

Apple Tree

PRESCHOOL & LEARNING CENTER

APPLE JUICE

www.appletreechildcare.com

A note from the office:

March 2025

Let the March winds blow!

A few reminders:

- Please hand in your summer attendance forms.
- Please send a jacket with your child so they are ready to go outside!
- HHS requires all parents to sign your children in and out each day. Please do this on the clipboards next to the classroom doors.
- Our center is open from 6:30am to 6:00pm. Please make sure your children are picked up by 6pm or a late fee will be added to your account.

Staff spotlight:

Kimberly Bergendahl has been with Apple Tree since 2004. She has worked in numerous classrooms over the years, from the Tigers to the Monkeys and now in our Caterpillar room! Miss Kim is a wonderful part of our Apple Tree family. She is dedicated to providing a happy and safe environment for your children.

Let's let the winds blow us into spring!

Miss Laurie & Miss Kourtney

HAPPY BIRTHDAY

Audrey
Ava
Carter
Anna
Vivian

Oliver
Rafael
James
Hazelle
Miss Shannon

Stay in touch :



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appletreechildcare.com

Important Dates:

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

3/9 - Daylight Savings - Spring Ahead

3/11 - Apple Tree PJ & Movie Day

3/17 - St. Patrick's Day - Wear Green!

3/18 - 3/20 - Picture Days

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 Laurie: A tiny house with a small lake in the woods.

Miss Kourtney: A trip to the beach

Miss Lilly: A nice house with a lot of land.

Miss Kim: A cabin the middle of the woods.

Miss Veronica: A house

Miss Lola: A car

Miss Jennifer: A house on a private lake.

Miss Ashley: A house on the beach.

Miss Saige: A house

Miss Dani: Pay off my car

Miss Cadie: A yacht

Miss Christin: A houseboat

Miss Amanda: A house

Miss Marah: Clothes

Miss Emily: My dream home

Miss Molli: Food for a mission at church

Miss Zee: A new house & all the food

Miss Shannon: A big vacation

Miss Autumn: land

Miss Myesha: A house

Miss Shelby: All of the Crocs

Photos of the Month





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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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.



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.

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.



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.

Caterpillars

Happy St. Patrick's Day everyone!

We are excited to welcome new friends to our class! Welcome **Annalyse, Lennox & Aspen!** We hope you love the Caterpillar room.

We will practice counting our toes and use our feet to make leprechaun art! The paint on their little toes is such a fun sensory experience. We are excited to see what the month of March will bring!

Crew has transitioned to baby food and is eating it like a champ! **Silas** is so close to sitting up by himself! We know it will happen any day now!

We hope everyone has a happy March
Miss Lilly & Miss Kim

Butterflies

Hello Butterfly parents! We are so lucky to have your kids in our classroom and we are excited to see how they grow this month!

This month we will work on counting our wiggly fingers and toes, and by counting our toys. We will make a pot of gold using our feet and we will paint with paper in a bag for a fun sensory experience. As always, we will sing songs and dance with our friends! It is always so fun to see the kids wiggle and move to the beat of the songs we sing.

Leonidas has started eating table food and he is doing great! **Leo** is working on crawling and is doing very well!

Have a Happy St. Patrick's Day!
Miss Veronica & Miss Lola

Froggies

Top of the morning to ya! Happy March!

This month we will learn about the colors of the rainbow and leprechauns. We will celebrate Dr. Seuss' birthday by reading books & making crafts. We will also have a green party on St. Patrick's Day where we will count coins like leprechauns!

Please remember to take your blankets home on Fridays to wash them and return them the next week!

Connor has started talking in her own babbling language and we know she will be saying words in no time! **Carter** is a very kind friend! He has been using kind words very well.

Farewell and enjoy your March!
Miss Saige & Miss Dani

Monkeys

February was full of love! Now let's start the shenanigans!

This month will start with a celebration of Dr. Seuss week! There are so many fun days planned! We will talk about rainbows and do so many fun crafts while we dress up with all of the colors! During the week of St. Patrick's Day we will get into all sorts of shenanigans! We plan to count gold coins and find them in a sensory bin filled with shredded green paper. We will end the month with a puppies and kittens theme. It will be so fun to see what the month will bring!

Hazel C is walking by herself in shoes! Way to go! **LaKaiya** is using a big girl cup and doing great!

Have a happy gold lucky month!
Miss Jennifer & Miss Ashley

Zebras

Hello March!

We have a lot of special days this month to welcome spring and the (hopefully) warmer weather. Keep an eye on the calendar for special dress up days and activities! This month we will count gold coins, play with rainbow noodles in the sensory bin and make name flowers!

