



October Newsletter 2025

Oswego 2

315-342-0629

We are excited to be entering our second month of school! We have a full class of 14 students! This month we will continue to work with our Second Step program and our Child Protection program (Personal Safety) We have learned how to be safe in parking lots, crossing the street and more. We have also been learning about our feelings and how to focus using our “attent-o- scopes”. We began and will continue to learn more Zoo Phonic sounds and actions. We have been working on learning the rules and routines along with social skills. We will also be learning about Fall and all the fun things that Fall brings this month!

Please check your calendars for important dates and events this month, there is a lot! There is NO CLASS on October 13th and October 31st.

Thank you for the great beginning to the school year!

Cathy, Shantel and Amber

5 little leaves Falling

1 little, 2 little 3 little leaves falling
from the tree.

4 little, 5 little, 6 little leaves falling
from the tree.

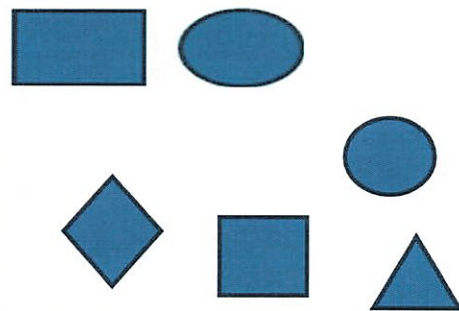
7 little, 8 little, 9 little leaves falling
from the tree.

10 little leaves falling from the tree.

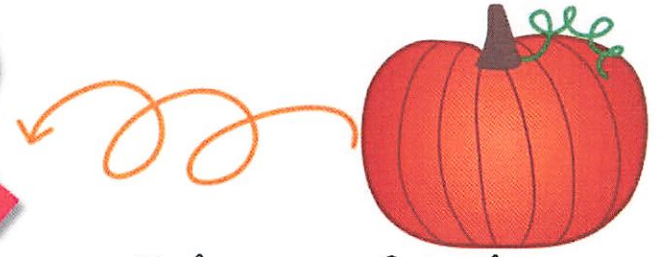
Shape Hunt

Pick a room and explore to see
how

Many circles, squares,
triangles, rectangles, ovals,
and rhombus's you can find!



OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Head Start Awareness Month		1 Parent Connections 9:00am	2	3	4
5	6 Parent Connections 5:30pm	7	8 Positive Solutions Meeting @9:30	9	10	11
12	13 Columbus Day No Class	14	15	16 Positive Solutions Mtg. @9:30 At CC	17 Ellisandra's Special Day	18
19	20	21 Policy Council Orientation	22 Positive Solutions at 9:30- CC	23	24	25
26	27	28 Policy Council 10:00am	29 Positive Solutions at 9:30- CC	30 Fall Fun Fest	31 No Class Total Staff	Positive Solutions at Catholic Charities



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
**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: Tuna Salad Sandwich on Bread, Carrot Sticks w/ Dip, Mandarin Oranges, 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: 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	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: Pizza w/ Meat/Cheese & Pizza Crust, 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: Meatball Sub w/ Cheese, Corn, Baked Beans, Hot Dog Bun, 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.



Attendance Matters

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

Athena B.

Spencer E.

Willow L.

Ellisandra P.

Ryder S.





shutterstock.com • 1845108718

Family Appreciation

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



Ellisandra P. 10/17

*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.

