



A note from the office:

December 2025

We can hardly believe Christmas is here!

Christmas fun! Please watch your child's classroom door for sign-up sheets to let us know if your child will be here around the holidays. This will help us schedule staff for the classrooms appropriately.

We will be putting up our wish tree by the fish tank. If you would like, please find a tag with your child's class, take the tag, purchase the gift, wrap it, and place it back under the tree. All classrooms will open up the gifts at their classroom parties. Let your child's teacher know if you would like to bring a special snack for their party!

Watch your child's classroom door for specific snow days to go outside and play in the snow. Please bring your child's snow gear so they can enjoy the fun. Please don't forget to label all your child's winter gear.

Merry Christmas to all and to all a good night!

Miss Jessica & Miss Becca

HAPPY BIRTHDAY

Caitlin

Robert

Silas

Jade

Bradyn

Denver

Hayes

Clay

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 Recognize & Understand Anger

Brooke Brogle, Alyson Jiron & Jill Giacomini

As a parent, you might find that calming your angry child can be one of the biggest challenges of parenting. There are many things that make children angry, and children feel anger in different ways — just as adults do. Perhaps you were taught as a child that being angry was not “allowed” or that anger was “bad.” It is important to teach your child that it is normal to get angry. Often, the first step parents must take is to set aside what they themselves were taught as children, and choose to teach their own child something new. As with all emotions, when you help your child recognize and name his anger you have helped him take the first step toward being able to control his own behavior. When your child is able to recognize the feeling and say, “I’m angry!” it reduces the chances that he will act out.



Try This at Home

- Notice and label when you, your child or others are angry. You might say:
- About yourself: “I am feeling angry in my body. My heart is beating fast and I feel like a volcano inside. I am going to take some deep breaths to calm down.”
- About your child: “I can see that you are angry! Your hands are making a fist and your eyes are big.”
- About others: “I see that little girl is angry. I wonder what happened. What do you think might help her to calm her body?”
- Encourage your child to move. Just as adults release stress at the gym or by going for a run, physical movement helps children to change their body experience. Teach your child to yell into a pillow or push on the wall. However, don’t encourage your child to hit others or hit objects (we want children to let go of their anger without hitting or hurting others).
- Read books about being angry. Talk with your child about what the character is feeling and experiencing and come up with ideas that might help. You can find many books and activities to help your child learn about emotions at: <http://challengingbehavior.fmhi.usf.edu/docs/booknook/ChildrensBookList.pdf>
- Calming down is a skill that children must learn. Young children do not understand the words “calm down.” Tucker Turtle is a story that helps children understand how to calm down. It can be a great tool for teaching this skill. Download and print Tucker Turtle for free at: <http://challengingbehavior.fmhi.usf.edu/Pyramid/intervention/TTYC/tools.html>.

- Puppets and toys are great to use for role playing situations that your child understands. “Wow, this lion is very angry. Her sister took her toys! She is stomping her feet and roaring very loudly! Let’s help her to calm down.”



Practice at School

Children can become angry at school for a variety of reasons. Teachers help children understand that everyone feels angry and shows the class positive ways to calm down, such as taking a deep breath or finding a quiet place by reading stories, or role playing with puppets. Children are given the opportunity to practice different techniques and find a solution that works for them. By encouraging children to find a solution that helps them not feel angry, teachers help children feel in control of their emotions and confident in their ability to handle difficult emotions.



The Bottom Line

Anger is a feeling all parents and children experience from time to time. The goal is not to try to get rid of anger in your child or yourself, but rather to teach your child useful and acceptable ways to manage her feelings. You can teach your child that anger is a natural, healthy emotion and like other emotions (i.e. joy, sadness, frustration), anger needs to be expressed appropriately. A child who has been taught to recognize and understand anger in herself and others will be less likely to express her anger in aggressive and destructive ways. The ability to manage feelings and solve problems is a life-long skill necessary for children to be happy and healthy.



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Weekly Themes:

12/1 - 12/5	Winter Wonderland
12/8 - 12/12	Candyland Christmas
12/15 - 12/19	Whoville
12/22 - 12/26	Christmas Fun
12/29 - 1/2	Welcome 2026!

