

October 2025

Oswego1

Our first month here at Head Start has been filled with learning the classroom rules, practicing how to share and take turns. We are exploring all the different centers, singing songs, reading stories and having lots of fun. We plan on studying fall items such as: apples, leaves, acorns, and pumpkins.

We started to learn some Spanish. The children are learning to count to 12. By the end of this month I plan on teaching simple words and their colors in Spanish. They are already doing very well.

The children were introduced to Zoo-Phonics which will teach them their letter sounds. Our small group experiences will deal with colors, letters and fine motor skills. Please remember to check learning genie for updates each day.

“All-Time Childrens’ Favorites’

Lyrics: I am moving I am learning/Hokey Pokey

You put your right foot in, you take your right foot out, you put your right foot in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your left foot in, you take your left foot out, you put your left foot in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your right arm in, you take your right arm out, you put your right arm in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your left arm in, you take your left arm out, you put your left arm in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your head in, you take your head out, you put your head in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your knees in, you take your knees out, you put your knees in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your shoulders in, you take your shoulders out, you put your shoulders in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your elbows in, you take your elbows out, you put your elbows in and you shake it all about. You do the hokey pokey and you turn yourself around. That’s what it’s all about.

You put your bottom in, you take your bottom out, you put your bottom in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about.

You put your quiet voice in, you take your quiet voice out, you put your quiet in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about.

You put your loud voice in, you take your loud voice out, you put your loud voice in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about.

You put your tummy in, you take your tummy out, you put your tummy in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about.

You put your nose in, you take your nose out, you put your nose in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about.

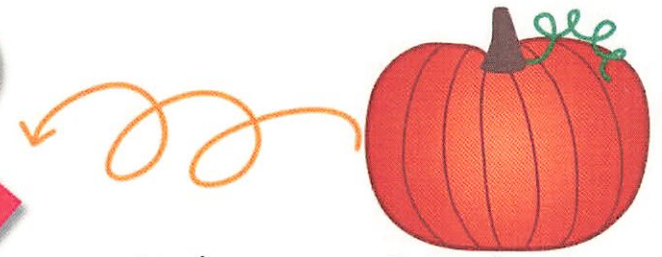
You put your whole self in, you take your whole self out, you put your whole self in and you shake it all about. You do the hokey pokey and you turn yourself around. That's what it's all about.

SIMPLE HOMEMADE APPLESAUCE METHODS

- Crockpot Applesauce: A truly hands-off method. Kids can help load the apples and spices into the slow cooker, and then the magic happens over several hours. This is an excellent lesson in patience and the power of slow cooking to transform ingredients. The house will smell amazing!
- Instant Pot Applesauce: For a quicker version, the Instant Pot dramatically cuts down cooking time. Kids can help prepare apples (peeled or unpeeled, for a fiber boost!) and then observe how pressure cooking works. Discussing the "steam release" is always an exciting moment!
- Stovetop Applesauce: The classic method, ready in under 30 minutes. Children can stir the apples as they soften, observing the transformation from crisp fruit to a smooth sauce. This teaches them about consistent heat and stirring to prevent sticking.

Rory, Lauren and Michelle

OCTOBER



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		Head Start Awareness month	1 Parent connection Meeting 9 am	2	3	4
5	6 Parent Connection meeting 5:30 pm	7	8 Positive Solution workshop 9:30 am Catholic Charities	9	10	11
12	13 Columbus Day Holiday! No School!	14	15	16 Positive Solution workshop 9:30 am Catholic Charities	17	18
19	20	21 Policy Council 10:00 am	22 Positive Solution workshop 9:30 am Catholic Charities	23	24	25
26	27 Liah and Liomar's Special Day!	28	29 Positive Solution workshop 9:30 am Catholic Charities	30 Fall Fun fest!	31 No School	



October 2025

Oswego Head Start

Hello Families,

I want to send a big shout out to all the families who get their child/children to school daily, even through all of your challenges! Showing up everyday is important for your child's success and learning from pre-school forward. The school year has started out strong, with a lot of In-Kind and participation from all of you! If you have any questions about entering In-Kind, or what it is, please reach out! I am happy to assist you with it at any time!

