



A note from the office:

August 2026

A new month means new adventures, new discoveries and a lot of fun!

We are excited to spend August learning, playing and making wonderful memories together. We are excited to welcome **Miss Yesenia** into the office as the Assistant Director! Please stop by and welcome her into her new role!

A few reminders as we head into August:

- The school-age children will go to North Forty on **August 4th and 5th**. Please remember to bring \$5 for this field trip.
- As we get ready for the school year, please let us know if your child will be riding the bus/van to or from school in the fall. Sign-up sheets are by the tuition box.
- Please be sure to take home water day clothes, as well as blankets on Fridays to launder them and bring them back on Monday for the next week.

We are wishing all of our families a smooth and joyful start to the new school year. Thank you for being such an important part of our child care family!

Miss Erica & Miss Yesenia

HAPPY BIRTHDAY

Zoe
Mia
Nico
Astavian

Lucy
Serena
Amelia
Miss Jessica



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 Have a Successful Bedtime

Alyson Jiron, Brooke Brogle & Jill Giacomini

Infants and young children need 10 to 12 hours of sleep daily in order to support healthy development. Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children. When your child does not get enough sleep, challenging behaviors are likely to occur. Your child might be moody, short-tempered and unable to engage well in interactions with others. Lack of sleep can also have a negative impact on your child's ability to learn. When a young child sleeps, her body is busy developing new brain cells that she needs for her physical, mental and emotional development. Babies and young children thrive on predictability and learn from repetition. It is important to establish a bedtime routine that you and your child both understand and helps everyone to feel calm and relaxed.



Try This at Home

- Watch for and acknowledge your child's signs of sleepiness. She might pull on her ears, rub her eyes or put her head on your shoulder. For example, you can say, "I see you rubbing your eyes. You look sleepy. Let's get ready for bed." Teaching your child to label and understand her body cues will help her to use language instead of challenging behavior (e.g., whining, crying or temper tantrums) to communicate her needs.
- Use a visual schedule made with photos, clipart or other objects to help your child see the steps in her bedtime routine. A visual schedule can help her to understand the steps and expectations of the routine. To learn more about how to create a visual schedule, visit challengingbehavior.org and type "visual schedule" in the search box in the upper-right corner.
- Provide your child with activities, sounds or objects that help her feel calm and restful during the hour before bedtime. Make these activities part of your nightly routine. For example, reading books, listening to soft, calming music, and/or giving your child her pacifier, favorite blanket or stuffed animal will all help her to understand that it is time to calm down and prepare for sleep.
- Tell your child what will happen when she wakes up. She may be resistant to going to sleep because she does not want to miss out on an activity or have her day to come to an end. Reassure her that tomorrow will be filled with more fun and special time. You can also include tomorrow's activity on the visual schedule (e.g., provide a picture of her teacher or preschool).

- Give your child your undivided and unrushed attention as you prepare her for bed. Bedtime can be a positive experience filled with quality time for you and your child.

Practice at School

For children who spend the day at school, nap time is an important time to rest and prepare for afternoon learning and activities. Teachers use a consistent routine so that children know what to expect and can participate in the process. Children can select and set up a napping area, get pillows or blankets from cubbies and choose a book to read. Routines might include brushing teeth, using the toilet, stories read aloud by teachers, or audio books or soft music for a period of time. Children understand the steps they need to follow to get ready for the nap, how long they are expected to rest and what they can do when they wake up. When everyone understands the expectations and routine, naptime can be a relaxing and happy part of the day.

The Bottom Line

Bedtime is a daily opportunity for you to build and nurture a positive relationship with your child. Predictable routines make children feel safe and secure. When you provide a predictable bedtime routine, you are teaching your child the skills she needs to relax and transition from the busy activity of the day to preparation for sleep. When your child is able to get a restful sleep, you will also feel more calm and rested. A successful bedtime routine that you follow regularly will prepare you both for shared days of family fun and learning.



SOUTH
FLORIDA

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Weekly Themes:

8/3 - 8/7	Pirates
8/10 - 8/14	Rodeo
8/17 - 8/21	Pets
8/24 - 8/28	All About Me
8/31 - 9/4	Transportation

Stay in touch :



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Teacher Fun Fact

What was your favorite subject in school?

