



A note from the office:

September 2026

Welcome to September! We are excited for a new month filled with learning, fun, friendship and wonderful memories at our center!

As we head into another month, we have a few reminders:

- Per HHS requirements, each child needs 2 blankets for nap time. We ask that the blankets you bring are able to fit in your child's cubby.
- Keep an eye on your child's classroom door for notes about field trips and special events.
- Please bring jackets for your child as the weather starts to change and cool down this fall. We will continue to go outside even on the cooler days.
- Parents of school-age children: Please call the office if your child will not be riding the bus or van.

Staff Spotlight:

Miss Jaelee is always willing to go above and beyond to help the center. We appreciate her and are so happy she is a part of our team.

We wish all of our families a wonderful September filled with happy moments, new adventures and lots of smiles.

Miss Erica & Miss Yesenia

HAPPY BIRTHDAY

Yasiel
Jeremiah
Terrell
Xylina
Malcom

Amirah
Dominic
Aiyana
Mylo
Loralynn

Evan
Yuel
Miss Chloe
Miss Molly



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 Morning

Brooke Brogle, Alyson Jiron & Jill Giacomini

Do you struggle with stressful mornings when you want to lay your head down and cry before 8:00 a.m.? Do you often leave the house in an angry, frantic rush? Mornings can be a particularly challenging time for parents. Getting your entire family up and out the door is no easy task! It is important to understand that your morning routine serves as the foundation for your family's entire day. You can create a morning routine that not only helps your day to begin more smoothly, but also teaches your child important skills that he needs to become more independent and confident. A morning routine can also reduce challenging behavior such as crying, whining and tantrums.



Try This at Home

- Use a visual schedule with items such as photos, clipart, or objects that shows your child the steps in his morning routine. This visual schedule can help him to understand the expectations of the morning routine. To learn more about how to create a visual schedule, go to challengingbehavior.org and search the site for "visual schedules" in the search box located in the upper right-hand corner of the screen.
- If your child has trouble waking up in the morning, it might be because he is not getting enough sleep at night. Set a consistent bedtime and stick with it. When a child's bedtime changes it can make it harder for him to wake up in the morning. For more information on bedtime routines, go to challengingbehavior.org and search the site for "bedtime routines" in the search box located in the upper right-hand corner of the screen.
- Plan ahead. Use your bedtime routine to plan for the next day together.
 1. Lay out the clothes your child will wear.
 2. Pack his backpack.
 3. Discuss the morning routine, show him pictures and talk about the day ahead.
- Give your child some power over his morning routine by offering reasonable choices. For example, "First, get dressed. Then, you get a choice! Would you like to have cereal or pancakes for breakfast?"
- Include bonding time in your morning routine. Time to read, bathe or snuggle will help your child feel loved and calm as he begins his tasks for the day.

- Encourage your child. When your child completes a task and follows the routine, provide positive and specific encouragement. For example, say "Wow! You got up and got dressed all by yourself! Now we will have a few extra minutes to play with trains. What a great way to start the day!"

Practice at School

Teachers use routines to provide a predictable structure to your child's day. When a child understands what she should be doing and what will come next, she feels less anxiety and more excited to participate. While the specific activities in the classroom might change, the routine does not. For example, while 10:00 may always be art time, the specific craft (painting, cutting, gluing) may vary from day to day. Children become eager to try new activities because they are confident and comfortable with the routine.

The Bottom Line

A morning routine is a daily opportunity for you to build and nurture a positive relationship with your child. When you follow a repetitive morning routine you allow your child to gain practice with important skills such as dressing, bathing and grooming and give him a feeling of confidence and success. A calm, loving morning routine at home sets the tone for the entire day for both you and your child.



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Weekly Themes:

8/31 - 9/4	Transportation
9/7 - 9/11	Feelings & Emotions
9/14 - 9/18	Colors
9/21 - 9/25	Shapes
9/28 - 10/2	Apples

Stay in touch :



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Teacher Fun Fact

What was your favorite song to sing with the kids?

Miss Erica: Tooty-Ta
 Miss Yesenia: Bluey Theme Song
 Miss Jessica: Itsy Bitsy Spider & Baby Bumble Bee
 Miss Shantel: Baby Shark
 Miss Ashley: Wheels on the Bus
 Miss Breonna: Baby Bumble Bee
 Miss Isabelle: Wheels on the Bus
 Miss Lexi: Head, Shoulders, Knees & Toes
 Miss Yasmin: ABCs
 Miss Soraya: La Vaca Lola, Hop Little Bunnies & Tiny Tim

Miss Esme: Chicken Banana & If You're Happy & You Know It
 Miss Chloe: Tiny Turtle
 Miss Shelby: Bear Hunt
 Miss Anna: On Top of Spaghetti & The Boundary Song
 Miss Molly: You Belong with Me

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:

Immune Boosters for Kids

With school back in session, it's an important time to highlight healthy habits that can support a child's immune system.

