



A note from the office:

October 2025

Spooky season is officially here!

Friendly Reminders from the Office:

- If your school-ager is NOT riding a Building Blocks van before or after school, please call the office to let us know.
- There is NO outside food allowed in the center unless you have discussed it with your child's teacher for a birthday or special occasion. We are on the CACFP program and this is a rule.
- If your child's schedule needs to change, please let the office know right away
- With fall here, please remember to bring a jacket for your child on those cooler mornings.
- An extra change of clothes need to be switched out for fall/winter clothes, in case of accidents.

Fall Harvest Spirit Week is October 6th-10th. Please check your child's door for more information on fun themed dress-ups days.

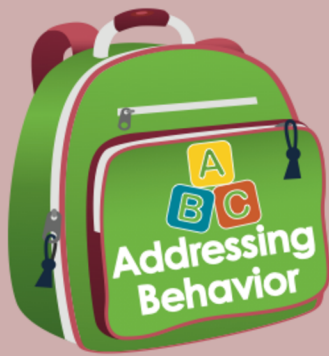
We want to say THANK YOU to **Miss Kami** for always being willing to help out whenever & wherever needed. She is such a team player! Thank you!

Please feel free to stop in the office anytime with questions. Have a safe and Happy Halloween

Miss Jessica & Miss Becca



Berrit	Makenna	Finnegan	Kobe
Cason	Dallas	Doug	Emberlyn
Connor	Lucy	Nova	Charlotte
Iris	Aiden	Brooklyn	Miss Ariel



How to Use Social Stories to Teach Your Child New Skills and Expectations

Brooke Brogle, Alyson Jiron & Jill Giacomini

Children love to listen to stories. Not only are stories used to entertain children, they can also be used as tools to teach new skills and expectations. Many parents read books to teach their children the alphabet or numbers, but stories can also be used to:

- Teach social skills, such as how to take turns.
- Teach clear behavior expectations for a time of day (e.g., quiet time) or event (e.g., road trip).
- Reinforce routines, such as getting ready for bed.
- Prepare for new experiences, such as the first day of school.
- Address a challenging behavior, such as hitting.

Social stories™, developed by Carol Gray of the Gray Center for Social Learning and Understanding, can be used to help children and adolescents understand social situations and expectations. Social stories are brief, simple stories that are created to show your child what to expect, and what is expected of him, during a specific activity. Social stories can include pictures of your child and are written in a way that he can understand. They also use positive language to show your child what he can do and provide healthy ways to deal with strong emotions. For example, a social story that teaches a new skill to replace hitting might say, "If my friend tries to take my toy, I can say 'Stop. This toy is busy.'" Social stories validate how your child feels, but also can show him how others feel. For example, "My friend feels sad when I hit him." When used for specific situations, social stories help children to make wise choices and give them the confidence to try new experiences.

Page 8: I can choose to play with something else.
Page 9: I feel proud when I make wise choices!



- This type of social story helps your child to see that her problem is normal, teaches her words to help her express her feelings and gives her choices by telling her what she can do. In addition to helping her share with Ben, it will also help her to understand that she can make choices in other difficult situations.
- Social stories are very helpful to children when they go into a new situation. For example, if your child is going on an airplane for the first time, you can create a social story to provide him with clear expectations and help him understand all the things he can do at the airport and on the plane.
- There are many social stories already created that address issues such as hitting, safety, going to school, emotions and more. For a book list and free downloadable scripted stories for social situations, you can go to <http://challengingbehavior.fmhi.usf.edu/Implementation/Program/strategies.html>.

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.

Practice at School

Teachers create social stories to help children:

- Adjust to new experiences, such as saying goodbye to a parent at drop-off.
- Understand expectations, such as what we can do on our new playground.
- Learn social skills, such as how to share.

Teachers work together with families, and often read the same book at home and at school, to reinforce the skill or expectation.

The Bottom Line

Reading stories to your child provides a time for everyone to relax. These moments are a perfect time to teach your child or talk to her about feelings. Social stories are a great tool you can use to teach your child expectations or new skills before she is expected to use them. When you read a book with your child again and again, she feels confident about making choices that help her to have a positive experience.