Miss Erica: Math
Miss Yesenia: PE
Miss Jessica: English
Miss Shantel: Cooking
Miss Breonna: Reading
Miss Mia: History
Miss Lexi: Science
Miss Yasmin: Art
Miss Soraya: Math, History & Writing
Miss Esme: Art

Miss Izabelle: History & Math
Miss Chloe: English
Miss Shelby: Art & Math
Miss Mya: Science
Miss Anna: English
Miss Molly: Art
Miss Delilah: Math & Physics
Miss Trinity: Math, Library & Pottery

Love Our Center?
HELP US
GROW !



3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
- LIKE, SHARE, COMMENT & SAVE OUR POSTS
- SCAN THE QR CODE & LEAVE US A REVIEW!

WE APPRECIATE YOUR HELP !

Health & Fitness Tips:

Exercise with Your Child Week



National Exercise with Your Child Week takes place during the first full week of August (August 2-8). It encourages families to build healthy fitness habits, reduce screen time and enjoy physical activities together.

FUN WAYS TO GET ACTIVE

- **Dance Parties:** Turn on your favorite songs and move together with zero equipment.
- **Outdoor Adventures:** Visit local parks, try playground equipment or go for family bike rides.
- **Active Games:** Play tag, jump rope, hula hoop or set up a backyard obstacle course.
- **Family Walks:** Take a 15-20 minute walk around the neighborhood or a nature trail after dinner.
- **Card Game Workout:** Grab a deck of cards. Every suit represents a different exercise and the card value equals the number of reps. Example: You flip over a 10 of hearts... you do 10 push ups. All face cards represent a cardio move, and you do 20 reps of the move.

Homemade Fruit Roll-Up

Much healthier (and tastier) than store-bought, this homemade fruit leather is easy to make using your favorite fruit with just 2 ingredients.

DIRECTIONS:

- Preheat oven to the lowest setting, between 150F to 200F, with the top oven rack in the middle position. Line a baking sheet with parchment paper. Do not use wax paper.
- Add the fruit and honey into a blender and blend until smooth. Add the lemon juice to keep the fruit leather bright in color. To remove the berry seeds, pour through a sieve.
- Pour the mixture onto the prepared baking sheet and, with the back of a silicone spatula, spread the mixture into a thin, even layer. The middle tends to be thicker than the sides, spread this out to just as thin since the middle is the last thing to dry out.
- Bake for 4 to 6 hours, until the fruit leather peels away easily from the parchment and the middle is no longer wet.
- Once cooled, with scissors, cut the parchment paper from one end to the other, into strips. Roll them up, parchment and all.
- To eat, separate the fruit leather from the parchment as you go.
- Store the fruit leather rolled up in a zip bag or an airtight container in the fridge or pantry for up to 1 month.

Back to School Affirmations

1. I believe in myself
2. I am strong
3. I will have a good day today
4. I am ready to learn
5. I will ask for help
6. I am friendly
7. I am brave
8. I am unique
9. I will try new things
10. I am patient
11. I can and I will
12. I am helpful
13. I learn from my mistakes
14. I don't give up
15. Today is a new day
16. I am loved
17. I am smart
18. I stand up for myself and others
19. I love being me
20. I am smart
21. I love myself
22. I try my best every day
23. Mistakes help me learn
24. I am protected
25. I am perfect just the way I am

INGREDIENTS:

- 4 cups diced strawberries, any fruit
- 2 tablespoons honey, or sugar
- 1 tablespoon lemon juice, optional

Care-A-Lot

Hello parents! I can hardly believe August is already here!

This month, we are focusing on exciting developmental milestones. **Jesynia** is practicing sitting up without support and **Violet** is learning to hold her bottle on her own. We also have a big move coming up soon! **Violet** and **Jesynia** are growing up so fast and are ready to transition into the Disney Room.

High five to **Anastasia** who is now rolling over and **Jesynia** who is moving around in circles!

We are looking forward to a great new month together!
Miss Jessica & Miss Hali

Bees

Welcome to the start of another exciting school year!

