



Apple Tree

PRESCHOOL & LEARNING CENTER



APPLE JUICE

www.appletreechildcare.com

November 2024

A note from the office:

Welcome fall!

Parent-Teacher Conferences will be this month. Parents, sign-up sheets will be posted on the classroom doors. We appreciate you signing up and working together to ensure your child's quality learning experience.

We have a number of fun activities planned for the month.

- **11/7 - Scarecrow Day - Dress like a scarecrow**
- **11/8 - Story time with the librarian**
- **11/20 - PJ & Movie Day**
- **11/26 - Apple Tree Turkey Dinner**
- **11/27 - Sports Day - Wear your favorite jersey**

Sioux City schools will be closed on **Tuesday, November 5th**. We look forward to spending the day with our school-age students. Apple Tree will be closed on **Thursday, November 28th** for Thanksgiving! We look forward to spending the day with our families.

We hope you have a wonderful November. We are **thankful** for all our Apple Tree students & families.

Miss Laurie & Miss Kourtney

Important Dates:

11/5 - NO SCHOOL - Sioux City Community Schools/ Election Day

11/11 - Veterans Day

11/28 - Happy Thanksgiving / Apple Tree is CLOSED today

11/29 - NO SCHOOL - Sioux City Schools

Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree_siouxcity



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Teacher Fun Fact

My favorite Thanksgiving dessert is....

Miss Laurie: Pumpkin Pie

Miss Kourtney: Apple Pie

Miss Saige: Pecan Pie

Miss Lilly: Pumpkin Cheesecake

Miss Deb: Pumpkin Bars

Miss Amy: Apple Pie

Miss Lola: Apples Roses

Miss Veronica: Pumpkin Pie

Miss Megan: Apple Crisp

Miss Mairaki: Pumpkin Pie

Miss Jennifer: Cranberry Sauce

Miss Kim: Chocolate Pecan

Miss Ashley: Snicker Salad

Miss Amanda: Pumpkin Pie

Miss Cadie: Pumpkin Pie

Miss Bella: My family's Apple Salad

Miss Alycen: Pumpkin Pie

Miss Mara: Sugar Cream Pie

Miss Molli: Pumpkie Pie

Mr Devon: Snicker Salad

Miss Zee: S'mores Cake

Miss Shannon: Pumpkin Pie

Miss Abby: Pumpkin Pie

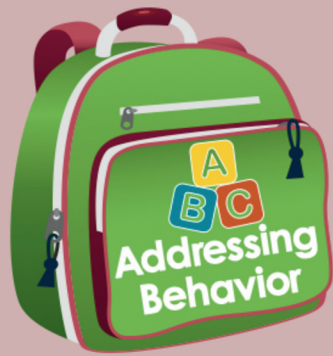
Miss Autumn: Apple Pie

Miss Shelby: Not big on desserts

Miss Danielle: Pumpkin Pie

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 Help Your Child Stop Hitting and Pushing

Brooke Brogle, Alyson Jiron & Jill Giacomini

Like many parents and caregivers, you may have found yourself in a situation where, despite your best efforts, your child continues to hit and push you or other children. To begin to address this behavior, it is important to understand that your child has his own opinions and probably wants to do more things for himself, yet he may not have the language skills or impulse control to make those things happen. This experience can be frustrating for him and his first reaction might be to hit or push. Young children often express difficult emotions such as frustration, anger or embarrassment by acting out physically. Many children do not know a different way to handle difficult emotions.



Parents often feel embarrassed by this behavior and frustrated when it continues. When parents spank, laugh or ignore the hitting and pushing, they are telling their child that it is acceptable to hit and push. New behaviors that the child can use instead of hitting need to be taught and modeled by parents and caregivers. With patience and time, you can teach your child appropriate ways to handle disappointment and frustration that will allow him to feel confident and successful when playing with friends and siblings.



Try This at Home

- Read the book *Hands Are Not for Hitting* by Martine Agassi. This story helps children understand why they feel like hitting and teaches things they can do instead. Go to http://challengingbehavior.fmhi.usf.edu/docs/booknook/BookNook_hands_new.pdf where you will find many ideas you can use when reading this story with your child to help her understand how to use her hands in an appropriate way.
- Teach your child about her emotions. Notice and label a variety of feelings. "I see that you are getting angry. Your hands are in fists and your face is scrunched up! You can tell me that you are mad, but you can't hit me." To learn more about teaching emotions, go to challengingbehavior.org and read the Backpack Connection series handout titled *How to Help Your Child Understand and Label Emotions*.
- Trace your child's hands on a piece of paper and place them on the wall. Teach her to push on the paper on the wall when she is frustrated or disappointed. With enthusiasm, tell her, "You are getting out the frustration in your body! What a great way to deal with your feelings!"
- Tell your child what she can do! You can say to her, "When you are frustrated, you can scream into a pillow, push on the wall or say 'help please.'"



