



A note from the office:

May 2026

April Showers bring May Flowers!! We are enjoying the warmer weather and the extra time we are getting outside!

Mark your calendars for **Pre-K Graduation** on **Friday, May 15th at 6:00pm** at Harvest Church in Sergeant Bluff. We are looking forward to celebrating the graduates as they get ready for Kindergarten!

We are very excited about our Zoo Raffle Fundraiser going through the 15th of May! The top seller from the center will receive a Summer Fun basket of goodies and the class that collectively sells the most tickets will enjoy a pizza party! We will draw the winner on Wednesday, May 20th! Thank you in advance for your help with this fundraiser! We are excited to purchase new outdoor and classroom toys.

The center will be **closed on Monday, May 25th** for Memorial Day to spend the holiday with our families.

A few reminders:

- As we enter the warmer months, please make sure your child has a weather and size appropriate change of clothing in their cubby, just in case of accidents or spills!
- Field Trips: Please keep an eye on your child's classroom door for reminders of field trips, special events, water days, etc.
- If your child's schedule will change for the summer, please stop by the office and let us know! This will help us plan for staffing!
- No outside food or drinks are allowed. Birthday treats are allowed, but we ask that they are pre-packaged and free of nuts, as we have nut allergies in our center. Your child may bring a water bottle from home to have in the classroom.
- Tuition payments are due on Monday for the current week of care. If you have any questions about your bill or if you are ready to make the switch to ACH or credit card payments, please contact Miss Steph or Miss Becca in the office.

Staff Spotlight:

Miss Brenna is a team player. She is always willing to go to any room and is so helpful. We are lucky to have her!

Miss Emma is so helpful and is a great addition to our team. She does wonderful with all ages and we are glad she is here!

We can't wait to start summer fun with all the kids!

Miss Steph & Miss Becca

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!





How to Help Your Child Recognize and Understand Sadness

Alyson Jiron, Brooke Brogle & Jill Giacomini

Sadness is one of the easiest emotions for young children to understand, and one of the first emotions that they can learn to recognize in others. Everyone feels sad at one time or another for a variety of reasons. As parents, we want to empower our children to recognize when they are feeling sad and, if needed, take steps to help themselves feel better or ask someone else for help. When you help your child recognize the physical features that accompany feeling sad and understand the reasons why someone might feel sad, you are helping your child create the necessary building blocks for him to manage his own emotions and relationships. Sometimes simply acknowledging your child's sadness is all that is needed. For example, saying to your child "You are so sad that it is time to leave the park."



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.



Try This at Home

- Notice and label when you, your child or others are sad. You might say:
 - » About yourself, "I'm feeling really sad that Grandma went home. Maybe I'll call her."
 - » About your child: "It looks like you are sad. You have tears in your eyes and your head is down."
 - » About others: "That little boy looks really sad. I wonder what might make him feel better?"
- Read books about being sad. 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 corresponding activities to help your child learn about emotions at: <http://challengingbehavior.cbcs.usf.edu/implementation/family.html>.
- Share with your child times when you felt sad. What happened? What did you do? Did you stay sad forever? It is important for children to learn that emotions can (and do!) change.
- Use your child's play as a way to act out sad situations. For example, you could say, "Oh no, this train is super sad. All the other trains are playing together and he feels sad and lonely."



Practice at School

Whether a child is sad because a parent left, a toy broke or they fell down, there are many opportunities for him to learn what to do when someone feels sad. Teachers label the emotion for the child, (i.e. saying "You look sad") and then begin to let the child come up with a solution to help him feel better. This may be a hug, a story or a special object. As children become more capable, they themselves learn to offer comfort to their peers.



The Bottom Line

The way a child feels and behaves are closely related. Children who can manage their own emotions are better prepared to control their behavior. Children who can recognize their own feelings are better able to remain calm and use words, rather than challenging behavior, to communicate.

Weekly Themes:

5/4 - 5/8	Mother's Day
5/11 - 5/15	At the Beach & Ocean Animals
5/18 - 5/22	Gardening
5/25 - 5/29	At the Zoo

Stay in touch :



@BuildingBlocksPreschoollowa



@buildingblocks_official



buildingblockshome.com

Teacher Fun Fact

What is your dream vacation?

