



A note from the office:

August 2026

A new school year means new beginnings, new adventures, new friendships and new challenges! The slate is clean and anything can happen.

As we near the end of summer and get ready for another school year, we have a few reminders to help our center run smoothly:

- **School transportation** - If you plan to have your child ride the van/bus to/from school each day, please sign them up for transportation on the sign-up sheet located on the tuition table.
- **Classroom Move Ups** - Our August move up will take place on **Monday, August 24th**.
- **Tuition Reminders** - Please remember that tuition is due WEEKLY on Monday, unless you have another payment plan arranged with the office staff.
- **Attendance** - Please let us know if your child will have changes in their schedule this fall.

Staff Spotlight:

Miss Anna is great at stepping in where she is needed and has such a great attitude! **Miss Tiara** is always here with a great attitude and puts the care of the infants in her room first!

Here's to a great school year filled with a lot of learning and adventures.

Miss Becca & Miss Alyssa

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 !





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.



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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 Becca: English
Miss Alyssa: Math
Miss Tiara: Math
Miss Ashleigh: Science
Miss Brittini: History
Miss Joelle: Art
Miss Kami: Art
Miss Madelyn: History

Miss Shelby: Science
Miss Ana: Math
Miss Kenzie: Math
Miss Jenna: History
Miss Caitlin: Computer Science
Miss Melanie: PE & Art
Miss Rachael: Math
Miss Ashlyn: Reading

Miss Taylor: Language Arts
Miss Ariel: Chemistry
Miss Hannah: History

HAPPY BIRTHDAY

Everett
Harper
Lillyann
Marta
Hayzleigh
Azeal
Brynlee
Isla

Hadley
Braxton
Mackenzie
Gaia
Piper
Natalie
Aiyana
Halen

Zander
Layla
Hunter
Miss Ana

Photos of the Month



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

Happy August!

This month we will be preparing our friends for the move up on August 24th! We will have them visit the Disney room when possible to ease the transition. Keep an eye on the door for postings with information about the move up at the end of the month.

We will be working with our friends on how to sit up without assistance by using the u-seats to build the muscles. As they grow their strength, we will move the seats further away! We will also encourage them to reach for toys and to use their arm strength to pull the toys toward them. We will place colorful tape on the ground and encourage them to pull it up to build their pulling strength!

Liana loves to sleep in the weirdest positions and is always making us laugh! **Maxwell** learned to giggle and he laughs with Miss Tiara all day long!

Have a great rest of your summer!

Miss Tiara & Miss Ashleigh

Disney

School is back in session!

This month we will be having our big move up, so keep an eye out for more info. If your child will be moving to the 1-year-old room, please bring them in shoes and bring a water cup, sunblock and two blankets for nap. We will start having them visit the 1-year-old room when possible to help them prepare for the transition on August 24th. We will be working on our gross motor skills by practicing walking around the room! We will be doing problem solving activities like placing toys in an unused crib to see how the kids work to get them out.

Wyatt loves to play in the ball pit and zoom around the room using the walkers. She is so close to walking! **Laynee** loves to just sit on the sofa and chill! She is a whole vibe!

Thank you for allowing us to be with your littles everyday.

Miss Brittni & Joelle

Ducks

School is back in session!

This is the last month of water days on Monday! We will still get outside as much as possible and have a picnic at the end of the month before some of our friends move to the 2-year-old room! We will be painting with shaving cream and counting blocks as we stack them! We are excited to see the kids expand their vocabulary and learn new words! At circle time, we will practice saying the names of shapes, colors and the other friends in our room! We will use the words "please stop", when a friend does something we do not like. We will use our walking feet in the center to stay safe.

Elliana has a sassy personality that makes everyone in the room laugh! **Vivienne** always surprises us with the new words she can say!

Have a great school year everyone!

Miss Kami & Miss Madelyn

Bees

Hello August!

This month we will be learning our ABCs and colors. We will also practice counting with blocks and we will play with bubbles and water for a science activity! There will be so many fun and cute art projects hanging around our room, so be sure to look for your child's artwork! At the end of the month, some of our friends will be moving to the two-year-old room. We know they will do great in their new class! Before the move up, we will have a class picnic to send our friends off to do great things! As new friends join our room, we will learn how to say "please stop", and how to use nice touches with our friends.

Madeline is doing a great job adjusting to being in a new room and loves playing! **Xakai** is a great helper outside and loves to help his friends put on their shoes!

Have a great month!

Miss Shelby

Butterflies

Welcome to August!

This month we will be focusing on shapes! Our August themes include pirates, rodeo, pets, all about me and transportation. During All About Me week, we will ask your child to bring their favorite toy to show the class. We will also build lego cars during transportation week and count pets during pet week.

With Miss Mattie moving, we will be going through a change in teachers, so please be patient with us as we find the best fit for the room!

We will continue to practice our solutions and this month we will focus on how to ask for things nicely and to get a teacher if you need help. While we go to snack and are inside, we will practice how to be safe and use our walking feet.

Ocean has been practicing saying everyone's name! His pronunciation is amazing! **Harper** is a great listener and helper. She always cleans up toys when it is time to pick up.

Wishing everyone a happy August!

Miss Ana

Caterpillars

Hello August!

This month we will be using shadows to make different images with toys and our hands. We will also be using marshmallows to help learn our numbers and counting to 10. We will teach our new friends that they should get a teacher if they need help and how to use nice voices.