Remember to check your child's folder for grams, art projects & important information.

Kinsley has been working so hard on using her words! **Lincoln** loves to share and play with his friends!

Happy spring!
Miss Amanda & Miss Marah

Giraffes

Hello March!

This month we are welcoming spring! We will be talking about the different weather we may see and how the weather changes during March. We will also be learning the colors of the rainbow and using our math skills to count each color. During Dr. Seuss week, we will have fun dress up days and read our favorite Dr. Seuss stories. We can't wait to celebrate St. Patrick's Day! We will make shamrock suncatchers and read, "Happy St. Patrick's Day From the Crayons"!

Abigail has been learning how to use the big kid potty and she is doing such a great job! **Megan** is new to our room and has made so many friends! We are so happy that she is loving her new classroom!

We can't wait to March into spring!
Miss Cadie & Miss Christin

Tigers

March into greatness with bold steps.

Miss Emily will be out for a little while due to a surgery, but will be back very soon! Miss Mollie will be with the Tigers and they have so many fun things planned! We will count cookies while we read, "If You Give a Mouse a Cookie". We will make book worms and read, "Put Me in a Zoo" as we celebrate Dr. Seuss this month! We will also celebrate and learn about St. Patrick's Day, so be sure to wear green on the 17th! We will learn about weather and make a cloud in a jar to see what happens during a storm.

Gannon gave **Henry** a car they both wanted and used his sharing solution! We love to see the solution cards in action! **Ryan** shared a pink button with **Ellie** when she asked if anyone had one that they would share. **Ryan** gave her one without hesitation!

No matter how long the winter, spring is sure to follow!
Miss Emily & Miss Mollie

Kangaroos

Hello March!

This month we will continue to learn our letters! Ask your child what letter they talked about each day! We will make fruit loop necklaces and count the colors as we put them on. We will make rocket ships with the letters of our names. During the week of St. Patrick's Day, we will read, "How to Catch a Leprechaun" and discuss how we would try to catch one!

While we were doing a craft using cupcake liners, **Kayce** said "These are for cupcakes, not a craft."

Have a good St. Patty's Day!
Miss Zee

Koalas & Pandas

We're *marching* toward spring!

This month our learning study is all about clothing! We will use buttons to create and extend patterns, and we will design our own construction paper clothing. We will discuss the different ways that clothing is held together when we read, "Miss Toggle's Zipper". We will have a fashion show next month to celebrate our learning.

March 3rd-7th is a special week of dress-up days for Dr. Seuss week! Please take a look at the door for details on the themes each day!

We are beginning to prepare for preschool graduation in May. Please mark your calendars for Thursday, May 15th at 6PM.

Kaleb helped a friend get their nap bucket when they couldn't reach it. **Parker** helped clean up the sink area in the boys bathroom when he saw it was messy!

Have a magical month!
Miss Shannon, Miss Autumn & Miss Myesha

Apple Corps

Hello March!

This month we will celebrate Dr. Seuss week and St. Patrick's Day! We plan to do St. Patrick's Day crafts and make fluffy slime!

Kelsey is a jokester and loves to have her friends laughing with jokes. **Colton** made sure that a new friend in our class was welcomed and played with him!

Happy St. Patty's Day!
Miss Shelby, Miss Danielle & Miss Paige

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 ZEBRAS Books from Home 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 ZEBRAS Wear Red	11 APPLE TREE PJ & Movie Day ZEBRAS Wear Yellow	12 MONKEYS Wear Rainbows & Bright Colors ZEBRAS Wear Green	13 ZEBRAS Wear Blue	14 TIGERS, KOALAS & PANDAS Library Storytime GIRAFFES Show & Tell ZEBRAS Wear Purple / Show & Tell	15
16	17 Happy St. Patrick's Day Wear Green!	18 APPLE TREE Infant & Toddler Picture Day KANGAROOS Going for a Walk!	19 APPLE TREE 2's & 3's Picture Day ZEBRAS, GIRAFFE & MONKEYS Books from Home	20 HELLO SPRING APPLE TREE Kangaroos & Pre-K Picture Day KANGAROOS Making Trees	21 NO SCHOOL Bishop Heelan Catholic Schools	22
23	24 KOALAS & PANDAS Wear something soft	25	26	27 MONKEYS Puppy Puppet Art GIRAFFES & ZEBRAS Show & Tell KANGAROOS Underwater Crackers NO SCHOOL Sioux City Community Schools	28	29
30	31 MONKEYS Kitty Art	1	2	3	4	5