

October

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
		Head Start Awareness Month			Jaylanna's Special Day 	Family story 
5	6	7	8	9	10	11
Play I Spy outside 		Parent Connection @ 9				Look for leaves 
12	13	14	15	16	17	18
Count Trees 	Columbus Day NO SCHOOL	Fire Safety Night @ West Monroe FD 			Practice Bus Drill 	Table Setting Practice 
19	20	21	22	23	24	25
Make applesauce 		Policy Council Orientation @ 10				Go on a nature walk 
26	27	28	29	30	31	
Family Game Night 		Policy Council @ 10		Fall Fun Day 	NO SCHOOL STAFF TRAINING	



NORTH SHORE NEWS OCTOBER

CHILDREN HAVE ADJUSTED TO HAVING A ROUTINE AND FOLLOWING CLASSROOM RULES. WE STARTED USING OUR SECOND STEP CURRICULUM FOCUSING ON "EYES WATCHING, EARS LISTENING, QUIET VOICES, AND CALM BODIES". TRY USING THESE TECHNEQUES AT HOME. WE HAVE BEEN WORKING HARD ON RECOGICNIZING FRIENDS AND PUTTING A NAME TO FACE. CHILDREN HAVE BEEN COUNTING EACH DAY, WORKING ON PEER SYMBOL RECOGNITION, FOLLOWING CLASSROOM RULES, RECOGNIZING COLRS, SHAPES, AND BEGINING TO TRACE OR WRITE NAMES.

In October we will be exploring with pumpkins, leaves, gourds, and talking about the change happening outside with the trees and leaves.

We will continue to build on social and emotional skills as we understand how others may be feeling by looking at their face. We will be working on writing skills and recognizing zoo phonic letters.



At Home Activities

10 LITTLE LEAVES

1 LITTLE, 2 LITTLE, 3 LITTLE LEAVES

4 LITTLE, 5 LITTLE, 5 LITTLE LEAVES

7 LITTLE, 8 LITTLE, 9 LITTLE LEAVES

10 LITTLE LEAVES FALLING ON THE GROUND

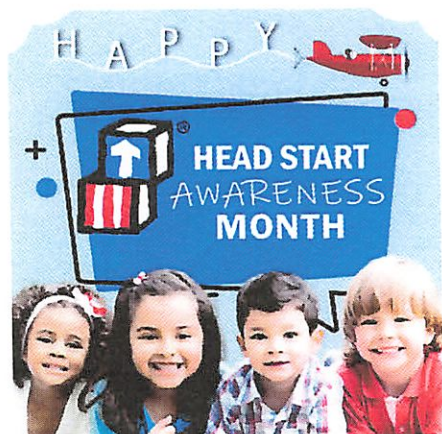
REMEMBER TO RECORD IN-KIND

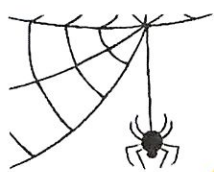
PLAY FREEZE DANCING
LISTEN TO MUSIC AND HAVE
CHILD FREEZE WHEN THE MUSIC
STOPS.

Choose
Healthy
Options
Often &
Start
Young.



Always reach out with questions





October

Family News

Yay! We did it, hooray! We have officially made it through the first month of school. It has definitely been an adjustment for some, and others welcomed it with ease. Thank you so much for being so understanding and getting in the required paperwork for your children. It is greatly appreciated! I am very excited to partner with you as we help your child grow and learn!

Our Next Parent Meeting will be October 7th at 9 am, here at the center. Reminder, this is a kid friendly meeting.

These are important but informal meetings where we will get to talk about upcoming events. It is also great opportunity to discuss topics such as school photos and to plan fun parent events as well as planning our next meeting topics.

I look forward to seeing you there! 😊

We are also starting our Parent Workshop – Positive Solutions on October 8th, this will be a great experience for learning ways to help support our children’s challenging behaviors. Come enjoy this 7-session course with us and build a support system with fellow parents and Family Specialists who may be experiencing challenges like you! Please let your family specialist know if you would like to attend. We will meet once a week.



PARENT RESOURCES

Catholic Charities

808 West Broadway

Fulton, NY 13069

315-598-3980

*Transportation help, food pantry, thrift store, etc.

