

A note from the office:

October 2025

Hello spooky season!!

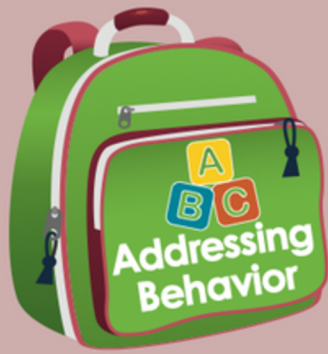
A few reminders from the office:

- 1) Every child needs 2 blankets for nap, or 1 crib sheet and 1 blanket per HHS policy.
- 2) Please swap out your child's extra outfits to weather appropriate clothes.
- 3) As the weather is cooling down, remember to bring your child a jacket or sweatshirt to play outside or go for walks.
- 4) Check your child's mailbox located in the front lobby. This is where you will find any important information.
- 5) When dropping off your child, please be sure you are walking your child all the way to the classroom & signing them in on the clipboards outside the classroom doors.
- 6) School age parents...Please be sure you are calling and letting us know if your child is NOT riding to the center on the van after school

At the end of the month we will be having our Trunk or Treat event again this year. We are looking for candy donations. If you are willing to donate, please bring in candy by 10/24/25 and drop it off in the office. If you are wanting to participate with your car, please let the office know ASAP. We would love to have parents join us and see all the costumes and smiles it brings to the kiddos.

We hope everyone has a safe and fun Halloween!

Miss Erica & Miss Whitney



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 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.

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.

- 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>.



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.

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Weekly Themes:

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

Stay in touch:



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@buildingblocks_official



buildingblockshome.com

Teacher Fun Fact

What is your favorite Halloween candy?

Miss Erica: Snickers
 Miss Whitney: Witch's Brew Kit Kats
 Miss Jessica: Butterfingers, Kit Kats & Peanut Butter Cups
 Miss Becky: Chocolate
 Miss Shantel: Any Candy
 Miss Yesenia: Reese's
 Miss Soraya: Candy Corn
 Miss Lexi: Snickers
 Miss Jana: Reese's
 Miss Shelby: Starburst
 Miss Chloe: Kit Kats

Miss Mya: Reese's Pumpkins
 Miss Izabelle: Almond Joy
 Miss Daisy: Sour Candy
 Miss Katrina: Caramel Apple Suckers
 Miss Clarissa: Fruit Snacks
 Miss Anna: Reese's
 Miss Allie: Sour Candy
 Miss Katelyn: Reese's
 Miss Breonna: Gummy Worms
 Miss Alejandra: Sour Patch Kids



Photos of the Month

Layla
 Dominic
 Jack
 Roslynn
 Riley
 Tillee
 Baely
 Eugene
 Miss Whitney



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

Hello parents & family!

We want to welcome **Emry** to the Care-A-Lot room! She is adjusting so well and we love having her! **Liberty** is working on tummy time and is starting to like it a little bit more. Keep it up, Liberty!

Please reminder to take home bottles every night and bring back clean ones for the next day.

We hope all the babies enjoy their 1st Halloween and don't spook to many people with their cuteness overload!

Happy Halloween!

Miss Jessica

Bees & Ducks

Welcome to the spooky month!

We will be getting ready for fall & Halloween this month. We have a lot of creative art projects planned that will help us learn and celebrate! Be sure to watch out for these spooktacular art pieces!

We are slowly introducing manners to the kids. We can't wait to hear all the little voices saying, "Please and thank you!"

Please check your child's daily sheet to see if they are in need of any supplies.

Astavion has begun walking with a walker and is loving every minute of it. Go Astavion! **Juliet** brings a smile to all her friends and teachers. Thanks for being a happy little girl. We truly enjoy your happiness.

We hope this month brings a spooktacular joy to all.

Miss Yesenia & Miss Soraya

Dragonflies

It's spooky season!

This month we are working on saying, "thank you" to our friends and teachers when they help or share with us. Along with this, we are focusing on using our listening ears so we hear the instructions given or hear our friends when they are talking to us.

Willie is good at playing with his friends. He has been sharing so nicely! Good job Willie. **Lucy** has done a great job at circle time and loves to participate and learn. Keep it up, Lucy!

We are excited to welcome fall and can't wait to make spooky crafts. We will be dressing up for our trunk-or-treat and can't wait to see everyone's costumes.

Bring on fall weather!

Miss Shelby & Miss Chloe

Disney

Happy Halloween!

The Disney babies are learning all about being kind to our friends and nice touches. This month we will also learn about Halloween and make Boo Baskets!

At this age, there are so many milestones that can happen. It is an exciting time and we love to watch the babies conquer them. This month we will help our friends work on building up their muscles to sit, crawl and stand, which will all lead to walking!

Sage is crawling and moving around so much! Keep it up, Sage. **Josiphene** is so much more alert to her surroundings and is sitting up all on her own. Way to go, Josiphene!

Be safe and have fun!

Miss Becky & Miss Shantel

Butterflies

We made it to the spooky month!