Best Daily Habits

- **Good Hydration:** Drinking plenty of water keeps mucus membranes moist, creating a natural physical barrier against bacteria & germs.
- **Sufficient Sleep:** Rest gives the body time to recover and keeps the immune system working at its best.
- **Regular Exercise:** Physical activity keeps blood flowing and helps circulate immune cells through the body.
- **Handwashing:** Frequent scrubbing with soap and water stops germs from entering the body.

Key Immune-Supporting Foods

- **Vitamin C:** Found in citrus fruits like oranges, grapefruits, strawberries and bell peppers to help build white blood cells.
- **Vitamin D:** Found in fortified dairy, eggs and fatty fish to activate immune defenses.
- **Zinc:** Found in red meat, poultry, beans and nuts to help white blood cells function.
- **Probiotics:** Found in yogurt to support a healthy gut.

AFTER SCHOOL SNACK

Chocolate (Hidden) Veggie Muffins

If you are dealing with a picky eater or a child who doesn't like veggies, this may be the recipe for you. Hidden inside these chocolate muffins are zucchini, spinach & beans, making them a great (and healthy) after school snack.

INGREDIENTS:

- 1.5 cups oat flour
- 1/3 cup cocoa powder
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/3 cup chocolate chips plus some for topping
- 1/2 cup grated zucchini
- 1 cup spinach
- 1 cup chickpeas drained
- 1/3 cup maple syrup
- 2 eggs
- 1/3 cup olive oil or avocado oil
- 1/2 cup plain greek yogurt

DIRECTIONS:

- Preheat the oven to 350 degrees and grease a muffin tin or line with muffin liners.
- In a large bowl, mix dry ingredients (flour through salt; omit the chocolate chips for now).
- In a high speed blender or food processor, combine the wet ingredients (grated zucchini, spinach, chickpeas, maple syrup, eggs, oil and greek yogurt). Blend until it forms a uniform consistency and the spinach leaves are completely blended.
- Combine the wet mixture from the food processor into the large bowl with the dry ingredients. Gently mix, adding in the chocolate chips.
- Scoop the batter evenly into a muffin tin and top with chocolate chips and a pinch of sea salt, if desired.
- Bake for 20-24 minutes, or until a toothpick inserted into the center of a muffin comes out clean.



Care-A-Lot

Hello!

This month will be so much fun as we have new friends joining us! A few of our older friends will move to the next room to continue to learn & grow! This month we will work on growing our neck muscles during tummy time and we will practice our fine motor skills of grasping toys and holding them as we play.

Jesynia is crawling on her arms and getting around the room. **Elianna** is doing a great job during tummy time!

Enjoy the start of fall!

Miss Jessica

Bees

I am looking forward to a classroom full of curiosity and joy! Summer has come to an end and we are slowly transitioning into fall.

As we begin the school year together, Bees will be introduced to colors, numbers, alphabet and shapes! We will do a fizzy rainbow this month during science and in math we will sort and count cubes by color. We will learn how to say, "Please stop," when someone is doing something we do not like. We will also practice using kind touches with our friends.

Please remember to bring 2 blankets for nap time, extra clothes and shoes!

Josiphene is talking so much! Her vocabulary is growing and it shows! Way to go Josiphene! **Finneas** is able to walk with guidance! Just a step closer to walking on his own! Way to go Finneas!

Let's have a great year!

Miss Izabelle

Butterflies

Welcome to September, where pumpkin spice invades everything!

This month we will learn how to ignore a friend when they are doing something we do not like. We will also practice how to line up on the wall before we leave the room. Our themes this month are feelings & emotions, colors, shapes and apples. When we learn about colors, we will make a color volcano! At the end of the month when we focus our learning around apples, we will taste different colors of apples and do apple counting activities.

Lillian saw a friend playing by themselves so she went to share her new toys. **Chloe** saw a friend struggling to put their shoe on, so she helped them.

See you for spooky season!

Miss Lexi & Miss Yasmin

Disney

Hello! Fall is coming and we are looking forward to the leaves starting to fall!

This month we will be laughing, learning and growing together! We will make a rainbow art project, so be sure to check out our creations! We will help our friends with their next milestones by using the walking toys to support them as they take steps. We will encourage crawling by placing the kiddos on their tummy and helping them get to their knees!

Luna loves to shake her head no while smiling and laughing! It is so cute! **Kenna** is walking all over the room! Way to go!