Try This at Home

- Choose a situation that has been challenging for your child. For example, if your child and her friend Ben have been having problems with sharing when they play, you can write a simple social story to teach her how to share with him.
Page 1: I feel excited when I go to Ben's house!
Page 2: We play with trains, do puzzles and build towers.
Page 3: Sometimes, we both want to play with the same train.
Page 4: If we both want the same toy, I have choices!
Page 5: I can find another train and ask Ben to trade.
Page 6: I can get a timer and we can take turns.
Page 7: I can ask my mommy for help.



ChallengingBehavior.org



Reproduction of this document is encouraged. Permission to copy is not required.

This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education. July 2013/January, 2018.



Weekly Themes:

9/29 - 10/3	Fall Harvest
10/6 - 10/10	Safety: Fire, 911 & Strangers
10/13 - 10/17	Count with Me
10/20 - 10/24	Down on the Farm
10/27 - 10/31	Halloween

Stay in touch:



@BuildingBlocksPreschoollowa



@buildingblocks_official



buildingblockshome.com

Teacher Fun Fact

What is your favorite Halloween candy?

Miss Jessica: Snickers
 Miss Becca: Candy Corn
 Miss Tiara: Twizzlers
 Miss Brittni: Twix
 Miss Joelle: Twix
 Miss Ariel: Butterfingers
 Miss Kami: Kit Kats
 Miss Hattie: Snickers
 Miss Madelyn: Rolos
 Miss Shelby: Kit Kats

Miss Mattie: Twix
 Miss Tori: Twix
 Miss Chloe: Peanut Butter Cups
 Miss Eva: Peach Rings
 Miss Jenny: Crabby Patties
 Miss Caitlin: Peanut M&Ms, Snickers & Candy Corn
 Miss Melanie: Sour Candy
 Miss Rachael: Reese's Peanut Butter Cups
 Miss Hannah: Twix

Photos of the Month



Health & Fitness Tips:

PUMPKIN WORKOUT

Is it cold or rainy outside, and need a fun exercise to keep the kids busy? Try the PUMPKIN workout! Grab seven pieces of paper and write one letter on each piece, P-U-M-P-K-I-N. Have the kid(s) take turns drawing a piece of paper. Whatever letter is picked, the kid(s) have to do that exercise. You are welcome to change out exercises based on a child's ability & strengths.



:20 Plank



:30 Kicks (Front)



10 Up Downs



:30 March in Place



:30 March in Place



Nine Jumping Jacks



5 Push Ups

INGREDIENTS:

- 2-3 Graham Crackers
- Diced Apples or Apple Pie Filling
- Whipped Cream
- Ground Cinnamon
- 8-12 oz. Clear Plastic Cups

DIRECTIONS:

- Put your graham crackers in a Ziploc bag and crush them up. Once the graham crackers are in small pieces, pour 1-2 generous scoops in the bottom of the cup.
- Next you will want to add your diced apple or apple pie filling. You can warm the apple pie filling up, but that is not necessary. Put about two heaping scoops of apples on top of the graham crackers.
- Next, you will add whipped cream and top it off with a sprinkle of cinnamon.

FUN ACTIVITIES:

- Read "Amelia Bedelia's First Apple Pie" while the kids are enjoying their snack.
- Visit <https://www.theprintableprincess.com/apple-pie-in-a-cup-freebie/> for a Apple Pie in a Cup sequencing worksheet.

APPLE PIE IN A CUP SNACK & ACTIVITY



Care-A-Lot

Time to get spooky.

I am so proud of **Madeline**. She is working hard on sitting up by herself. Keep it up, Madeline! I love when I hear the sweetest laugh and look to see the biggest smile from **Owen**. He makes me smile everytime!

Spooky season is one of my favorite times of the year. I have a lot of spookacular art projects & activities planned.

Though we don't go trick-or-treating with the older classrooms, we can still have fun dressing up. You are welcome to bring a costume for your child to wear on Halloween!

Have a safe & Happy Halloween.

Miss Tiara

Ducks

Hello spooky season!

This month we will be learning how to use our walking feet down the hallways and practicing how we use nice touches to our friends.

Amelia and **Henry** are working on using their words. Amelia loves making everyone laugh with saying "uh-oh" and "oh-no". Henry has really been trying to say his ABC's, 123's, shapes and colors. We love seeing him work on this during circle time.