Practice at School

Children learn safe and healthy ways to express their emotions at school through stories, puppets or role playing. Teachers also post class rules showing children that we keep our friends, selves and toys safe. If a child hits or pushes another child at school, teachers first give attention to the child who is injured and have the other child help her feel better. This could include getting an ice pack, offering her a hug or bringing her a stuffed animal to hold. Once the injured child has been helped and everyone is calm, teachers talk to the child who hit. Together, they talk about how he was feeling and think of a different way he could have handled the situation.



The Bottom Line

Aggressive behavior, like hitting or pushing, happens when a child does not know how to handle strong emotions. While parents must tell their child that hitting and pushing are not ok, it is also important for parents to teach a new behavior that he can use instead when he feels angry, frustrated or embarrassed. Parents can help children learn new, positive ways to solve problems or express feelings before aggressive behavior is likely to occur. With practice and encouragement, children can feel confident managing their body and emotions.



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Health & Fitness Tips:

TIPS TO HELP YOUR KIDS KEEP THE FLU AWAY

WASH THEIR HANDS!

Make sure they wash their hands regularly during the school day, and make sure it is the first thing they do every day when they arrive home.



Teach your kids to **AVOID TOUCHING THEIR EYES, NOSE, OR MOUTH** as these areas are most susceptible to germs.



While sharing is an important lesson to learn, make sure your kids know that sharing things like

FOOD, DRINK & LIP BALM ARE OFF LIMITS.



Z
Z



Be strict about More sleep will help your body heal and fight off any germs that come its way.

BED TIME!



Teach your kids to **SNEEZE & COUGH INTO A TISSUE.**

If one is not handy, then they should sneeze or cough into their elbow, and never their hands.

MAKE FLU PREVENTION FUN!



Dress up your kid's hand sanitizer with a cute or fun case. They'll love carrying it around and use it more frequently.



Let them pick out a reusable water bottle that they love. This will encourage them to drink more water, and staying hydrated can help to fight off viruses.



A fun-themed tissue case will also make it easier to enforce your children to carry around tissues at school for when they need to cough, sneeze, or blow their nose.

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! It's turkey time!

This month we will introduce the colors brown and orange. We will also learn what sounds a turkey makes. Our caterpillars are amazed sometimes when we make new sounds they don't hear often. We will also make turkey handprint art. This should be very interesting with the little babies. During circle time, we will look at & read a book about harvest.

Peyton has learned to roll from tummy to back and is very pleased with herself. We welcomed **Palmer** to our room in October. **Evelyn** and **Ava** are sitting up all by themselves!

We hope that everyone has a Happy Thanksgiving and remember to enjoy your dessert!

Miss Deb, Miss Lilly & Miss Saige

Butterflies

Welcome to November!

This month we have fun Thanksgiving activities planned. We will also be making a gift to take home for our families.

We want to welcome **Cassidy** to the Butterfly room. **Ava** is finally arm crawling all over the room. She is also celebrating a birthday, Happy Birthday **Ava!**

We are very thankful for you and your kids and we hope you have a wonderful holiday season!

Miss Veronica, Miss Lola & Miss Amy

Froggies

It's time to gather up the leaves and jump into November!

This month we will be learning all about Thanksgiving and share what we are thankful for. We will play 'Pin the Feather on the Turkey' and build a scarecrow. We will also be doing a lot of fall sensory bin activities like looking at different colors of leaves and feeding a turkey with rice! We will also learn about the letter T.

Alora is very sweet and kind to her friends. **Carter** can tell you all the sounds that animals make.

A big birthday shout out to **Lizabeth!** We hope you have a great day!

We are so excited to see what this month of thanks brings us. We are so thankful for all of you.

Miss Mairaki & Miss Meagan

Monkeys

Gobble gobble, here we come!

We are going to work hard on sharing this month. We will bring a toy to share/show our friends and another day when we bring a book to share/read with our friends. We will learn about Thanksgiving and all the food too! We will have our annual center-wide turkey dinner on the **26th**. We have a number of fun activities planned. Please be sure to check out the newsletter calendar for specific dates & activities. We can't wait to gobble like turkeys and learn about being thankful.

Jett knows 3 shapes: circle, heart, star! **Quinlynn** is awesome at helping clean up the room.

A reminder that Apple Tree is closed on **Thursday, November 28th** for Thanksgiving. We hope you have a wonderful holiday and are grateful to be a part of your child's life.

Miss Jennifer, Miss Kim & Miss Ashley

Zebras

Hello November!

This month we are focusing on what we are thankful for as Thanksgiving approaches. We will be having a scarecrow day on the **7th**, PJ day on the **20th** and our annual turkey dinner on the **26th**.

Please make sure to take your child's gram each day. They have reminders on them, as well as any notes specific to your child.