Miss Steph: Spain
 Miss Becca: Colorado
 Miss Tiara: Greece
 Miss Ariel: Australia
 Miss Brittni: Germany
 Miss Joelle: Italy
 Miss Kami: Bahamas
 Miss Madelyn: Bahamas

Miss Mattie: Italy
 Miss Kenzie: Paris, France
 Miss Jenna: Hawaii
 Miss Caitlin: Egypt
 Miss Melanie: Somewhere Tropical

Photos of the Month



Capri
 Charlie
 Beck
 Shane
 Rachel
 Miss Jenna
 Carter
 Ezra



Health & Fitness Tips:

SCREEN-FREE ACTIVITIES FOR KIDS THROUGHOUT THE SUMMER

With summer break approaching, the need for screen-free activities is at a high! Here is a list of activities for all ages...

- **Read a Book** and give a report once finished (older kids)!
- **Play a Board Game**
- **Take a Walk** and go on a scavenger hunt!
- **Play with Water** by going to the pool, set up sprinklers or a water table.
- **Camp Out... or In!** Get out those sleeping bags and make some s'mores!
- **Go on a Picnic.** Either outdoors or keep it indoors on a rainy day.
- **Host a Backyard's Olympics.** Invite your friends & neighbors over for a fun afternoon of obstacles in the backyard.
- **Set Up a Bike Car Wash.**
- **Plant a Garden.**
- **Make Popsicles.**

EAT MORE FRUITS & VEGGIES

National Eat More Fruits and Vegetables Day is **May 21st**, promotes healthy eating for kids. Engaging children with colorful, fun food art, involving them in shopping, and utilizing dips or smoothies helps boost intake. Kids need daily servings of fruits and vegetables to improve immunity and nutrition.

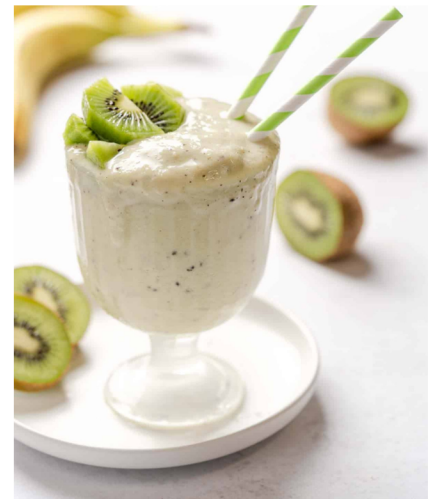
Key Activities for Kids' Fruit/Veggie Day:

- "Veggie Art" & Cooking: Use veggies as stamps with paint, or make smiley faces on sandwiches using vegetables and fruits.
- Hands-On Prep: Let children pick a new, colorful produce item at the grocery store and help with safe cooking tasks, like washing or assembling.
- Theme Days: Create a "color of the day" for veggies or a "smoothie bar" where kids can add spinach or berries for natural sweetness.
- Pairing with Dips: Serve raw vegetables with hummus or yogurt-based dips to enhance flavor.

Tips for Success:

- Be a Model: Children mimic parents, so it is important for adults to express excitement about eating vegetables.
- Try New Methods: Roast vegetables for a sweeter flavor or blend them into sauces to mask textures.
- Storytime: Use veggie-themed books or characters.

KIWI BANANA SMOOTHIE



INGREDIENTS:

- 2 ripe kiwis
- 1 medium banana
- ½ c. greek yogurt, plain or flavored
- Ice cubes
- 1-2 tbsp. honey, optional

DIRECTIONS:

- Peel the kiwis, chop into quarters.
- Place kiwi, frozen banana, Greek yogurt and honey into the blender. Blend until smooth. If necessary, add a tiny splash of water to help ingredients combine.
- Add ice and blend again, until smooth. Serve immediately.

Care-A-Lot

Hello sunshine!

With the warmer weather upon us, make sure to change out your spare clothes to weather and size appropriate outfits!

