



A note from the office:

March 2025

Hello March!

A few reminders from the office:

- Please be sure that you bring 2 blankets for your child each week.
- Please make sure that water bottles brought from home only have water in them! The CACFP does not allow other drinks to be brought from home.
- Take a moment each day to check your mailbox by the front door. This is where we send home important information and statements.
- The classroom teachers will notify you when your child is in need of supplies such as diapers, wipes, formula or extra clothes. Please bring these items promptly to avoid getting a call during your work day asking you to bring supplies.

School-age parents: Please be sure your child is here by 8AM, as that is when we will walk out to the buses and vans to get buckled and leave by 8:05AM. This ensures we can get all of the children to school on time. If your child will not be riding in the afternoon, please call the center to let us know.

Staff Spotlight:

Miss Anna is always willing to share her materials and ideas with other teachers in the center! We love to see such great teamwork in our teaching staff.

Have a great month!

Miss Erica & Miss Whitney

HAPPY BIRTHDAY

Benji

Willow

Miss Anna

Wade

Xander

Miss Alyssa

Kynleigh

Esme

Olivia

Brady



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 Teach Your Child to Appropriately Get Your Attention

Brooke Brogle, Alyson Jiron, & Jill Giacomini

It is difficult to have a conversation with someone if you do not have their attention—this is true for both children and adults. The ability to successfully capture someone's attention is a fundamental social skill and provides the foundation for future success in social settings and relationships.

Children use a variety of ways to get attention and will often resort to techniques they find most effective, such as yelling or whining. For example, think about a child who wants to get Mom's attention when she is on the phone. He knows that if he continues to yell loudly, Mom will eventually pause her phone conversation and ask what is needed. If yelling and whining gets a child what he needs, he will continue to yell and whine until he learns a new way to get attention.

How can you change this pattern? You can teach your child the way that you want him to get your attention (such as tapping you on the shoulder) and then reward him when that behavior occurs. When you take the time at home to build on the skills your child is learning at school, you reinforce these positive skills and create a solid social foundation for your child which will help to reduce challenging behaviors.



Try This at Home

- Model the behavior you are teaching and do it often! If you need your child's attention, tap her on the shoulder, move to her eye level and begin your communication from there!
- Practice, practice, practice! Play with this new skill. Practice with both parents, siblings and friends. Your child can teach her grandparent or teddy bear how to tap on someone's shoulder to get their attention.
- Remind your child of your expectation. If you are on the computer and she whines or begins to cry for attention, remind her, "It looks like you need something. I will respond if you tap on my shoulder and ask me."
- Celebrate when your child displays this new skill. "Wow, you tapped me on the shoulder because you wanted some milk. I am super happy to get you some. What a great way to get my attention!"

Practice at School

Most peer interactions are initiated when a child wants to give or get something from a friend. Rather than grab or yell across the room, your child is learning to gain a friend's attention before beginning a conversation by:

1. Moving to stand next to the person
2. Tapping the person on the shoulder
3. Looking at the person's eyes to see if they have their attention

The Bottom Line

Behavior is meaningful and communicates a message. If a child does not have an appropriate way to communicate, he will often use challenging behavior (e.g., hitting, screaming, whining) to communicate his needs. If his needs are then met, the behavior is reinforced and he will continue to use the challenging behavior to communicate. When parents teach their child how to appropriately get attention, the child will be less likely use the challenging behavior to communicate.



UNIVERSITY OF SOUTH FLORIDA

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Weekly Themes:

3/3 - 3/7	Dr. Seuss
3/10 - 3/14	Weather
3/17 - 3/21	St. Patrick's Day Fun
3/24 - 3/28	Robots

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Teacher Fun Fact

If you found a pot of gold, what would you buy?

Miss Erica: a house
 Miss Whitney: a new car & house
 Miss Jessica: a new house
 Miss Diana: all the fruit in the world
 Miss Becky: my dream house
 Miss Yesenia: a sports car
 Miss Sarah: a new car
 Miss Machinisa: a new house
 Miss Jana: a new car

Miss Lexi: a plane ticket
 Miss Shelby: craft supplies
 Miss Angela: a new car
 Miss Becca: a new car
 Miss Daisy: help people in need & buy a house
 Miss Katrina: anything my kids need or want
 Miss Anna: a new car
 Miss Zoe: a private jet to travel

Photos of the Month



Health & Fitness Tips:

1

MEASURE YOUR CHILD'S HEAD

Use a soft tape measure to **measure the circumference of the child's head** about 1" above their eyebrows (or the thickest part of their head).

FIND A HELMET that includes your child's measurement in its size range.



HELMET SAFETY

Helmets provide the best protection against head and brain injury, whether your child is riding a bike, scooter or skateboard, or using skates. However, a helmet will only protect when it fits well.

Help your child get in the habit of wearing a helmet by starting when they're young. Be a good role model and wear a helmet yourself.

2

POSITION THE HELMET ON YOUR CHILD'S HEAD

Place the helmet squarely on top of your child's head.

