies

Hello September! May this month be filled with good memories, happiness and sunshine!

This month we will be doing activities and talking about the beautiful colors of autumn. We will use orange, red and yellow in our art projects.

We welcomed **Kyrie, Ava, Connor, Emmett, Meave, Hazel** and Jakari to the Butterfly room in August. We will say 'see you later' to our little butterflies who are ready for new adventures.

Enjoy the fall weather!
Miss Veronica, Miss Emily & Miss Amy

Froggies

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Enjoy the fall weather!
Miss Veronica, Miss Emily & Miss Amy

Monkeys

Fall is on the way!

We are going to celebrate our grandparents and make them a special art project! Please bring a picture of your grandparent(s) on the **4th**. We have a lot of new friends joining the Monkeys. We will take time to learn about each other. We will end the month learning about fall and making apple art for Johnny Appleseed Day. Please bring an apple on the **26th**. A couple other dates to keep in mind: wear a kind shirt on the **18th** and pajamas on the **20th**.

Happy Birthday to **Miss Kimmy!** We will celebrate with a birthday picnic on the **10th!**

Vivian is an awesome helper at clean up time. **Haisley** can sing 'Ba Ba Black Sheep' all by herself.

We are looking forward to a great start to this school year!
Miss Jennifer & Miss Kim

Giraffes

Hello fall!

This month we will be learning about our classroom rules. We will also be learning about fall and apples. We have a lot of fun art projects to decorate our classroom walls.

Our PJ Day is scheduled for the **20th!** Bring on those comfy pajamas.

Every morning **Archie** greets his teacher with a big smile and hug. **Berkley** is a kind little girl who always has to make sure her friends are okay.

Happy Birthday to **Vera & Miss Alycen!**

We are excited for a fun year!
Miss Alycen & Miss Bella

Zebras

Hello September!

This month we will not only be learning about all things fall, we will also be learning about our new friends. We have a lot of fun activities planned. Please check the newsletter calendar for all the dates.

As the weather changes, please make sure your child is dressed appropriately for all day play. We love to still go outside & get fresh air!

Please make sure to check grams for daily activities, reminders, and if your child needs anything.
Miss Amanda & Miss Cadie

Tigers

We would like to welcome the new Tigers to our den! We are looking forward to getting to know everyone as we learn about ourselves, family & friends. We are going to make our own self portraits and family portraits. We are asking that everyone bring in a family photo for this project. We are going to celebrate Johnny Appleseed Day by making apple pie together on the **26th**. Our PJ Day is planned for the **20th**.

This past month we watched Frozen together for movie day. When the song "Let It Go" started, **Agnes** and **Ellie** hugged and sang the whole song together. It was so sweet! This summer we watched a friendship blossom. **Violet** and **Hazelle S.** became the best of friends and so many memories were made.

We want to wish a very Happy Birthday to **Lilliana, Cataleya, Mara, Gannon & Violet**. We hope your day is filled with fun!

Happy September everyone!

Miss Mara & Miss Molly

Koalas

Welcome to Preschool, we have an exciting year ahead!

This month we will be learning all about each other and our families. We will learn about our names and the letters in them. We will spend a lot of time learning about our fun new centers and toys in the preschool rooms. We will spend time learning about apples and making our very own crockpot applesauce. Yum!

Beginning on the **23rd**, we will start our Tree Study and learn all about trees. We will be sending a letter home out this new study.

Alivia has been so kind and helpful. She has welcomed new friends to the room. **Annika** helped clean up a center that she didn't even play in.

Happy Birthday to **Tucker, Marcus, Grant, Shepherd & Kaleb**.

We are looking forward to a fantastic first month of preschool!

Miss Shannon, Miss Autumn, Miss Abby & Miss Myesha

Kangaroos

Bring on the cooler weather!

This month we will be learning about camping, while we enjoy a tasty s'more. We will talk about apples, while also introducing the 5 senses. We will have an apple tasting day. We will discover what color apple tastes the best. We will experiment tasting pop rocks. This should really get our taste buds popping! As we all adjust to our new school routine, we will spend time introducing letters and numbers.

We have a lot of fun activities planned this month. Be sure to check out the newsletter calendar for those important dates.

Tien has really adjusted well to our routine and coming to school. **Vivian** is a great help to both her teachers and friends. She is so quick to notice when someone needs help.

Happy Birthday to **Emeric!** We hope you have a great day!

Have a wonderful just start to the new school year everyone!

Miss Zee & Miss Brooke

Apple Corps

Cooler weather is almost here! Football season is finally here.

We will be making a few art projects to celebrate the new season. We will learn about Johnny Appleseed.

We love our grandparents! We will spend some time making them a gift in celebration of Grandparents Day!

Hudson and Miss Shelby were playing a game of Go Fish. When the both got down to one card they shouted UNO, forgetting they were playing Go Fish! It was hilarious! UNO is definitely a fan favorite in our room.

Happy Birthday to **Owen & Braxton!**

We hope everyone has a good month!

Miss Shelby, Mr Devon & Miss Danielle

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Apple Tree is CLOSED	3 FROGGIES Bring Photo of Your Pet	4 ZEBRAS Wear your favorite color MONKEYS Bring a Photo of your Grandparents	5	6 ZEBRAS Show & Tell	7
8  HAPPY GRANDPARENTS DAY	9	10 KANGAROOS Pop Rocks Tasting	11 ZEBRAS Books from Home	12 ZEBRAS Special Apple Treat Day	13 FROGGIES Wear your favorite sports team	14
15	16	17 FROGGIES Bring a Photo of your Grandparents	18 KANGAROOS Making Leaf Wreaths MONKEYS Wear a Kind shirt	19	20 Apple Tree PJ Day ZEBRAS Show & Tell	21
22  hello FALL	23 KOALAS/PANDAS Tree Study Begins	24	25 ZEBRAS Books from Home	26 KANGAROOS Apple Tasting MONKEYS Bring an apple	27 ZEBRAS Dress for a day on the farm	28
29	30	1	2	3	4	5