This month, the children will learn about the wild west and the rodeo through creativity and play. Our class will also learn about pets and the responsibilities of caring for different types of pets. We will also learn about different forms of transportation and about each other! We will review how to ask for things nicely. Since we are learning new words, asking nicely is a great idea to teach the kiddos to be polite and kind to others. A rule that we will be working on is how to keep our class clean and how to clean up when we are done playing in a center.

Paisley puts a smile on our faces. When we ask a question, she responds by saying no, even though she doesn't always mean it! **Ajani** has opened up a new world of communication through sign language. He enjoys telling us "again" and "more".

We hope this month brings new and exciting things for all to learn!
Miss Yesenia

Butterflies

Happy August!

This month we have so much fun planned! During pirate week, we will have a treasure hunt and search the classroom for gold! We have art planned for each theme and we are excited for you to see it hanging in our classroom and hallway! For our science activity, we will make a walking rainbow and during math we will count strawberry seeds! The kids will learn to share and how to use nice hands with their friends and teachers.

Genevieve made a friend a whole meal in the kitchen area and even gave him ice cream! She is so caring! **Nico** loves to play catch with the balls in the center!

We hope to see you this school year!
Miss Lexi & Miss Yasmin

Disney

Welcome all! I hope everyone enjoyed a wonderful summer.

As we transition into a new month, here are the developmental milestones we are focusing on in our classroom:

- Problem Solving: We will be playing hide-and-seek with small toys to help build these cognitive skills.
- Fine Motor Skills: The children will practice building tall towers with blocks.
- Gross Motor Skills: We will be helping the children practice walking using our push walkers.
- Social Skills: We are focusing heavily on practicing sharing and trading toys instead of taking them away from friends.

Zoe is doing a fantastic job holding her own bottle! **Yasiel** has officially started pulling himself up on furniture and toys!

Here is to a wonderful end of summer and a great month of learning ahead.

Miss Becky & Miss Shantel

Ducks

Hello Ducklings!

This month we have so much fun planned! For a sensory science activity, we will make homemade slime! We will also practice our counting and we hope to have each child counting to 5 on their own! We will also model and practice sharing with our friends and how to stay safe using walking feet when we are inside.

Renlee always plays nicely with other friends in the room. **Avacyn** is such a happy kid!

Have a wonderful month, friends!
Miss Breonna & Miss Mia

Dragonflies

This month we will spend some time learning to use nice touches with our friends and how to use our walking feet in the hallway to stay safe.

During pirate week, we will have a treasure hunt in our sensory bin, make a pirate hook and so much more! For rodeo week, we will decorate cowboy hats, read a cowboy book and make sheriff badges. We will be going on an animal hunt for farm animals in the sensory bin when we learn about pets. We will learn all about our friends the last week of the month during All About Me week. We will make a rainbow as we learn everyone's favorite colors.

Willow always participates in circle time and knows her days of the week and colors! **Juliet** is always willing to help her friends when they are upset and always picks up her toys when asked.

We hope you all have a happy and blessed month.
Miss Soraya

Snails

Welcome to August! Thank you for partnering with us as we help your child learn and grow everyday.

This month our class will explore through the themes of pirates, rodeo, pets, all about me and transportation. We will sing songs, read stories, play in the sensory bin, create art and so much more! We will build our social skills through learning to ask for a hug when we are feeling upset. We will also do early literacy with letter recognition and we will count, sort and graph during math time! All of these activities encourage creativity, teamwork and problem-solving. We are looking forward to an exciting month of discovery.

Desirae has been showing kindness to friends. **Enver** has been working hard to follow directions and try new activities.

I can't wait to make wonderful memories with your children.

Miss Esmeralda

Caterpillars

Fall is almost here, let's say a cheer!

I am so happy to be heading back to the Caterpillar room this month! We will be learning about different pets and will do a horse craft with our hand prints! We will also make slime and count animals! We will practice how to use our inside voices and walking feet when we are in the center!

Lucas has been really good at working on numbers and letters. **Lucy** is really good at sharing and playing with others.

We can't wait to grow & learn together!

Miss Chloe

Alligators

Welcome August! New month, new friends and fresh starts!

This month we will be moving to the Alligator classroom and doing a lot of activities like tracing our names, using scissors, math matching and making play-doh in science.

We will learn how to ask for a hug if we are feeling sad or upset. We will also practice the classroom routines and rules of lining up nicely, walking in a straight line and how to use our walking feet to stay safe.