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Teacher Fun Fact

What is your favorite Christmas movie?

Miss Jessica: Grinch

Miss Becca: Elf

Miss Tiara: How the Grinch Stole Christmas

Miss Kenzie: A Christmas Story

Miss Ariel: National Lampoons Christmas Vacation

Miss Joelle: National Lampoons Christmas Vacation

Miss Brittini: Babes in Toyland

Miss Kami: The Polar Express

Miss Shelby: The Santa Clause

Miss Madelyn: The Santa Clause

Miss Mattie: The Polar Express

Miss Tori: Christmas Vacation

Miss Eva: How the Grinch Stole Christmas

Miss Caitlin: Christmas Hallmark movies

Miss Melanie: Rudolph the Red Nosed Reindeer

Miss Rachael: Elf

Miss Hannah: Home Alone

Photos of the Month



Health & Fitness Tips:

TIPS TO KEEP YOUR CHILDREN HEALTHY IN WINTERS

LOAD UP ON VITAMIN C

Foods rich in vitamin C can shorten the length of a cold



Vitamin C reduces the duration of children's colds by 14%

That means an average of 4 fewer sick days a year

TAKE VITAMIN D

This vitamin regulates the immune system and prevent colds

Kids who take 1,200 mg a day all winter get the seasonal flu 58% less



WASH HANDS

Careful washing with soap and water kills most germs



Only 28% of kids know how to wash their hands properly

Hands should be scrubbed for at least 20 seconds - as long as it takes to sing "Twinkle Twinkle Little Star"

SLEEP WELL

Plenty of sleep helps kids fight illness

Toddlers need at least 13 hours of sleep per day

School-age kids require 10-11 hours



USE A HUMIDIFIER

Maintain an ambient temperature which is neither too cold nor too hot.



WINTER WEAR

Wear enough layers of clothing including socks and gloves.



Santa
says...



Jump for joy
Hop on one foot
Do a dance
Pretend to ride a sleigh
Sit down
Stand up
Make a snow angel on the floor
Jump up
Spin around
Do a jumping jack
Pose like a Christmas tree
Reach for the stars
March like a toy soldier
Say ho-ho-ho
Pretend to throw a snowball
Hop like a bunny
Clap your hands
Play air guitar
Smell your feet
Walk backwards



CELERY REINDEER SNACKS



These Celery Reindeer Snacks are a fun and delicious twist on a familiar favorite. Easily turn a popular, kid-friendly snack into a festive treat with a few simple ingredients.

INGREDIENTS:

- Celery Sticks
- Peanut Butter
- Nutella
- Pretzel Twists
- Fresh Cranberries or red M&Ms
- Candy Eyes

DIRECTIONS:

- Cut celery into sticks that are 3-4 inches long. Spread peanut butter and Nutella along the center of the stalk.
- Break the pretzel twists in half. Arrange them at the top of the celery stick to form the antlers.
- Add two candy eyes below the antlers, then place a cranberry beneath each pair of eyes for the reindeer's nose.

Care-A-Lot

Brrr.....it's cold!

This month we said goodbye to two of our friends that moved next door to the Disney room. We also welcomed a new friend, Lillyann, who is adjusting well to her new surroundings. We are so happy to have you join us.

A reminder to please change out the extra clothes in your little one's tote so they are not chilly as the weather as certainly changed.

Layne is our tummy time champ right now and she can hold her head really well. Good job! Look out everyone! **Maddie** is on the move! Madeline is army crawling everywhere, and it is her favorite thing to do.

Happy Holidays!

Miss Tiara & Miss Kenzie

Ducks

Hello winter!

Who loves Christmas time? The Duck room does! We will practice our Christmas songs and can't wait for our families to hear them. We have fun holiday art projects planned for the month, including a Christmas family gift.

This month we are introducing numbers and will continue to work on shapes & colors. We will also be working on our ASL and signing more words. This month we will practice showing kindness by playing nicely with our friends.

Vivienne is working on standing all on her own while holding onto something. Keep it up the great work. **Marco** loves to give cuddles and hugs to his friends & teachers.

Merry Christmas & Happy New Year!

Miss Kami

Butterflies

Ho Ho Ho! We are excited for the holiday season.