Have a great day!

Miss Shantel & Miss Ashley

Ducks

Good Morning Ducklings!

This month we will continue to adjust to our new schedule for the friends who moved up the last week of August. We will practice how to ask for help when we need it and how to use nice hands when playing with our friends. We will use glitter to make slime and play with it in our sensory bin. We will also practice counting to 5 at circle time and as we line up.

Josiphene is always smiling and joining in during circle time.

Have a nice day!

Miss Breonna

Dragonflies

Hi my Dragonflies!

This month we will be learning about feelings & emotions, our favorite colors, shapes and apples. We will be doing fall harvest activities like making corn shakers. We will also enjoy a feelings & emotions sensory bin. We will see what happens when we mix oil and water in a hands-on science activity and for math we will be counting leaves that we find. We will continue practicing our solutions and rules by learning how to use walking feet in the classroom and how to line up in the hallway!

Astavian loves participating in circle time and knows his days of the week and colors. **Jeremiah** loves to show us his feelings and emotions during circle time.

Happy Labor Day! We hope everyone has a good month!

Miss Soraya

Snails

Welcome to September!

We will have fun learning about our feelings, colors & shapes! We have fun hands-on activities planned this month including stories, songs and art. We will learn how to identify and express our feelings, learn colors & shapes, and discover apples through sensory and science activities, including cutting an apple open to see what is inside. We will also practice sharing and taking turns, using kind words, and how to use gentle hands.

Leilani has been doing a great job helping friends in the classroom. **Anna** has been doing a great job during her circle time.

Thank you for being a part of our classroom family! We are excited for a fun September full of learning, exploring and growing together!

Miss Esme

Frogs

Welcoming the fall air!

This month we will be exploring our feelings and emotions, learning about different colors, shapes and all about apples. We will read stories about feelings, practice identifying how we feel, and learn healthy ways to express our feelings in a kind and calm way. We will have fun with colors by sorting, matching and creating colorful art. We will also learn about shapes in our world through songs, games and building activities. During our apple theme, we will read, "The Giving Tree", count apple seeds, taste different colors of apples and complete an apple science experiment. We will observe apples, talk about the parts of an apple, and see if they sink or float. We will also sort and count apples by color and compare using more or less.

We will practice our PBIS skills every month. This month we will talk about the solution of using kind words with friends and how to show we care about others by expressing our feelings and resolving conflict with kind words! We will also practice using kind hands and keeping respectful boundaries with our friends.

Kareena is new to our group and we are so excited to welcome her! She is so kind and caring to all of her friends. **Jordan** is really finding his confidence and voice in the classroom and we are enjoying all of his stories.

Bring on the fall fun!

Miss Shelby

School-Age

Sweet! It's fall! Come have a ball!

This month we will be practicing how to use kind words with friends and others. We will also play games to practice using our listening ears and how to use those listening skills to show respect to our friends, teachers and parents. We will see what happens this month when gummy bears are frozen in a fun science experiment. We will get up and moving with addition exercise math!

Zowye is using her listening ears so well! **Emalee** is a great listener and helps her friends with instructions!

Wake me up when September ends!

Miss Molly

Caterpillars

We are happy it is fall!

This month we will be learning about emotions and what they mean. As part of this theme, we will learn how to share with our friends and take turns with toys. We will be doing a lot of crafts using colors of the rainbow. Shapes will also be a topic we cover! We will look for shapes all around the classroom and name them as we see them. At the end of the month, we will be learning about apples and where to find them as they grow. We will be practicing using our walking feet to stay safe in the classroom. Please make sure to check your child's cubby to see if they're in need of anything like diapers, wipes or extra clothes.

Lucas has been doing great with his colors. **Ember** has been doing great with helping around the classroom.

Have a great month!

Miss Chloe

Alligators

Welcome September! Cozy season is here!

This month we will be focusing on numbers with worksheets, games and so much more. We will do various activities using slime, like practice cutting with scissors and using our play doh toys. Our book of the month is, "Pete the Cat, Falling for Autumn", and we plan to read it each week. We will also practice how to ask for a hug when we need it and how to line up nicely in the hallway.

Matteo has gotten very good at using his words and playing nicely with friends. **Fox** has made a lot of new friends since being back. He is super good at playing with everyone.

Wishing you a wonderful start to fall!

Pre-K

Welcome to the first month of preschool!

This month we will finish our Getting Ready for School unit by learning about each of our centers and the toys available in them. We will talk about classroom expectations and practice using school supplies effectively. Name writing sheets will go home this month, please practice writing names at home! Please bring a family photo to school to go on our family wall! We will make lava lamps from oil, water and food coloring during science and for math we will count to 20 using 1-1 correspondence.

