

A note from the office:

August 2025

Back to school time is officially here!

We have loved spending the summer with your children and we are excited for the cooler days to come this fall.

A few reminders from the office:

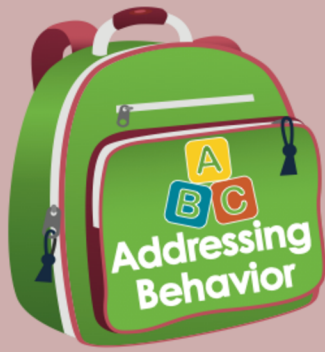
- **Transportation:** If your child will need before or after school care, or they will ride the vans to/from school, please sign up on the school-age room door or on the tuition table.
- **School Age Absences:** Please let us know if your school-age child will not be riding the van back to Building Blocks in the afternoon.
- **Absences:** Please call the center if your child(ren) will not be at the center. This helps us plan for staffing.
- **Schedules:** If your schedule will be changing in August, please let the office or your child's teacher know.

Staff Spotlight:

Miss Haileigh is always a team player and is always willing to jump in to help in a room. **Miss Jaidan** is such a great help and does amazing with the babies.

Please feel free to stop in anytime with questions or concerns.

Miss Jessica & Miss Becca



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 Whining

Brooke Brogle, Alyson Jiron & Jill Giacomini

There are few behaviors that are more frustrating to parents than whining. Yet for children, whining can be a quick and easy way to get a parent's full attention. Children whine when they feel overwhelmed by an emotion or desire and do not have the vocabulary to express their feelings. They also might whine when they do not have the skills to complete a task or because they feel tired, hungry, powerless, or lonely. Simply put, children whine to ask for help. You can help your child figure out WHY he is whining and help him to find a better way to communicate.

Your child will continue to whine until you teach him a new skill. When you give into his whine for candy at the check-out counter, you are teaching him that his whining behavior is working and he should use it again. When you take away your son's favorite toy because he won't stop whining, you increase his feelings of insecurity and actually also increase the likelihood that he will whine more often. Instead, you can teach him to use his words to tell you about his feelings and, together, you can come up with a way to solve his problem.



Try This at Home

- If your child often whines when she is tired, consider running errands before or after her nap time, when she is rested.
- If your child often whines when she is hungry or bored, hope for the best but be prepared for the worst. Carry a small snack, pack a coloring book and crayons, or have a special activity ready to go that is only for this type of occasion. For example, you could have a bucket of puzzles, books, or toys that you only take out when you are on the phone.
- Teach your child that his needs get met when he uses his words. If he is whining for milk, tell him, "You can say, daddy, milk please." When he uses those words, follow up by saying, "Of course I will get your milk! Thank you for using your words!"
- In a calm and happy moment, play with whining. Make a stop sign with "red, stop" on one side and "green, go" on the other. He can pretend to be the dad and you can pretend to be the child. Ask him for a toy using a variety of voices—whining, yelling, talking and whispering and after each request ask him, "Stop or go?" He too can practice using each kind of voice and when he whines, you can say, "No Way!" When he asks for the toy in a talking voice you can say excitedly, "Yes, yes! Here's the toy and you get a kiss too!"



Practice at School

At school, children are encouraged to use their words either verbally, using sign language, or using other forms of communication. Teachers remind children when they whine to instead use their words to express their wants and needs. A teacher might say, "I don't understand what you want when you whine. You can use your words to tell me what you need and then I can help you." Often a child just needs a reminder to use words and if needed, the teacher can give the child an example of what to say. "You sound like you are still hungry. You can say 'more crackers please.'" Or, the teacher can show the child how to ask for a cracker in sign language.



The Bottom Line

Whining is a common way for your child to tell you that she needs help. Until she learns a new way to get your attention, she will likely continue to whine. You can teach and show your child how to use her words to clearly express her needs. Children who are confident talking about their emotions and feel heard by their parents are less likely to whine.



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Weekly Themes:

8/4 - 8/8	Rodeo
8/11 - 8/15	Pets
8/18 - 8/22	Transportation
8/25 - 8/29	All About Me

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Teacher Fun Fact

Are you an Early Bird or Night Owl?