On Point for College – Great resource for people in college or looking to get back into school

315-961-9919

3. WIC Central Square

Baptist Church 701 Main Street

315-343-1311

3rd Wednesday of each

Local Events

Scare Crow in Square

Date: 10/4 - 10/5

Time: 10 AM – 2pm

Don't forget to go and vote!

Trunk or Treat – Oswego speedway

Date: 10/25

Time: 12 PM – 3PM

Van Boo Park Walk (Central Square)
Saturday, October 25,
2025, 04:00pm - 08:00pm

HEALTHY CORNER



Tips for a fun and safe Halloween:

Halloween can be one of the most fun nights of the year-but it is important to keep safety top-of-mind. Before your little ghouls and goblins take to the streets, make sure that they understand basic safety tips and will be accompanied by a responsible adult!

1. : flame-resistant, lighter colors appropriate shoes for the weather and no sharp accessories like sword/wands etc.
2. **Accompany your kids and/or know their route:** Go in groups in well-lit, well-traveled familiar areas.
3. **Maximize visibility:** Have your child carry glow sticks or flashlights or use reflective tape on costume or goody bag. **For more safety tips visit SafeKids.org**

OCTOBER



Family Appreciation



Jaylanna O. - 10/3

Thank you for all you do and for being such an important part of our program!

North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
**Choosy Tip of the Month! ** Your child will do what you do. If you eat healthier food, your child will too.	Choose Healthy Options Often & Start Young. 	1 Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Apples, Tomato Soup, Broccoli w/ Dip, Bread, Skim Milk Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water	2 Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk Snack: Graham Crackers w/ Sunflower Seed Spread, Banana, Water	3 Breakfast: Apples, WG Cinnamon Toast, Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk Snack: Homemade Muffin, Skim Milk
6 Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water	7 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk Snack: Cucumber Slices w/ Dip, WG Crackers, Water	8 Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Pizza w/ Sausage & Mozzarella Cheese, Tossed Salad, Berries, English Muffin, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water	9 Breakfast: Applesauce, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk Snack: Bagel w/ Cream Cheese, Skim Milk	10 Breakfast: Clementine, Frosted Mini Wheats, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice
13 	14 Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk Snack: Yogurt, Banana, Water	15 Breakfast: Apples, Biscuit, Skim Milk Lunch: Chicken Wraps, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk Snack: Hard-Boiled Egg, Broccoli w/ Dip, Water	16 Breakfast: Apple Juice, WG English Muffin, Skim Milk Lunch: Grilled Cheese Sandwich on WG Bread, Tomato Soup, Carrot Sticks w/ Dip, Fresh Melon, Skim Milk Snack: Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	17 Breakfast: Banana, WG Life, Skim Milk Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk Snack: Animal Crackers, Skim Milk
20 Breakfast: Pineapple Juice, WG Frosted Mini Wheats, Skim Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk Snack: Graham Crackers w/ Strawberry Cream Cheese, Skim Milk	21 Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk Snack: WG Kix, Skim Milk	22 Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Chicken Alfredo Pasta, Broccoli, Fresh Oranges, Skim Milk Snack: Snack Mix, Apples, Water	23 Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk Lunch: Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, Skim Milk Snack: Cottage Cheese, Pineapple, Water	24 Breakfast: Mandarin Oranges, WG Toast, Skim Milk Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk Snack: Blended Juice, Crackers
27 Breakfast: Orange Juice, WG Life, Skim Milk Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk Snack: Pretzels, Skim Milk	28 Breakfast: Apples, WG Oatmeal, Skim Milk Lunch: Burger, Green Beans, Pears, Bun, Skim Milk Snack: WG Cheerios, Skim Milk	29 Breakfast: Banana, Homemade Muffin, Skim Milk Lunch: Scrambled Eggs, Potato Puffs, WG Toast, Pineapple, Skim Milk Snack: Cheese Stick, WG Crackers, Water	30 Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread, Skim Milk Snack: Graham Crackers, Pumpkin Applesauce, Water	31 

WG = Whole Grain

This Institution is an Equal Opportunity Provider

* Allergen information for menu items is available. Ask an employee for details.

** Check foods closely for nut oils: Breads, cereals, crackers, muffins, salad dressings, dips, sauces etc.