We fun a lot of spooky fun planned this month. We will learn about safety, our numbers, animals on the farm and Halloween! We will have a Fall Harvest Spirit Week starting on the 6th. Please check the door or calendar for the festive dress-up days. You are welcome to bring your child's costume for Halloween, and we will dress-up.

Please make sure you remember to bring sweaters/jackets for outdoor time, especially for the cool mornings!

Have a wonderful month!

Miss Kami & Miss Hattie

Butterflies

Boo! Is it October already? The Butterfly room is ready for fall.

For the month we are focusing on learning to tell our friends, "Please stop," if they are doing something we don't like or want them to stop. This will reduce any hands, feet, and other body parts from touching our friends when we are frustrated. The classroom rule we are working on is inside voices. This will also help parents when out in public if we all use the same teaching technique of inside voices for indoors. We are really working on doing puzzles in the classroom, which helps us with our fine motor and thinking skills.

I am so proud of **Archer**. He was such a great friend when he held a friend's hand and helped them to the snack table. Way to be kind!

As the weather is getting cooler, remember to bring your child's jacket. Water bottles can be brought in for us to use after our walks & outside time. And a friendly reminder, please remember to sign your child in and out daily on the clipboard outside of the classroom.

Happy Halloween!

Miss Mattie

Disney

Hello ghosts and ghouls!

This month we are excited to create Halloween art. It is going to be frightfully cute! WE are also working on nice touches when playing with our friends in the classroom.

It is a busy place in the Disney room. **Bristol** is officially on the move! She is loving the chance to check out the whole room. **Bethany** is always down for an adventure. She loves playing on the climber with her friends!

With the weather starting to cool down, please check the cubbies to confirm your child has weather appropriate clothing in the correct size, they are all growing so quick.

You are welcome to bring a costume for your child to dress-up on Halloween. We will be sure to get photos!

Have a happy and safe Halloween!

Miss Brittini, Miss Joelle & Miss Ariel

Bees

Hello October! We are ready for the cozy weather.

Cooper is loving circle time and has been saying his colors and shapes so clearly. Keep it up, Cooper! **Theo** is new to the Bee room and has adjusted so well to his new friends and teachers. We all love his big smile and fun personality. Welcome Theo!

We are working on learning how to play nicely with each other. We are practicing sharing our toys with our friends and showing kindness. This month we plan to paint a pumpkin as a class to join in the fall fun! We will be having a parade of costumes on Halloween. More details will be posted.

Don't forget we are closed on Monday, October 13th for staff training! We hope you have a fun & safe Halloween.

Miss Shelby & Miss Madelyn

Dragonflies

Welcome fall!

This month we are working on taking turns and sharing with our friends. We also are learning to walk in the halls nicely. If you hear us say, "finger on the wall" walking down the hall, that is our fun hallway chant.

We are practicing our numbers & counting. We can count up to 5!

We are so proud of **Kobe**. He has been so helpful in the classroom. Thanks Kobe!

Have a safe and Fun Halloween!

Miss Tori & Miss Chloe

Caterpillars

Fall in finally here!

This month we are focusing on using our walking feet in the classroom and in the hallways. We are also practicing asking a friend, "Will you play with me?", as an option to get someone's attention.

Please remember to bring in a jacket for your child, as the weather is cooling down.

I want to give a shout out to **Harper** for being such a good helper during our clean up time. She is such a good friend to her classmates.

I hope you all have a safe and fun October & Halloween
Miss Eva

Frogs

We are ready to welcome fall!

This month we are working on following the rule of walking feet inside the class and center. We are also learning and working on the solution card of sharing with our friends. I have really noticed how well **Friedrich** is willing to help his friends by showing kindness in the class. Good job, Friedrich. **Silas** has been sharing with his friends so nicely during free play time. Good job, Silas.

We will be headed on a field trip to Scarecrow Farms on **October 2nd**. Please check the door for a sign-up and how much money to bring in for the field trip. We will have sign-ups for our Fall Festival party at the end of the month. That day is always spooktacularly fun.

Have a safe and fun Halloween!

Miss Jenny

Lizards

Welcome October, the fun Halloween month!

This month we plan to practice and use the rule of walking feet in the hallways and classroom. We are learning the solution card of sharing is caring, by sharing with our friends.

Dallas has been a great helper. He is always wanting to help me out. Thanks Dallas! A cute & fun classroom moment is with **Brynlee**. She is always pretending to be a teacher and doing circle time with friends.