TWO FINGERS TEST
The helmet should sit low on the head - about **two finger widths** above the child's eyebrows.



5 WAYS TO KEEP KIDS ACTIVE INDOORS

- 1. FREEZE DANCE** Who doesn't like a good dance party? **Shaking it off** to a few favorite jams is a surefire way to get your kids off the couch. To brush up on their listening skills, try freeze dance. The rules are simple: dance when the music plays and when the designated DJ stops the music, everyone freezes.
- 2. BALLOON VOLLEYBALL** Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills. Change things up by kicking or head-bumping the balloon.
- 3. BOOKWORM WORKOUT** Storytime doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word 'pajama' if you're reading *Llama Llama Red Pajama*. Every time the word is spoken, get your child to do a jumping jack.
- 4. HALLWAY SOCCER** You don't need a backyard to play a game of soccer. Start by setting up a net on opposite ends of the hallway by placing masking tape on the floor. After dividing into teams, grab a small plastic ball and let the fun begin.
- 5. SET UP A MAZE** Turn the hall into a 'laser' maze with yarn. Zig-zag yarn from varying heights and challenge your kids to get across without touching the laser.

BANANA SUSHI ROLLS



INGREDIENTS

- 8" Flour Tortilla
- 2 tbsp. Peanut Butter
- 1 Banana, peeled

DIRECTIONS

- Spread the peanut butter evenly on the tortilla and place the banana on one end.
- Roll the tortilla around the banana, cut into 1" slices.

Care-A-Lot

Hello, Friends!

This month we will celebrate Dr. Seuss during a fun spirit week! We will read books written by Dr. Seuss, including, "The Cat in the Hat". When we are playing, we will use words like bigger and smaller to compare sizes of objects. We will continue to introduce new textures and toys to the kids to help them explore with their senses. We are excited for all of our babies to start baby food this month! Yum!

Asher and **Newton** are both going to be 6 months old this month! They are growing so fast!

We are excited for a great new month for all of us!
Miss Jessica & Miss Ariel

Bees

Welcome to the luckiest month of the year!

This month we will be introducing the children to the world of Dr Seuss and reading wacky stories. We will read Dr Seuss's "Book of Colors" and see the colorful, silly things that he wrote about. We will learn about the weather and do art projects that include making it rain with our hands. We will learn the different seasons and what the weather is like in each season. Our sensory bin will be filled with rubber duckies and we will count them as we play with them.

Loralynn has been very vocal when it comes to communicating and we love to hear her voice! **Lucca** has become so comfortable in the classroom and plays so well with his friends.

We hope this month brings luck to us all!
Miss Yesenia

Butterflies

Hello March!

This month we will focus on St Patrick's Day! We will be counting leaves on a clover and reading the book, "You Shamrock My World"! We will make our own rainbows and talk about the colors we are using in our artwork. Our sensory bin will be filled with gold items just like the pot of gold at the end of a rainbow! We are excited for a month of St. Patrick's Day theme fun!

Fox has been using his words and telling his friends "No, thank you" when he is upset. **Desirae** has been sharing with her friends and we are so proud!

Have a great month and Happy St. Patrick's Day!
Miss Lexi & Miss Jana

Caterpillars

Can you believe it is March, already?

This month we will learn about Dr. Seuss and have fun with a special spirit week! We will read, "The Cat in the Hat" and talk about the rhyming words that we hear. We will play with green slime, make shamrock handprints and count shamrocks in fun activities during our St. Patrick's Day theme week. Please remember to check your child's cubby for any art work and notes about supplies they may need.

Ben is learning to say more words and we love to hear his voice. **Liam** is such a great helper! We can always count on him to help with cleaning up.

We hope everyone has a great month and stay warm! We are ready for spring!

Miss Angela

Disney

Welcome March!

We have many fun things planned this month! Many of our kids are close to walking on their own, so we will be urging them to take steps and using walking toys to encourage independence! We will make fun sensory bottles filled with bells, buttons & toy animals for the kids to shake, rattle and roll. We are excited to see our kids build towers with blocks this month. The kids love to stack the blocks and watch the towers fall!

Vivian is really good at walking now and is so quick! It's so fun to see how fast walking turns into running! **Fenix** loves to chat and his favorite word to say is hot!

Have a fantastic month!

Miss Becky & Miss Diana

Ducks

Welcome March! We are happy to see you!

This month we will learn about Dr Seuss and make Truffula trees. Check the signs in the center for information on our fun dress up days for Dr Seuss Spirit Week! We plan to focus on our numbers and counting during circle time and while playing. We would love to have you practice counting to ten with your little ones at home!

Ivan and **Ember** have been working hard at learning to sign their emotions. They have also been practicing their colors, shapes and numbers! **Ivan** can count all by himself!

Have a great month!

Miss Machinisa & Miss Sarah

Dragonflies

Marching into March with cheer!