This month we are working on saying, "please stop" to our friends when they are doing something we would like them to stop doing and using our listening ears to stop when our friends ask us nicely. During center time, we are learning to stay in our centers until it's time to switch so we all get a chance at all centers.

Good job, **Genevieve**! This month she has been saying "no thank you" to her friends if they are doing something she doesn't like. We are so proud of you! **Loralynn** has been saying her teachers names when she needs us and we love it!

Please watch for more information about our Halloween fun that will take place towards the end of the month.

We hope you are all ready for fall like we are, happy October!

Miss Lexi & Miss Jana

Caterpillars

Hello crisp autumn days! Welcome October!

This month we are focusing on saying "thank you" to our friends and teachers that help us. We are also working on sitting/standing in line nicely and learn what nicely looks like - hands to ourselves, mouth quiet, ears ready to listen to the teachers instructions are some examples.

Nathaniel is sharing toys so nicely with his friends and has been making new friends. He loves it and so do we! Keep it up Nathaniel.

We are planning to do a lot of fall & spooky art projects. We will making spooky slime & playdough for sensory fun! We will continue to learn to count to 20!

Enjoy this spooky season!

Miss Mya

Turtles

It's officially fall season!

This month we will be working on communicating with our words. Even when things can be hard or we don't know the exact words to use, we can always ask for help. We are also working on being a caring friend. A great example is to comfort our friends if they are feeling sad.

Reid is a good friend. He is always inviting other friends to play with him and the games he is playing. **Baely** is so helpful. I better be careful or she will have my job! 😊 I see teaching in her future. She is always guiding her friends at circle time.

Autumn is my favorite season. We will be picking a pumpkin and painting them. We have recently started tracing and that has helped us make some progress on writing our names.

A friendly reminder to parents with the weather cooling down, please bring a jacket or sweatshirt for when we play outside or go for walks. Also, check your child's extra outfits to ensure they are weather appropriate in case of spills or accidents.

Happy Halloween!

Miss Izabelle

Frogs

Happy Halloween

In the Frogs, we are practicing the Building Blocks rule of taking turns with our friends and treating our toys nicely. I am so proud of **Dominic!** He has been doing a great job listening throughout the day and following our rules. Keep it up, Dominic!

This month we will be painting our own mini pumpkins to take home. With fall here, we will learn why leaves change colors and why they fall off the trees.

With the colder weather remember to bring a jacket for your child to wear outside and for our walks.

Stay spooky!

Miss Katrina

Pre-K

Welcome October, the fun-filled spooky month!

This month we are learning how to use a timer to help us take turns with our friends. This is a great solution for the kids to come to an agreement on and share on their own. We will also practice using our inside quiet voices in the halls and during our transitions.

Anna & Katelyn's class just started our tree study and we are excited to learn all about trees. Some things we will learn are what animals live in trees, are trees useful to us, why do trees leaves change colors, and so much more. We will use scales & magnifying glasses to explore leaves, sticks and trunk pieces from trees.

Allie & Katelyn's class just started our clothes study and we are excited to learn about textures, clothing different careers wear, cultural differences and seasonal wear.

We enjoyed our visit to the Railroad Museum where we learned about transportation. Please watch for more information on our upcoming field trip to the pumpkin patch. The cost is \$6.00 and each kid will bring home a pumpkin. Have a spooktacular month!

Miss Katelyn, Miss Anna & Miss Allie

Alligators

Welcome fall, we are excited to see the changes on the trees.

This month we are focusing on taking turns and asking a friend nicely to share the toy they have when they are done using it. We will be learning all about fall and the changes we see on the trees. We will be observing our playground tree and encourage you to find a tree at home or on a car ride to observe with your child.

Please check the weather and bring a jacket on the cooler days, as we will still go outside or for walks.

I hope you are just as excited for fall and all the amazing colors that fall brings every year.

Miss Daisy

Lizards

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I hope you are just as excited for fall and all the amazing colors that fall brings every year.

Miss Clarissa

School-Agers


Hello October!

We want to give a big thank you to **Paige**. She is always so helpful in the van with helping the younger kids get seatbelts on if they can't quite get it. Way to show kindness, Paige! **Eloise** is also a great helper to any friend that is looking for some help in the classroom. We appreciate her helpfulness!

October already? Where has the year gone? There is no school this year on Halloween. Building Blocks will be hosting a trunk or treat that your child can participate in. Please bring a costume or wear a Halloween shirt! It will be a fun-filled spooky day!

Miss Breonna & Miss Alejandra

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6 PRE-K Field Trip to Pumpkin Patch MONDAY NIGHT FOOTBALL Wear your favorite team's jersey!	7 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 NO SCHOOL Bishop Heelan Schools FLANNEL FRIDAY Wear your favorite flannel today!	11
12	13  Building Blocks is CLOSED today for Teacher Inservice	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 NO SCHOOL Sioux City Community Schools	31  NO SCHOOL Sioux City Community Schools	1