Alexander is so good at sharing with his friends! **Elias** uses his nice voice and is always so kind to his friends!

I am looking forward to spending more time with your kiddos this month!

Miss Kenzie

Frogs

It's back to school month!

This month we are going to start something new: Show & Share Fridays! Your child can bring an item from home to show to the class and tell us about it! We will also practice how to get a teacher when we have a problem and how to use nice touches with friends and teachers. This month we will have the last of our water days to finish our summer fun! We have had a blast going on field trips and going to the splash pad this summer!

Willow is such a funny and outgoing kid!

We are so excited to see what this school year brings!

Miss Jenna

Lizards

School is in session!

August means back to school, which means new friends and faces joining our room! We will continue to learn our solutions and practice how to ask for a hug when we need one! We will also practice using our inside voices to protect our little ears! During pirate week, we will make our own ships, so please bring a cardboard box for your child to use to make their ship! Rodeo week will have us thinking of animals that we might see at the rodeo and during pets week we want to see pictures of your cute pets!

Lillian always comes into the class with a big smile! **Arkyn** is doing great at using more words and asking for help!

Enjoy the last few weeks of summer!

Miss Caitlin

Miss Rachael's Pre-K

It's back to school month!

This month we will finish our alphabet with X, Y & Z! We will also finish our journals and they will get sent home! We have had such a fun year and I am so proud of the amount of growth each child has shown! While we count down the days until Kindergarten, we will review the whole solution kit to remind our friends how to solve problems when they go to big school! We will make pool float boats and measure with cars as some fun activities in science and math!

Piper is so sweet and is fitting right in! **Grey** is a big helper in the classroom!

I am excited for my new friends to move up, but I am so sad to see my friends go! I know they will do great things!

Miss Rachael

Miss Melanie's Pre-K

Hello August!

This is the last month with our friends that will head to Kindergarten on August 24th! I am so sad that you are leaving, but I know you are going to do great things in Kindergarten! I am looking forward to starting another year of Pre-K with the class moving up at the end of the month!

In the meantime, we will finish our journals and send our binders home! We will make oobleck mud and do a number matching activity with cars! We will practice when to get a teacher to help us solve conflict and what it means to be kind to ourselves, to our friends/family and to our school!

Violet is such a kind friend and a great addition to our class! **Feyd** is a great teacher's helper! Thanks for all of the help!

Let's have a blast and get ready for a new Pre-K class!

Miss Melanie

School-Age Green Squad

Happy August! We are having a blast with your children this summer!

The kids are going to be learning about pirates, rodeos, different forms of transportation and pets! We have a lot of fun crafts and activities to go along with those themes. We are also reading from a Junie B. Jones book and talking about each chapter as we go. In science we will measure, mix and explore with slime and in math we will do addition and subtraction activities using math cubes! We will take a minute to reflect on the situation before we react and decide which one of the solution cards is the best one to use in that moment. We will also review how to use our words instead of our bodies or hands when we get upset.

Natalie is a warm welcome to everyone in our class! She is constantly reminding her friends of the classroom expectations and modeling kindness and respect. Good Job, Nat! **Amara** has really come out of her shell this summer, making new friends and making her teachers laugh constantly. We are so proud of her!

We can't believe it is August already; however, Green Squad is ready to finish the summer strong!

Miss Taylor & Miss Ashlyn

School-Age Orange Squad

Happy back to school month!

This month we are drawing names and writing compliments about our friends and hanging them in our "compliment corner". We will also practice how/when it is the right choice to get a teacher to help with a problem we are having with our friends. We will be challenging the children to play and work with kids they normally do not play with by drawing names and numbers to group up at center time. This will help us work on playing with and being kind to everyone.

Cole is very kind to his friends and always shares his toys. **Claire** is very good at being kind to everyone in the classroom!

Have a wonderful back to school season!

Miss Ariel & Miss Hannah

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 LIZARDS Walk the Plank Activity	4 DUCKS Make Pirate Hats	5 MISS RACHAEL'S PRE-K Make Pirate Hats PRE-K Water Day	6 LIZARDS & FROGS Water Day MISS MELANIE'S PRE-K Cowboy Activity	7 BEES Water Table Sensory Bin LIZARDS Make Pirate Ships	8
9	10 LIZARDS Rodeo Sensory Bin	11	12 PRE-K Water Day	13 LIZARDS & FROGS Water Day MISS MELANIE'S PRE-K Pet Washing Activity	14 LIZARDS Horse Shoe Toss	15
16	17	18 DUCKS Picnic LIZARDS Bring Pictures of Pets	19	20 LIZARDS & FROGS Water Day MISS MELANIE'S PRE-K Cars Number Match	21 LIZARDS Ice Cream PRE-K Bring a Picture of a Pet	22
23	24 BACK TO SCHOOL MOVE-UP DAY BEES All About Me Art LIZARDS Bring Family Photo MISS MELANIE'S PRE-K All About Me Rainbow	25 CATERPILLARS Outdoor Scavenger Hunt FROGS Picnic at Sertoma Park SCHOOL-AGERS Chesterman's	26	27 LIZARDS Water Day FROGS Park Day	28 BUTTERFLIES Bring Favorite Toy PRE-K Turn in All About Me & Bring Family Photo	29
30	31 BEES Kinetic Sand Sensory	1	2	3	4	5