Miss Jessica: Night Owl
Miss Becca: Night Owl
Miss Tiara: Early Bird
Miss McKenna: Night Owl
Miss Jaidan: Night Owl
Miss Brittini: Night Owl
Miss Caitlin: Early Bird
Miss Joelle: Early Bird
Miss Kami: Night Owl
Miss Hattie: Night Owl
Miss Madie: Early Bird

Miss Shelby: Night Owl
Miss Mattie: Early Bird
Miss Tori: Both
Miss Hannah: Night Owl
Miss Bell: Night Owl
Miss Jenny: Night Owl
Miss Eva: Neither
Miss Melanie: Both
Miss Chloe: Night Owl
Miss Taylor: Night Owl
Miss Ashlyn: Night Owl
Miss Ariel: Night Owl

HAPPY BIRTHDAY

Henry
Arlo
Marta
Brynlee
Mackenzie
Isla

Hadley
Aiyana
Layla
Leighton
Natalie
Miss Hattie

Photos of the Month



Health & Fitness Tips:

Back-to-school affirmations are positive statements that students can repeat to themselves to build confidence, focus and a positive mindset for the new school year. These affirmations can help students feel more prepared, capable, and motivated to learn and grow.

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

Back-to-School Affirmations

www.workingmomkind.com

AFTER SCHOOL SNACKS BANANA PEANUT BUTTER TOAST

- 1 slice of whole-grain bread, toasted
- 1 banana, sliced
- 1 tbsp. nut butter of choice
- Toppings of choice (cinnamon, nuts, chocolate chips, honey)

Spread your child's favorite nut butter on a slice of whole-grain toast and top with banana slices for a sweet and satisfying snack that's full of fiber and protein.



Care-A-Lot

Hello August!

This month we will be sorting toys and talking about colors. We will make footprint crayons for the new school year and we are excited to see them hanging in the hallway! Since clapping our hands is one of the babies' favorite things to do, we will be singing, *If You're Happy and You Know It*. With our big move-up approaching at the end of the month, we will begin to get our kiddos ready for the transitions to the new room with visits to the Disney room and a transition to a new schedule. We are so incredibly sad to see our babies moving up, but we can't wait to see all of the amazing things they achieve in Disney.

Xakai is officially crawling! He is making leaps and bounds and he loves to go, go, go! **Baylor** has the biggest smile that lights up the room. Beware, you might fall for his dimples!

Wishing you sunshine, smiles and sweet summer memories this month!
Miss Tiara, Miss McKenna & Miss Jaidan

Ducks

New month, new friends!

This month we will be counting how many cars we see and we will make our own sailboats during pirates week! We will say goodbye to our older friends and we will welcome new friends to our room! Please be on the lookout for information about the move up that will be coming in the first few weeks of the month. We are looking forward to getting to know the new friends moving up!

Nova always makes an effort to say new words whenever she gets the chance. **Cason** never fails to make us laugh with his crazy self!

We are ready for another great month and we can't wait to meet our new friends!

Miss Kami & Miss Hattie

Butterflies

Hello August!

This month we will be counting cars and days of the month on our calendar in circle time. Check out our cactus art that we will make during rodeo week! We will also learn our body parts when we sing, *Hokey Pokey*!

Please remember to take water bottles home weekly to wash them! We will be working hard on potty training! We know the kids will have success and be ready to move to the next room!

Addie loves to help the teachers whenever she can. **Brooklyn** has been doing an awesome job or cleaning up toys.

Here's to the new school year!

Miss Mattie

Disney

Hello little rays of sunshine!

This month we will be having our big move up on the 25th. We will have more information posted as we get closer. When your child moves to the 1 year old room, he/she will need to wear shoes and you will need to bring nap time materials (either 2 blankets or 1 blanket and 1 crib sheet). We will have the children visit the 1 year old rooms to adjust to the new schedule and new people before the move-up, so you can bring the nap time essentials early if you want. It has been such an honor to care for your children and help them grow! We know they will do great things!

This month we will be counting all of our friends to learn our numbers and making back to school art!

Adalyn has discovered her growl and loves to growl at everyone with a smile. **Theodore** loves to rearrange our cribs. He makes it his own little project!

Thank you for letting us love your babies!

Miss Brittini, Miss Caitlin & Miss Joelle

Bees

Hello August and goodbye July!

This month we will be learning our class schedule and we will review it during circle time. We will read books about our favorite animals during pet week. We will do all about me worksheets at the end of the month.

J'Siyon has been adjusting to the class very well and we are glad he is a part of the Bees. **Lyla** has been a great help this month! She has been saying "thank you" so much and we love her manners!

Have a good month!

Miss Shelby & Miss Marie

Dragonflies

Swing into August with the Dragonflies!

This month we will be practicing horseshoe games and learning about rodeo animals. During pet week, we will talk about our pets and learn what animals make great pets. Be sure to check out our paw print art that will hang in the hallway for pet week! Water days will be on Tuesdays, so please continue to send a swimming suit and a towel! We are working hard on potty training to get the kids ready to move to the next room!

Octavia is doing great at potty training! **Kobe** is a great friend and helper in the classroom!

Thanks for another great month in the Dragonflies!

Miss Tori & Miss Hannah

Turtles

Hello!