Kylen has gotten so good at holding scissors and using them correctly. **Malcolm** is amazing at matching his colors and numbers.

Ready, set, let's learn!

Miss Mya

Turtles

August is here! Let's make it count!

This month we will be reviewing all the basics! We are so close to move-up day which means stepping in to preschool! I'm going to make sure they are prepared and ready to rock! Every August is filled with many emotions, but we will continue to support our friends and make every moment count!

This month we will review the solution of "Asking Nicely". It is very important that we think about our tone of voice and the words that we say to stay respectful when we ask for things! We will also practice our attention getters! We use these in preschool, so this will be a great head start for the year ahead!

We are hoping to spend as much time outside as possible, so hopefully it isn't too hot!

Riley has made so much progress in the classroom. I am so proud of her! Preschool, here she comes! **Baely** is ready for preschool! She can't wait and tells me all the fun stuff she will do!

Let's continue making memories!

Miss Izabelle

Frogs

Happy August! We are excited for another month of fun and learning!

This month our classroom is full of exciting adventures as we explore the fun themes of pirates, rodeo, pets, and different kinds of transportation. We will search for pirate treasure, practice counting with gold coins and learn about maps. Then we will head to the rodeo to discover cowboys, horses and life on the ranch through stories, crafts, and games. We will also learn about our favorite pets and talk about how to take care of them, followed by exploring all the different ways people travel by land, air and sea. To finish the month, we get to spend time talking about all the things that make us special and unique through our "all about me" theme. Throughout the month, we will build on our early literacy, math, science and social skills through hands-on activities, songs, sensory play and creative art projects. As always, we will continue to practice using kind words with friends and we will focus on respecting our classroom by tidying our room during transitions!

Summer has been such a leader in our room, always leading by example with confident listening ears. **Tillie** is such a helping hand and is always willing to help a friend. Thank you for your caring actions!

Let's make this the best month, yet!

Miss Shelby

Pre-K

Welcome to a month of excitement and learning!

We are going to talk about kindergarten! We will discuss what we are excited for and what makes us nervous about going to the big school. We will also go over the importance of school supplies, review how to use them properly, and practice taking care of personal items independently. For our science activity, we will make elephant toothpaste and in math we will learn to count by 10's with image cards. We will continue to practice using kind words. We will give each other compliments about personality rather than appearance and we will learn how to use our manners.

Cadmin says "In October, I am definitely not going to be here! I'm going to kindergarten! It has a ramp, so it is better than here!" He is so excited! **Benji** and **Julian** used tools in the dramatic play to lay under the table and fix the chimney for Santa Claus. It was so creative and fun to watch.

I'm excited to finish this time together and can't wait to hear how they do in kindergarten.

Miss Anna

School-Ager Yellow Squad

Summer is ending; fall is on the way, so come join us for the fun!

This month we will finish our summer field trips and get ready to send the kids back to school on the 24th! Be sure to check the calendar for the dates of our kickball, mini golf and other important dates! We will practice communicating our feelings and how to use kind words with others.

Chloe is such a good helper and great friend! **Tracen** uses great listening ears in the classroom!

Enjoy the summer sun and have some fun!

Miss Molly

School-Ager Green Squad

Small hands make a huge difference in this world!

This month we are going to learn more about our friends and how to solve problems with one another independently. We will learn to wait and take turns and how to use kind words. We have a fun science activity planned, building a volcano with Coke and Mentos, and we will do math flash cards to get our minds ready to go back to school.

Renzo is doing great at staying calm and using his words! **Paige** is so kind to others and always chips in to help others!

Let's build a happy space for kids to learn, grow and flourish.

Miss Delilah

School-Ager Orange Squad

We are feeling orange-tastic today!

We have a lot of fun activities planned before school starts back up! We are excited to enjoy ice cream sundaes, a movie day and so much more. We will learn the importance of saying sorry and taking accountability for our actions. We will also practice using our inside voices.

Ashton made an army of "Among Us" paper characters. **Angel** is always the first to help pick up paper or other items off the floor.

Orange vibes only!