Our friends have been working so hard on their next milestones and we are so proud of them! **Kamden** has been working really hard to sit up unassisted and **Maevie** is so close to rolling over! Pretty soon all of our friends will be on the move!

Harper attempted to give her friend a hug and it was so cute! **Everett** loves to dance when he practices standing!

We are so excited for another amazing month!

Miss Tiara & Miss Ariel

Ducks

May has arrived! Let the flowers and good vibes grow!

Happy Mother's Day to all of our moms, grandmas and other important ladies in our children's lives! We hope it is a day filled with love and celebration of how wonderful you are!

As we start spending more time outside, please bring in sunscreen, as we want to protect the children from the sun while we play! We plan to go on walks on nice days! The kids love these little walks and so do we! While we are on walks, we will count the flowers and trees as they start to bloom.

We will continue to practice your ASK during circle time! This month we will focus on sharing our toys and how to use nice touches with friends. We will also continue to watch our garden in a cup grow!

Vivienne is starting to put her words together and we love it! **Robby Lee** always makes us laugh with his silly faces and expressions.

Goodbye May and welcome summer!

Miss Kami, Miss Madelyn & Miss Gracie

Butterflies

Bring on the sunshine!

This month we will practice how to take a break when we are having big emotions and how to use nice touches with our friends! In science, we will plant a flower and watch it grow as we give it what it needs! We will sort zoo animals during math and find out how many of each animal we have! We will get outside to work on our large motor skills and how to balance!

Nathan is so helpful! He loves to help his friends find dots to stand on when we line up! **Kinzlee** loves to help the teachers with tasks! We appreciate it!

Happy Mother's Day!

Miss Mattie

Disney

Hello May flower! Happy Mother's Day to all of our amazing moms!

With the weather getting warmer, please bring sunscreen for your baby, as we would love to take walks! If your child is marked no for field trips, they will not be able to go and we will have them visit another room or one of us will stay with them.

Kaylani and Madeline are working so hard at walking! **Wyatt** is officially on the move and crawl everywhere! **Archer** has some of the best dance moves in the room and is always willing to show them off!

Have a happy and safe Memorial Day!

Miss Brittni & Miss Joelle

Bees

Hello Bee parents!

We are looking forward to another month of growth and exploration in the Bee room! **Miss Shelby** is continuing her maternity leave this month and we miss her as she is home snuggling her new little one!

We will continue to go outside enjoying the nice weather, so please bring a bottle of sunscreen for when the weather heats up. This month we will continue to practice counting and naming our colors during circle time! We will learn how to use nice touches with our friends and how to take turns with toys!

If you have any questions, please let us know!

Have a Happy Mother's Day!

Miss Bella & Miss Alicia

Dragonflies

Hello May!

We are excited for another month of fun in the Dragonfly room! This month we will be learning how to use kind touches with our friends and how to say "please stop", when a friend is doing something we do not like. We will be learning about ocean animals, Mother's Day, flowers and so much more!

Jade is so sweet and loves to give hugs to teachers when they walk in the room. **Zaylo** has so much to say and is so curious about what is happening! We love his questions!

Have a great month!

Miss Alyssa & Miss Anastasia

Caterpillars

Hello Caterpillar Parents!

This month we will continue to work hard at potty training! Some of the kiddos are so close and I am so proud of them! We will work on using our words to say "please stop", when someone is doing something they do not like. We will also practice using gentle touches and inside voices when we are playing with our friends. We are looking forward to a fun month of learning together!

Harper shares with her friends every day! **Lani** is our new friend and she is learning and adjusting to the room all day!

Have a great month!

Miss Kenzie

Lizards

It's gonna be MAY!

In the month of May, we will be planning field trips and going outside to enjoy the warmer weather. We will be planting a class plant that the kids will watch grow! May 1st is May Day and we will enjoy goodie bags to celebrate! We will head outside to look for flowers and make dandelion art! On May 4th we will dress in Star Wars themed clothes for "May the 4th be with you".

We will practice how to get a teacher when we have a problem with our friends that we cannot solve ourselves. We will practice how to regulate our emotions and take a break when we needs it. We will work really hard on how to clean up after ourselves when we leave an area to help take care of the room.