A reminder that Apple Tree is closed on **Thursday, November 28th** for Thanksgiving. We are thankful we get to be a part of your child's life.

Happy Thanksgiving!

Miss Amanda & Miss Cadie

Giraffes

We are so thankful for our wonderful class.

This month we will be learning about scarecrows, Thanksgiving and camping. We have a lot of fun activities planned. We will have a scarecrow day on the **7th**. Our PJ & Movie Day is scheduled for the **20th**. We can't wait to wear our warm, comfy pjs. We will enjoy our annual turkey dinner on the **26th**. Yum Yum!

Cohen is always helping his friends. **Abbie N.** is always happy and loves making her friends/teacher smile.

Happy Thanksgiving to everyone.

Miss Alycen & Miss Bella

Tigers

Welcome November, a time to gather and be grateful!

This month we are going to talk about harvesting and pretend we are farmers and harvest corn. We will also learn about nutritional food and make a healthy snack. As we approach Thanksgiving we talk about all the things we are thankful for in our lives.

Willow became a big sister a couple weeks ago. She was so proud to show her baby sister off to all her friends at school. **Greer** is such a kind friend. **Greer** and **Lilliana** had fun with pretend play on the playground. They pretended that they were painting their hands with colorful paints and put handprints all over the playground.

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

Our Parent-Teacher conferences are on the **12th**. Please sign-up for a time on the sheet by the door. We look forward to meeting with you!

Be sure to check the newsletter calendar for exciting activities & dates. The days are warm but those mornings are pretty chilly. Please make sure that your child has weather appropriate extra clothes at school.

Happy Thanksgiving!
Miss Mara & Miss Molly

Koalas & Pandas

Hello November!

This month we wrap up our tree study and begin a new study on pets. Please read the letter sent out to parents about this study and let one of the teachers know if you would like to participate in the classroom pet show & tell.

As the weather gets cold, please dress your child in layers as we do go outside daily. Please check your child's extra clothes to make sure they are weather appropriate, too. Thanks!

All of the Pandas and Koalas have been working hard on our literacy curriculum. **Heggerty** and **Vivian** can generate their own rhyming words. **Hayes** can add and delete syllables to create new words.

We are so thankful for our wonderful Pandas, Koalas and their families.

Miss Shannon, Miss Autumn & Miss Abby

Kangaroos

Happy November!

This month we will be learning about the letters E, F and G. We have fun activities planned like making eggs, fruit pizza and taste-testing grapes. We will also be learning about Thanksgiving and share what we are thankful for.

Parent-Teacher Conferences for the Kangaroos will be on the **15th**. Please make sure you sign-up for a time.

James has learned how to pump his legs to swing on the swing by himself. **Aria** always takes time to make sure a friend is okay if they are feeling sad.

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

We have a lot of fun planned this month. Please make sure the check the newsletter calendar for specific dates.

There is always something to be thankful for.
Miss Zee & Mr Devon

Apple Corps

Hello November!

This month we are going to do Thanksgiving themed art projects, as we learn all about this thankful holiday.

Cora was a great friend to the new friend who joined Apple Corps. She made sure that our new friend had someone to sit by at snack and also had someone to play with on the playground.

Happy Birthday to **Santiago & Emilio!** We hope you have fantastic days.

A reminder that Sioux City Community will not have classes on the **5th, 28th & 29th**. Apple Tree will be closed on the **28th** for Thanksgiving.

Happy thanksgiving!
Miss Shelby & Miss Danielle

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31 	1 ZEBRAS Show & Tell GIRAFFES Books for Home	2
3	4	5  TIGERS Wear a Flannel NO SCHOOL Sioux City Community Schools	6 MONKEYS Show & Tell KANGAROOS Making Eggs	7 APPLE TREE Scarecrow Day / Dress Like a Scarecrow	8 APPLE TREE Storytime with the Librarian FROGGIES Bring a Leaf / Leaf Sensory Bin	9
10	11 	12 FROGGIES Feed the Turkey Sensory Bin GIRAFFES Show & Tell TIGERS Parent Teacher Conferences	13 TIGERS Books for Home KOALAS Parent Teacher Conferences	14 KANGAROOS Making Fruit Pizza PANDAS Parent Teacher Conferences	15 FROGGIES Pin the Feather on a Turkey ZEBRAS Show & Tell KANGAROOS Parent Teacher Conferences	16
17	18	19	20 APPLE TREE PJ Day FROGGIES Build a Scarecrow ZEBRAS Books from Home	21 KANGAROOS Grape Taste Testing	22	23
24	25	26 APPLE TREE Turkey Dinner FROGGIES Show & Tell	27 APPLE TREE Sports Day / Wear Your Favorite Team	28  Apple Tree is CLOSED	29 MONKEYS Wear a Christmas Shirt NO SCHOOL Sioux City Schools	30