Miss Trinity

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 CARE-A-LOT & DISNEY Pirates & Treasure Art DUCKS & SNAILS Make Slime DRAGONFLIES Treasure Sensory Bin TURTLES Make Horse Art CATERPILLARS Paper Plate Ship FROGS Walk the Plank ALL SQUADS Kickball at North High Track	4 DUCKS Dance Party BEES DIY Putty DRAGONFLIES Make Pirate Hooks TURTLES Make Horseshoes CATERPILLARS Make Parrots PRE-K Clay Handprints YELLOW SQUAD Miracle League Park	5 TURTLES & FROGS Lief Erickson Park DISNEY Read "Baby Shark" DUCKS Walk to Water Tower DRAGONFLIES Pirate Messy Play SNAILS Build a Pirate Ship YELLOW & 1/2 GREEN SQUAD North 40 Mini Golf \$5	6 DISNEY Rodeo Art DUCKS PJ Party CATERPILLARS Make a Pirate Hook FROGS Pirate Ship Art PRE-K Trip to DQ \$4 ORANGE & 1/2 GREEN SQUAD North 40 Mini Golf \$5	7 DUCKS Practice our ABCs BUTTERFLIES Treasure Hunt FROGS Pirate Snack & Story PRE-K Water Day ALL SQUADS Ice Cream Sundaes	8
9	10 DUCKS Count to 5 DRAGONFLIES Cowboy Boot Art CATERPILLARS Horse Handprints FROGS Horse Races YELLOW & ORANGE SQUAD Sidewalk Chalk	11 DISNEY Pet Art DUCKS Learn about Weather BEES Nature Math Sensory CATERPILLARS Cowboy Hat Art FROGS Lasso Toss Game PRE-K Make Homemade Ice Cream YELLOW SQUAD Popsicles at Bacon Creek	12 DUCKS Play with Shaving Cream DRAGONFLIES & SNAILS Cowboy Hat Art FROGS Rodeo Dance Party GREEN SQUAD Popsicles at Bacon Creek	13 DISNEY Read "Rainbow Fish" DRAGONFLIES Build a Horse FROGS Campfire Stories ORANGE SQUAD Popsicles at Bacon Creek	14 DRAGONFLIES Sheriff Badge Name Tags FROGS S'mores & Trail Mix Day PRE-K Water Day ALL SQUADS PJ, Movie & Stuffy Day	15
16	17 CARE-A-LOT Make Cute Pets DRAGONFLIES Rescue the Pups TURTLES Car Art CATERPILLARS Marble Fish Paint Art FROGS Bring a Photo of Pet YELLOW SQUAD Grandview Park	18 TURTLES & FROGS Trip to Nature Center DISNEY Transportation Art FROGS Stuffy Story Day PRE-K Make Oobleck ORANGE SQUAD Lief Erickson Park	19 DRAGONFLIES Milk the Cow SNAILS Dog Paper Plate Art TURTLES Movie Day CATERPILLARS Goldfish Handprints GREEN SQUAD Riverfront Park	20 BUTTERFLIES Build Your Own Car DRAGONFLIES Cat Sponge Paint FROGS Water Day PRE-K Farewell Party/PJ Day ALL SQUADS North High Track	21 DISNEY Read "I Love Mommy" DRAGONFLIES Farm Animal Sensory Bin PRE-K Water Day YELLOW SQUAD Lief Erickson Park	22
23	24 BACK TO SCHOOL DRAGONFLIES All About Me Rainbow FROGS Vehicle Wash Sensory PRE-K 1st Day of Pre-K	25 DISNEY & BEES All About Me Art DRAGONFLIES Fingerprint Tree TURTLES Review Rules CATERPILLARS Paper Plate Self Portrait FROGS Paper Airplane Races	26 DRAGONFLIES My Hand Is This Big SNAILS This is Me Art CATERPILLARS My Name Starts With Art FROGS Build a City with Blocks	27 DRAGONFLIES My Favorite Color is.. CATERPILLARS Family Apple Tree FROGS Water Day	28 CARE-A-LOT Bus, Cars, Planes & Trains BUTTERFLIES Learn Friends' Favorite Colors DRAGONFLIES Hand & Foot Activity PRE-K 1st Day of Journaling	29
30	31 DISNEY Peek a Flap Book SNAILS Paper Plate Cars	1	2	3	4	5