This month we will be reading Christmas books and singing Christmas songs. Our sensory bin will be filled with holiday & winter items that have different textures, so we can explore & imagine.

We are working on playing together nicely and showing kindness. When we line up to leave the classroom, we are practicing standing on a dot so the teacher can do a head count and leave the room in an orderly fashion.

Berri is talking so much more and so clear! We love to hear his voice. **Cason** likes to give hugs to friends that are feeling sad. Thank you for showing kindness Cason!

Merry Christmas and Happy New Year!

Miss Mattie

Disney

Happy holidays from Disney's little elves!

This month we will be singing, "Santa Claus is Coming to Town" and feeling all the joy from the little's smiles.

We are so sad to see **Baylor** go but also excited for his new adventure. We love you Baylor! No more 'turtle on your back' for **Archer**, he is officially able to successfully get off his back by rolling. **Bennett** is finding his voice, and he loves to show his affection by growling at his friends and teachers. It is so cute!

Have a very Merry Christmas and a Happy New year!

Miss Brittini, Miss Joelle & Miss Ariel

Bees

Let's dash into December!

We can't believe December is already here! This month we will learn all about Christmas! We have a lot of fun art & crafts to do like making ornaments, handprint snow globe and a little Christmas gift for our families.

We are still introducing colors & shapes to our little's and love when they start to repeat them back to us!

J'Siyon loves to pick up when we pick up the toys. He is a little helper who also loves to help the teachers by holding their clipboard. Thanks for all your hard work! **Ocean** loves art time. He loves to see the finished product. He also loves circle time and has been doing good with colors and shapes.

Have a safe and Merry Christmas! See you in 2026!

Miss Shelby & Miss Madelyn

Dragonflies

Season greetings from the Dragonflies!

We will be doing a lot of winter activities this month, like counting snowballs, singing Christmas songs, reading Christmas stories & more. We will explore Candyland with art and games, as well as visit Whoville.

As a classroom, we are focusing on sharing and taking turns with our friends. We continue to work on walking feet in the hallways and in the classroom.

Kobe is very caring and protective of his classmates. He is always checking in on them to see if they are okay. We love to see this kindness.

Have a wonderful holiday with your family and friends.

Miss Tori

Caterpillars

Ho Ho Ho!

We will be making a lot of arts and crafts to decorate our room for Christmas. We will be singing Christmas songs and having a jolly time in the Caterpillar room.

When I need a helpful hand, I can always count on **J'Kari**. Thank you!

As a class we will work on taking turns and playing nicely with our friends. We are also working on keeping our feet on the floor.

Please save the date of **December 19th**. We are hosting a center-wide Christmas caroling fun-filled afternoon. We hope to see you there.

Be careful of the elves.

Miss Eva

Lizards

December is here!

This month are weekly themes are Winter Wonderland, Candyland Christmas, Whoville and Christmas Fun! We will be bringing Christmas cheer into our room with all the fun arts & crafts we make.

With the cold weather and snow coming, please make sure your child has a coat, gloves, hat & snow gear ready to play outside.

We will be working on playing together nicely. We play great independently but sometimes playing together is hard at this age. We are also reminded to use our walking feet in the classroom and hallways.

Every morning **Theodore** comes running on in and gives me a great big hug. I love that Theodore! **Dallas** loves to sit with me. Anytime I sit on the floor, here comes Dallas to sit by me and share a story. I love your stories!

Merry Christmas and Happy New Year!

Miss Caitlin

Frogs

It's the most wonderful time of the year.

This month the kids will be learning fun holiday songs, and making cute winter themed art. We will continue to work on our letter recognition and grow in our abilities to count.

We are always working on using our words to tell each other how we feel or what we want. Some examples are asking a friend nicely to play or share. Along with if they don't want to share right away saying, "That's ok then we will set a timer, and I will wait and take my turn."

Let it snow, let it snow, let it snow.

Miss Becca

Miss Melanie's Pre-K

Welcome December!

Parents, if you can please help your child with practicing spelling and writing their name that would be great. The letters of the month are Q, O and E. We will be looking around the classroom for items that start with these letters and identifying the letters along with the sounds.