This month will be filled with fun in the sun! We will be matching pets to the first letter of their name! In art, we will make our own cowboy hats during rodeo week. We will take a trip to Dairy Queen on the 14th to enjoy a yummy treat and see how ice cream is made! My last day as the teacher in the Turtle room will be Friday, August 15th. Thank you for sharing your children with me.

Madeline is getting so good at her tracing skills. **Clay** can name all of his shapes and colors and he can count to 20!

Have a great month!

Miss Bell

Lizards

Hello!

This month we will be working on counting to 10 and then back down to 0. We also plan to count blocks as we stack them. In art, we will make our own pirate flags and fun back to school art. We are excited to work on our gross and fine motor skills this month. Please pay attention to the door for information on special events and to sign your child in and out for the day!

Violet is leaving our class and we will miss her, but we are excited that she is moving on to a new adventure! **Willow** is very attentive and is always willing to comfort someone if they are sad.

Back to school month is here! Thanks!

Miss Eva

Pre-K

Hello!

I am very happy that I get to cover for Miss Rachael while she is on maternity leave! I love doing activities with the kids and I am having a great time! We have so many fun projects planned this month! We will do math flash cards to get ready for Kindergarten and we will make snakes during reptiles week! We are excited for the fun activities we have this month before the kids head to school! We will be taking a trip to the Riverside Splash Pad during one of our water days! It's always so much fun to splash in the water!

Carter B has been a great friend to a new student. He has helped her adjust to our routine and has made her feel included. **Iris** is always willing to help anyone who needs it and is such a kind friend.

I am having so much fun with the kids! Thank you for sharing your children with me!

Miss Chloe

Frogs

Welcome to the new Frogs who have joined our room!

This month we will be counting colored bears and reviewing our shapes at circle time. In art, we will be making a post all about ourselves to find the ways we are similar and different! During music and movement, we will learn the song *Blow a Kiss Jellyfish*, so be sure to ask your child to sing it to you! We will do fun science experiments where we see if we can make it rain different colors in our jar! It will be a month of fun and excitement!

Waylon plays well with others and is willing to share his toys with anyone! **Shane** loves circle time! He is so helpful and always makes sure everyone gets a chance to take a turn!

I hope everyone has a great month and is looking forward to Labor Day weekend!

Miss Jenny

Alligators

Hello August and a new school year!

This month in math we will be counting all different items throughout the room, and working on train car math. When we get crafty, we will make our own cars! I can't wait to see what the kids create! We will also learn a traffic light sign during transportation week!

Please make sure to check cubbies for the Pre-K school supply list! We will be working on spelling our names to get ready for Pre-K and I am very excited to meet my new class!

Emma is always giving hugs when friends are sad. **Aiden** is a great teacher's helper!

Let's have a great new school year!

Miss Melanie

School-Agers

Hello August! We feel so lucky to have had the opportunity to spend the summer with your kids! It has been a blast!

This month we will be learning about different pets, transportation systems and rodeos. Some fun activities include creating pets out of clay, using watercolor and tempera paint to create our own forms of transportation! We will work on adding and subtracting with missing numbers and we will work on matching the sum to the addition problem. We know they will be ready to jump right back into math at school with this practice!

Bella is always the first person to step up and help her friends. She is always so respectful. **Andre** is always setting a good example for everyone around him. He loves to talk, so the second the van or classroom is quiet, we know Andre is sleeping! He enjoys a nap after field trips! **Ashton** is so kind, helpful and polite to his friends and teachers. It is great to have such a fantastic helper in the room! **Kylan** gets along with everyone and is very kind and helpful! He is a great example for others in the room!

Enjoy the last month of summer and best of luck on the upcoming school year!

Miss Ariel, Miss Taylor & Miss Ashlyn

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6 BUTTERFLIES & DRAGONFLIES Water Day ALLIGATORS Picnic Park	7 DUCKS & BEES Water Day	8 ALLIGATORS & PRE-K Water Day BUTTERFLIES & DRAGONFLIES Tunnel Play	9
10	11	12 BUTTERFLIES & DRAGONFLIES Water Day ALLIGATORS Wash the Dog Sensory Table	13	14 DUCKS & BEES Water Day ALLIGATORS Design Dog Collars	15 ALLIGATORS & PRE-K Water Day	16
17	18	19 BUTTERFLIES & DRAGONFLIES Water Day ALLIGATORS Car Park Number Match	20	21 DUCKS & BEES Water Day BUTTERFLIES Picnic	22 ALLIGATORS & PRE-K Water Day BUILDING BLOCKS Movie & PJ Day	23
24	25 BACK TO SCHOOL BUILDING BLOCKS Move-Up Day	26	27	28 BUTTERFLIES & DRAGONFLIES Playground Chalk	29	30
31	1 LABOR DAY BUILDING BLOCKS is CLOSED today	2	3	4	5	6