When we practice our PBIS skills, we will focus on how to take a break. We will tour the calm-down space, talk about the tools available and practice our deep breaths. We will also focus on using inside voices in the classroom by identifying voice levels on our chart.

Owen & Eric built a tall tower out of blocks and said "Please! Please! Please!" each time they place a block on the tower, hoping it wouldn't fall! **Jack & Elliot** made animal families out of figures and used a speed limit sign to determine how fast to walk.

Cheers to a great school year!

Miss Bonnie & Miss Anna

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3 DUCKS Footprint Airplanes BEES Make Bus Art DRAGONFLIES "Today I Feel..." Activity CATERPILLARS Name Train Art FROGS Feelings Matching Game	4 BEES Boat Art DRAGONFLIES Paper Plate Emotions CATERPILLARS Traffic Light Art FROGS Favorite Color Graphing SNAILS Make Slime BUILDING BLOCKS PJ Day	5 DUCKS Practice our ABCs BUTTERFLIES Treasure Hunt
6	7  BUILDING BLOCKS Closed Today	8 DUCKS Feelings & Emotions Handprints BEES Acorn Handprint DRAGONFLIES Favorite Color Activity CATERPILLARS Emotion Handprint FROGS Red Day! Wear Red SNAILS Handprint Emotions	9 PRE-K 1st Journal DUCKS Bad Mood Clouds BEES Letter L Art DRAGONFLIES Rainbow Jellyfish CATERPILLARS "A Bunch of Feelings" Art FROGS Blue Day! Wear Blue SNAILS Monster Feelings	10 BEES Corn Art DRAGONFLIES Colorful Shapes CATERPILLARS F is for Feelings FROGS Green Day! Wear Green SNAILS A Bunch of Feelings PRE-K Make Oobleck	11 BEES Fall Tree Art DRAGONFLIES Rainbow in a Bag ALLIGATORS Make Slime FROGS Color Mixing Experiment	12 DRAGONFLIES & SNAILS Cowboy Hat Art
13 TURTLES Car Art	14 DUCKS Glitter Slime BEES Rainbow Hearts BUTTERFLIES Make Color Volcanoes DRAGONFLIES Rectangle Man Art CATERPILLARS Rainbow Handprint Art ALLIGATORS & SNAILS Color Sort & Matching FROGS Circle Shape Art PRE-K Obstacle Course	15 BEES Letter T Art DRAGONFLIES Paint with Shapes CATERPILLARS Mixed Color Handprint Art FROGS Shape Review Game SNAILS Color Mixing	16 BEES Make Rainbow Fish DRAGONFLIES Paint with Circles FROGS Read 'The Color Monster'	17 DUCKS Play with Shaving Cream BEES Crayon Art DRAGONFLIES Sponge Shape Painting FROGS Shape Scavenger Hunt PRE-K Use Instruments	18 BUILDING BLOCKS Wear Your Favorite Color DUCKS Weather Changing Activity BEES Crayon Box DRAGONFLIES Shape Sensory Bin ALLIGATORS Letter Activities FROGS Square Sorting Game	19 TURTLES & FROGS Trip to Nature Center DISNEY Transportation Art PRE-K Make Oobleck TURTLES Movie Day
20	21 DUCKS Colorful Slime BEES Shape Activity DRAGONFLIES Apple Washing FROGS Color Hunt CATERPILLARS Rectangle Man Art SNAILS Cloud Shapes	22 BEES Letter I Art DRAGONFLIES Apple Sensory Bin CATERPILLARS Pizza Shape Art DUCKS Read '5 Little Monkeys' FROGS Apple Taste Test SNAILS Build a Shape House	23 DUCKS Read 'Red Barn Book' BEES Make Shape Owls DRAGONFLIES Apple Painting FROGS Count & Sort Apples SNAILS Shape Pizza	24 BEES Make Shape Friends BUTTERFLIES Taste Green Apples DRAGONFLIES Apple Name Art CATERPILLARS Diamond Fish FROGS Apple Stamping PRE-K Go for a Walk	25 BEES Make Shape Handprint BUTTERFLIES Taste Red Apples ALLIGATORS Shape Activity FROGS Apple Sensory Bin SNAILS Match Shapes	26
27	28 BUILDING BLOCKS Bring Your Teacher An Apple CATERPILLARS Apple Tree Name Art ALLIGATORS Number Work	29 DRAGONFLIES Corn Shakers SNAILS Apple Art PRE-K Field Trip	30 BEES Painting Apples DRAGONFLIES Paper Bag Scarecrow FROGS Johnny Appleseed Story	1	2	3