Miss Caitlin

Miss Rachael's Pre-K

It's graduation month! We grew taller and smarter this year!

This month we will practice how to take a break when we are feeling frustrated and how to use our manners! These are such important skills as your kiddos head to Kindergarten in the fall!

Although it's summer time, we plan to continue doing educational activities! We will use ice and salt to free frozen ocean animals and we will count seeds in math! We will be discussing 2 letters per week and continue to do our journals! I plan to do small group to further individual learning! I am so proud of the kiddos and how much they have accomplished over the year! Every child excelled in their assessments and it makes my heart so happy.

Amelia always listens and helps the teacher! **Reese** has been doing a great job solving problems on her own with the solution cards.

Have a wonderful month!

Miss Rachael

Frogs

April brought a lot of showers, so May should have a lot of flowers!

This month we will be talking about moms and why they are so special. We will also discuss zoo and ocean animals. For our gardening week, we have an exciting activity planned. We can't wait to show you! With the warmer weather coming back, we will begin weekly field trips, so please keep an eye out for a slip on the door with all of the details. We will be counting flowers in math and learning about plants in science! We will practice saying, "please stop" when a friend is doing something we do not like and we will use nice touches with our friends. We will talk about what nice touches are and how to use nice touches with our friends.

Willow has done an awesome job sharing with her friends. **Beau** is such a big helper with his friends and teacher.

We hope you have a wonderful start to summer.

Miss Jenna

Miss Melanie's Pre-K

Hello May!

This month we will be reviewing all 26 letters of the alphabet! It's so fun to see the progress the kids have made throughout the year with their letter recognition. We will also practice using kind words and how to be nice to others in the classroom. For science, we will review the life cycle of a plant and in math we will balance the weight of zoo animals!

If your child is graduating and you have not sent their baby and newborn pictures, please do that by the 6th.

As it is getting warmer, please remember to send sunscreen and water bottles for the days we are outside!

Hayes showed great improvement on his assessment! **A'Jhari** used his words and asked to use a timer for a toy.

Yay! School is done and here comes summer!

Miss Melanie

School-Agers

The school year is almost done and we are excited for summer with the School-Agers!


This summer we will have so much fun and we are looking forward to weekly field trips and park trips! If you have schedule changes for the summer, please let Miss Becca or Miss Steph know as soon as possible.

Please bring sunscreen for your child this summer and a water bottle for trips to the park!

Have a great month!

Miss Ariel & Miss Hannah

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 LIZARDS Celebrate May Day 	2
3	4 LIZARDS Wear Star Wars Clothes	5 DUCKS Mother's Day Craft BUTTERFLIES Flower Craft LIZARDS Write Letters to Mom MISS RACHAEL'S PRE-K Paint Planters	6	7 MISS RACHAEL'S PRE-K Color Watering Cans & Add Seeds	8 FROGS Go to the Park	9
10 	11 MISS MELANIE'S PRE-K Ocean Sensory	12 FROGS Beach Sensory Bin LIZARDS Ocean Sensory Bottles MISS RACHAEL'S PRE-K Make Crabby Crabs MISS MELANIE'S PRE-K Paint Jellyfish	13 DUCKS Water Table Sensory BUTTERFLIES Ocean Sensory	14	15 BUILDING BLOCKS PJ Day PRE-K Graduation 6:00pm	16
17	18 LIZARDS Class Planting	19 FROGS Garden Clean-Out LIZARDS Park Day MISS RACHAEL'S PRE-K Plant Grass MISS MELANIE'S PRE-K Make a Flower	20 FROGS LaunchPad Field Trip	21 MISS RACHAEL'S PRE-K Plant Flowers & Watch them Grow	22 BUTTERFLIES Bubble Party!	23
24	25  MEMORIAL DAY	26 DUCKS Find Zoo Animals BUTTERFLIES Zoo Storytime LIZARDS Park Day	27	28 MISS MELANIE'S PRE-K Build a Zoo	29 FROGS Go to the Park MISS MELANIE'S & MISS RACHAEL'S PRE-K Going on a Picnic	30