



Phoenix 1

315-695-4838

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Head Start Awareness Month Fire Safety Prevention Month		1 Looking ahead: No school 11/11, 11/14, 11/26-28	2	3	4 Fulton Fall Festival 10-4 Locktoberfest (Phoenix)
5 National Taco Day Oswego Pumpkin Fest 11-5	6	7	8 Positive Solutions 9:30-11 @ Catholic Charities	9 Nolan's Special Day Parent Meeting with Lisa 5pm	10	11 Check the batteries in your smoke detectors Lafayette Apple Fest
12 Lafayette Apple Fest 9-5	13 Columbus Day No Class	14	15 Charlie's Special Day	16 Positive Solutions 9:30-11 @ Catholic Charities	17	18 Practice your fire escape plan
19 Go pumpkin picking	20	21	22 Positive Solutions 9:30-11 @ Catholic Charities	23 Coffee Hour with Lisa	24	25 Trunk or Treat @ Oswego Speedway 12-3pm
26 Trunk or Treat @ East Coast Inferno (Fulton) 1-4pm	27	28	29 Positive Solutions 9:30-11 @ Catholic Charities	30	31  No Class	

October Newsletter

Hello Phoenix, 1 Families,

Well, we made it through the first month. Everyone has been working very hard to learn school rules and routines. We've been learning how to use school materials like scissors, glue, glue sticks, and markers, and how to take care of our toys when we're done using them. We've been working on using our words to meet our wants and needs, and to engage positively with our peers. Sharing and turn taking can be a little tough at this age, but they're getting the hang of it. This class has a lot of energy, so if you come to visit you may notice some kiddos not seeming to participate with the rest of the class, or maybe holding a fidget or using a special chair for sitting, we are trying to accommodate the various learning styles of each child.

October is full of fun new things. We will start our Lending Library and Family Game Night programs, more info to come. We will be getting a class pet! And as October is Fire Safety and Prevention Month we will be discussing that in class, and also asking families to do the same at home, and hopefully having a visit from the Phoenix Fire Department. October is also Head Start Awareness month, so please help spread the word about our program.

Thank you to everyone that was able to attend Parent Night as well as "Dad's bring your child to school day". Remember any school readiness that you do at home counts as funding for our program, so please use Learning Genie to log your time. As the weather gets cooler, please remember to dress your child appropriately for outside play.

Thank you. Leigh, Kristy, and Amy

Make it at home: Pumpkin Pie Smoothies (makes 4)

1 cup canned pumpkin

1 1/2 teaspoons pumpkin pie spice

4 cups your choice milk (soy, almond, skim...)

Place all ingredients into blender. Blend until desired consistency is reached. Enjoy!

Get moving at home:

Cosmic Kids Yoga on YouTube has tons of videos for kids to follow along with. There are short and long videos, do what works best for your kiddo.

Sing it at home: Head, Shoulders, Knees, and Toes

*Point to each body part as you sing it.

Head, shoulders, knees and toes, knees and toes

Head, shoulders, knees and toes, knees and toes

Eyes and ears and mouth and nose

Head, shoulders, knees and toes, knees and toes

*Sing it again. Faster this time. :)



October 2025/Family News

Phoenix Head Start

Hello Families,

Can you believe that we have already completed a month of school. I hope you are doing well, staying happy and healthy.

You will find important dates and information on the parent connections meetings with resources each month. I have posted many resources on the Learning Genie app. If you are interested in something that I have not posted, let me know and I can try and find it for you.

The weather is getting colder outside so please remember to dress your child according to the weather as they go outside daily.

Your Family Specialist, Lisa

Next two Parent Meetings:

October 9 @ Head Lice with Nurse Pam, Nutrition information with Heather Familio

November 5 @ Personal Safety with Sue Austin

Coffee Hour: October 23 and November 20 Starting in the am

RSVPs for the Parent connection Meeting a must for food count and childcare. Information on the upcoming meeting will follow. Your presence and input are very important to this program.

Door Prize and Dinner

Positive Solutions: Catholic Charities, Fulton NY
October 8, 16, 22, 29
9:30-11:00

Parent Connection Officers:

Chairperson: Adrianna Shrock

Vice Chairperson: Noah Lazore

Secretary: Josalee Lapp

Policy Council Representative:

Jessica Guyer—Ph 1

Denise Lancette—Ph 1

Alternate Rep:

Lisa Cooper—Ph 2

Resources

Volney Volunteer Fire Dept.
St Rt 3 Fulton, Ny 13069

Walk Thru-Trick or Treat
10/25/25 4-8pm

Mobile Food Pantry
Oct 17 @4pm Oswego
Alliance Church
371 Thompson Rd.
Oswego NY 13126

Phoenix Food Pantry
315 695-4746

WIC 315 343-1311

My Contact

information: Family Specialist Lisa
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Center 315 695-4838
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HEALTHY CORNER



Tips for a fun and safe Halloween:

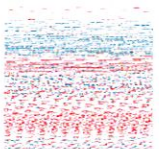
Halloween can be one of the most fun nights of the year—but it is important to keep safety top-of-mind. Before your little ghouls and goblins take to the streets, make sure that they understand basic safety tips and will be accompanied by a responsible adult!

1. **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](https://www.safekids.org)

DLC / Phoenix 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. 	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: Beef, Potatoes, Mixed Vegetables, Bread, 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, Broccoli w/ Dip, Fresh Oranges, 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: Chicken, Au Gratin Potatoes, Green Beans, Bread, 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: Hot Ham & Cheese Sandwich on WG Bread , Beets, Applesauce, 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.



Phoenix Head Start would like to
celebrate the family:
Charles for the month of October
2025!!