



October

Oswego 3

CLASSROOM NEWS

We have had a great September! The children have been doing a good job learning the rules and routine of the classroom. We have been focusing on social and emotional skills, including naming feelings, sharing, playing nicely with friends, and how to calm our bodies when upset. The children have begun doing their classroom helper jobs and are enjoying it! We introduced Choosy and have been talking about ways to keep our bodies healthy.

In October we will introduce our Zoophonics, Child Protection Unit and our Second Step curriculums. We are looking forward to a great year!

REMINDERS

Please make sure your child has a jacket for outside time 😊



EVENTS

10/1 Parent Connection Meeting at 9:00am

10/6 Parent Connection Meeting 5:30pm

10/8, 10/16, 10/22, 10/29 Positive Solutions Workshop Catholic Charities at 9:30am

10/13 Columbus Day No School

10/21 Policy Council 10am

10/30 Benjamin's Special Day

10/31 No School- Staff Meetings

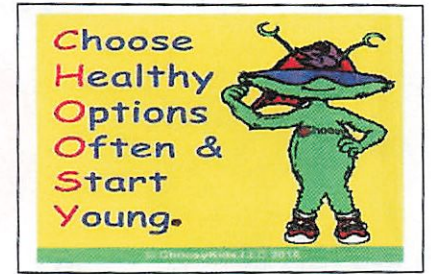
TO-DO

Learning Genie Activities





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This month we introduced Choosy to the children. Choosy stands for "Choose Healthy Options Often and Stay Young". He emphasizes the importance of exercise and healthy eating choices. We use the phrase "I am Moving, I am Learning" Or IMIL. When children move their brains can work better. Each month the newsletter will have an IMIL activity.

This month's activity is a color scavenger hunt. Go around outside or in your home looking for objects that are different colors and have your child name the color and collect the objects. When finished count how many different colors were found.

Song of the Month:

5 little pumpkins

"5 little pumpkins sitting on a gate, the first one said oh my it's getting late.

The second one said there are witches in the air.

The third one said but we don't care.

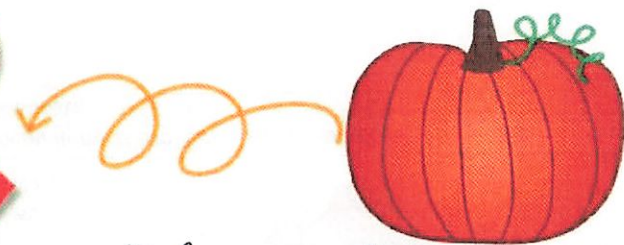
The fourth one said let's run and run and run.

The fifth one said who's ready for some fun?

And oooohhhh went the wind, and out went the lights, and the 5 little pumpkins rolled out of sight."



OCTOBER



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Oswego 3

1
Parent
Connection
Meeting
9am

8
Positive Solutions
Workshop
Catholic
Charities 9:30am

16
Positive Solutions
Workshop
Catholic
Charities 9:30am

22
Positive Solutions
Workshop
Catholic
Charities 9:30am

29
Positive Solutions
Workshop
Catholic
Charities 9:30am

30
Benjamin's
Special
Day 

31
No School
Staff
Meeting

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. 	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.