This month the Dragonflies will be learning all about St. Patrick's Day and reading, "Green Eggs & Ham" and other Dr. Seuss books. We will celebrate St. Patrick's Day with a fun party and we will count the leaves on a shamrock! We will use our sensory bin as a pot of gold and explore all of the fun items inside. During Dr. Seuss week, we will learn about the silly and wonderful world that exists in a Dr. Seuss book and bring the Lorax to our classroom with an art project! As always, we will practice using our listening ears and sitting Building Blocks style in the lunchroom while we wait for our friends.

Rayden has done such a good job practicing his nice touches with his friends. **Grayson** is starting to use his words more to communicate with friends.

We are excited for a great month in the Dragonfly Room!

Miss Shelby

Turtles

Luck is believing you're lucky!

This month we will explore the wonderful world of Dr. Seuss, learn about the different types of weather, celebrate St. Patrick's Day and learn about robots. Our sensory bin will be weather-themed and we will use it to learn weather words. During the week of St. Patrick's Day, we will do a clover counting activity and read, "The Luckiest Leprechaun". Be sure to check out the robots we design at the end of the month to see what creative features your child adds!

Please make sure your child has 2 blankets for nap and spare clothes in case of an accident!

Evren is always helping friends and showing us what following directions looks like. **Emma** has gotten great at tracing her name! She is working so hard.

May your troubles be less, your blessings be more, and nothing but happiness come through your door!

Miss Becca

Frogs

A new month is a gift, unwrap it with joy!

This month we will learn about Dr. Seuss, weather, St. Patrick's Day and robots! We have a fun spirit week of dress-up days during Dr. Seuss week! We are excited to see your wacky hair, hats and fun socks. We plan to count the marshmallows we find in Lucky Charms during a fun math activity that we can eat! We will practice our writing skills with white boards this month and focus on writing our names.

Xander can put his shoes on all by himself! **Gianna** loves to play teacher and use the pointer at circle time to review shapes and numbers!

I hope your month is full of blessings!

Miss Katrina

Pre-K

Hello March!

This month we will begin our Tubes & Tunnels study by creating an ant farm. We will compare quantities with dice in a roll and compare activity. We also plan to work on math concepts by writing numbers in shaving cream. We will be building leprechaun traps to foster creativity and ingenuity during the week of St. Patrick's Day. We will also make a pot of gold with water color paint and sequins.

Jushua and **Tula** worked together to identify alphabet letters while playing school. **Zhavia**, **Jazmine** and **Zowye** utilized solution cards to share money in dramatic play.

Here's to a month full of luck!

Miss Anna

Alligators

Welcome March! We keep getting closer and closer to spring!

This month we will continue to count with bears and create patterns. During Dr. Seuss week, we will read Dr. Seuss's "ABCs" and do Lorax art. Our sensory bin will be filled with animals and rocks for a fun nature theme. We will also be discussing the seasons and weather through fun art projects.

Olivia has been doing so well at meeting her goals in the classroom! Keep up the good work! **Reid** is always sharing toys and playing nicely with friends.

We are looking forward to seeing what March brings us! We are so close to spring!

Miss Daisy

Lizards

Welcome to all of the Lizards!

This month we will be learning about spring, rainbows and Dr. Seuss! We will make rainbows during art and read, "The Lorax". We will put ice in our sensory bin and talk about how it feels. We have such a fun month planned in our room!

Alan is such a great friend because he is always ready to help others. **Amara** is great at using her words to communicate her needs and let her friends know how she is feeling.

Thank you for all of your help and support.

Miss Allie

School-Agers

Welcome March! Who's ready for it to be officially spring?

This month we will be doing art projects and learning about Dr. Seuss, weather, St. Patrick's Day & robots. We will track the temperature throughout the month and graph it to compare the temperatures each day. During Dr. Seuss week, we will make Truffula Trees to decorate our classroom. We will read, "Pete the Cat Robo-Pete" and discuss what we would use a robot for.

Please remember to have your children leave their personal toys at home.

Tracen has done such an amazing job getting use to the before school morning routine. **Aleah** is always kind to her peers and is so helpful to her teachers. She is great at following instructions and expectations.

We can't wait to march into spring!

Miss Zoe

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 FOX IN SOX DAY Wear Fun Socks	4 GREEN EGGS & HAM DAY Wear Green	5 WACKY WEDNESDAY Wacky Hair & Clothes	6 LOOK LIKE A LORAX DAY We will make mustaches	7 CAT IN THE HAT DAY Wear stripes & a hat	8
9  SPRING FORWARD	10	11	12	13	14 TURTLES PJ & Movie Day	15
16	17 Happy St. Patrick's Day DRAGONFLIES & LIZARDS St. Patrick's Day Party	18	19	20 HELLO SPRING	21 FROGS PJ Day NO SCHOOL Bishop Heelan Catholic Schools	22
23	24	25	26	27 NO SCHOOL Sioux City Community Schools	28	29
30	31	1 APRIL FOOL'S DAY! 	2	3	4	5