This month is Head Start Awareness!! We will be doing a special activity as a center to celebrate Head Start. Fire Safety is also a big topic through out October! Practice a fire drill with your family and set up a meeting point! Even at these young ages, it is important to expose your little ones to what to do in case of a fire.

If you are looking for employment, check out our website www.oco.org. We have various job openings within the agency.

Reminders:

Positive Solutions for Families workshop will start October 8th- if you have not signed up and are interested, please let me know by 10/2/25.

Parent Meeting October 1st @ 9am & October 6th @ 5:30pm- I will be offering the same content during the morning meetings and the evening meetings :) Please RSVP for which meeting you plan on attending and if childcare is needed (childcare is only available for the pm sessions)

Policy Council Orientation is October 21st @ 10am

Policy Council monthly meeting is on 10/28 @ 10am

If you have any questions or need assistance, please reach out at any time!

Your Family Specialist,

Becki



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. **Help your child choose a safe costume:** 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**

Policy Council Reps:

Representatives: Cierra Bolton

Jesdith Perez-Guerra

Alternate: Pepper Richardson

Parent Connection Meeting
Officers:

AM:

Chairperson: TBA

Vice Chairperson: Hailey Lallier

Secretary: TBA

PM:

Chairperson: Pepper Richardson

Vice Chairperson: TBA

Secretary: Jesdith Perez-Guerra

RESOURCES

*Literacy and GED

(315)342-8834

*SAF- Abuse & Assault Hotline

(315)342-1600

*Substance Abuse Hotline

1-800-662-4357

*Scriba Food Pantry

(315)343-9475

*Mexico Food Pantry

(315)963-3117

My contact info:

Family Specialist Becki

Cell: 315-591-3527

Center: 315-342-0629x122

Email: rwittmann@oco.org

Oswego HS Snack Menu

(Menu Subject to Change) "Nut Safe"

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<u>**Choosy Tip of the Month! **</u> <i>Your child will do what you do. If you eat healthier food, your child will too.</i>	Choose Healthy Options Often & Start 	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	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	Breakfast: Apples, WG Cinnamon Toast , Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk Snack: Homemade Muffin, Skim Milk
Breakfast: White Grape Juice, WG Cheerios , Skim Milk Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water	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	Breakfast: Banana, WG Oatmeal , Skim Milk Lunch: Tuna Salad Sandwich on Bread, Carrot Sticks w/ Dip, Mandarin Oranges, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water	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	Breakfast: Clementine, Frosted Mini Wheats , Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice
	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	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	Breakfast: Apple Juice, WG English Muffin , Skim Milk Lunch: Sunny Butter & Jelly Sandwich on WG Bread , Cheese Stick, Carrot Sticks w/ Dip, Fresh Fruit Salad, Skim Milk Snack: Celery Sticks & Cucumbers w/ Dip, WG Crackers , Water	Breakfast: Banana, WG Life , Skim Milk Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk Snack: Animal Crackers, Skim Milk
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	Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk Snack: WG Kix , Skim Milk	Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Pizza w/ Meat/Cheese & Pizza Crust, Broccoli, Fresh Oranges, Skim Milk Snack: Snack Mix, Apples, Water	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	Breakfast: Mandarin Oranges, WG Toast , Skim Milk Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk Snack: Blended Juice, Crackers
Breakfast: Orange Juice, WG Life , Skim Milk Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk Snack: Pretzels, Skim Milk	Breakfast: Apples, WG Oatmeal , Skim Milk Lunch: Burger, Green Beans, Pears, Bun, Skim Milk Snack: WG Cheerios , Skim Milk	Breakfast: Banana, Homemade Muffin, Skim Milk Lunch: Meatball Sub w/ Cheese, Corn, Baked Beans, Hot Dog Bun, Skim Milk Snack: Cheese Stick, WG Crackers , Water	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	

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.**



Attendance Matters

Every student. Every day.
Perfect attendance for September 2025:

Zulay J.

Penelope M.

Xander S.

Luka T.





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Family Appreciation

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



Liah S. 10/27



Liomar S. 10/27

*Each month we will have a family appreciation page in the newsletter. This will appreciate the families of the children whose special days will be in that month.