I have been talking with the kids about always trying new things. Sometimes we need to try hard when learning and it will come to us. Don't give up kids, just keep trying & working hard.

Mariella is one of our kind kids of the month. She is so helpful. Thanks for all your help, Mariella. **Connor** is also such a helper in the classroom. I appreciate all your help Connor.

I hope everyone has a jolly & Merry Christmas.

Miss Melanie

Miss Rachael's Pre-K

Tis the season to be merry!

Our letter wall is starting to fill up! This month we will practice the letters Q, O and E! The children are doing great using the letter sounds to come up with words!

I am excited to do a lot of Christmas art! We will journal "All I want for Christmas is.....". We have been practicing for our Christmas carols!

As a classroom, we have been working on using our words to say, "Please stop". We have been going strong learning to use kind words & to ignore some situations. We are always talking about how to line up and how to walk in a line properly. "Pre-K style" is what we call it.

Brea helped a friend hang up their jacket when they couldn't quite get it. Great kindness, Brea! Brea also sounded out 3 words that started with the letter A. Amazing! **Amelia** helped Miss Rachael clean & put toys away without being asked, just to be sweet! Thank you, Amelia.

With winter here, please make sure you bring all your gear for outside time. Coat, gloves, hat, boots and snowpants will be great for playing in the snow.

Have a very Merry Christmas!

Miss Rachael



School-Agers

It's the most wonderful time of the year!

A reminder to all school-age parents, please let us and the office know if your schedule will be different during the holidays so we can properly staff the classroom.

With winter here, please make sure your kids have all their snow gear in a reusable sturdy bag. This makes it so much easier on the kids while bringing it to and from home, school and Building Blocks. We will use the gear here afterschool to go outside as well.

Label ALL your school-agers items with names so we can easily identify whose is whose. There are a lot of black snow pants normally in the winter and easy to get the wrong pair back if not labeled.

Have a jolly Christmas!

Miss Ariel & Miss Hannah

DECEMBER 2025

REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO THE BOX NEXT TO THE FISH TANK. ON THE 23RD, WE WILL DELIVER THE BOX TO THE **SERGEANT BLUFF FOOD PANTRY**.

***BRING ON THE FOLLOWING MONDAY**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	01 BOX OF CEREAL	02 PEANUT BUTTER	03 STUFFING MIX	04 BOXED POTATOES	05 BOXED MAC & CHEESE	06 CANNED FRUIT*
07 CANNED TOMATOES*	08 CANNED TUNA	09 DESSERT MIX	10 JAR OF APPLESAUCE	11 CANNED SWEET POTATOES	12 CRANBERRY SAUCE	13 CANNED BEANS*
14 BOX OF CRACKERS*	15 PACKAGE OF RICE	16 CANNED GREEN BEANS	17 PACKAGE OF PASTA	18 SPAGHETTI SAUCE	19 CHICKEN NOODLE SOUP	20 TOMATO SOUP*
21 CANNED CORN*	22 CANNED CARROTS	23	24	25	26	27
28	29	30	31			



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2 MISS RACHAEL'S PRE-K Santa Small Motor Skills Project	3	4 MISS MELANIE'S PRE-K Exploding Snowman MISS RACHAEL'S PRE-K Sensory Bin with Ice	5	6
7	8	9 MISS RACHAEL'S PRE-K Santa Questionnaire	10	11 MISS MELANIE'S PRE-K Christmas Tree Experiment	12 MISS RACHAEL'S PRE-K Hot Chocolate Day	13
14	15 MISS MELANIE'S PRE-K Beaded Snowflake Activity	16 MISS RACHAEL'S PRE-K Grinches Heart Day	17	18 MISS MELANIE'S PRE-K Hot Chocolate Day with an Experiment	19 BUILDING BLOCKS PJ Day	20
21	22 MISS MELANIE'S PRE-K Scooter Fun	23 SGT. BLUFF SCHOOLS 1:00 Dismissal	24 SGT. BLUFF SCHOOLS No School 12/24 - 1/2 BUILDING BLOCKS is CLOSED today	25 Merry Christmas BUILDING BLOCKS is CLOSED today	26	27
28	29	30	31	1 HAPPY NEW YEAR! BUILDING BLOCKS is CLOSED today	2	3