Stay spooky and have a great October.
Miss Caitlin

Miss Melanie's Pre-K

Hello fall!

Shane is always so kind and supportive to his friends. Thank you for your kindness. **Kayden** has been my little helper lately and always willing to help. Keep it up Kayden.

This month we are focusing on the solution card of get a timer. This is a good way for kiddos to take turns and work out the sharing concept on their own. Using a timer is also a good solution for if they know they need a break themselves to cool down. As a class, we are practicing the class rule of hands to ourselves.

Please help your child come up with letter words to add to our letter board. Practicing cutting would be a great home project to work on for Pre-K.

Remember to check your child's folder daily or at least once a week for important papers and send home papers.

Happy Halloween!

Miss Melanie

Miss Rachael's Pre-K

It's spooky month! We have a lot of learning to do this month and a lot of spooky fun to have!

This month we are focusing on the kids recognizing if they need to "take a break" to cool down. We all need that in life sometimes and that is OK! Also, we are practicing using our listening ears in the classroom, on the playground, in the hallways, and at mealtimes. This will help them hear clear instructions and friends that are asking them to play or stop doing something that is bothering them.

This month's KIND kid is **Grey**. Grey is always following the directions given at Building Blocks, no matter what teacher is in her classroom. Good job Grey! **Amelia** is showing kindness to her friends and teachers. We love that!

Our letter wall is under construction. We are working hard to complete it. This month we are learning F, U, J and Y. We will also be working hard on our fine motor skills. If you would like to help with working on your child's fine motor skills at home, just ask for some fun ideas.

Reminder to bring jackets or sweatshirts for outside play or walks as we will be going outside daily. Watch for sign-ups on the classroom door to be informed of things happening in Pre-K!

Miss Rachael

School-Agers

It's spooky season and it has been a spooky good year so far!

This month we plan to do another paper airplane tournament. The school-agers are so creative when they are making their airplanes and figuring out how to make them fly farther. We are working hard using our listening ears so we can hear the teacher's instructions, and also so we can hear what our friends are asking of us. This will help us as a group to show kindness to each other and to the teachers.

Lina L is always looking out for her friends and is very well mannered. We appreciate the kindness she shows to her friends & teachers. **Eleana C** has been so kind and caring to everyone with the most infectious smile. Thanks for spreading kindness Elena!

We hope everyone's start to the school year has been great! Please call the center and let us know if your child will NOT be riding the van back to Building Blocks.

Have a fun and safe Halloween!

Miss Ariel & Miss Hannah

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 MISS RACHAEL'S PRE-K Make Pumpkin People DRAGONFLIES Leaf Sensory Bin	2 FROGS Field Trip to Scarecrow Farm	3 BUTTERFLIES Take a walk to look at changing leaves	4
5	6 MONDAY NIGHT FOOTBALL Wear your favorite team's jersey!	7 MISS MELANIE'S PRE-K Play 'Put Out Our Fire' Game MISS RACHAEL'S PRE-K Play Stop, Drop & Roll FALL COLOR DAY Wear fall colors!	8 SWEATER WEATHER Break out your fall sweaters.	9 S'MORES DAY We will enjoy s'mores as a treat.	10 FLANNEL FRIDAY Wear your favorite flannel today!	11
12	13  BUILDING BLOCKS is CLOSED today for Teacher Inservice	14	15 BUTTERFLIES & DRAGONFLIES Bubble Party MISS RACHAEL'S PRE-K Counting Caterpillar QTips	16	17 BUILDING BLOCKS Movie & PJ Day MISS MELANIE'S PRE-K Use Playdoh to Build & Count	18
19	20	21 MISS RACHAEL'S PRE-K Direct Drawing Project to make Pigs DUCKS Wear your favorite animal	22	23 MISS RACHAEL'S PRE-K Matching Animal Mamas & Babies	24	25
26	27 MISS MELANIE'S PRE-K Jack O'Latern Pattern Blocks	28 BUTTERFLIES & DRAGONFLIES Carve a Pumpkin	29 BUTTERFLIES & DRAGONFLIES Pumpkin 'Guts' Sensory Bin	30 SGT. BLUFF SCHOOLS 1:30 Dismissal	31  HAPPY HALLOWEEN Halloween Parties/Parade of Costumes SGT. BLUFF SCHOOLS No School	1