

Phoenix 2
Head Start/UPK
Monday-Friday
8:30a-2:45p
315-695-4838

October 2025

www.oco.org/education-services/head-start-upk



Sun	Mon	Tue	Wed	Thu	Fri	Sat
A look ahead... No Class on Friday, November 11th- Veteran's Day No Class on Friday, November 15th- P/T Conferences No Class Wednesday-Friday, November 27-29-Thanksgiving Holiday				1	2	3
			Head Start Awareness Month			4
5	6	7	8 Positive Solutions 9:30-11 @ Catholic Charities in Fulton	9 Parent Connect Meeting with Lisa 5pm	10	11
12	13 Columbus Day No Class	14	15 Delaney's Special Day	16 Positive Solutions 9:30-11 @ Catholic Charities in Fulton	17	18
19	20	21 Policy Council 10am	22 Positive Solutions 9:30-11 @ Catholic Charities in Fulton	23 Coffee Hour with Lisa 8:30am	24	25
26	27	28	29 Positive Solutions 9:30-11 @ Catholic Charities in Fulton	30	31 No Class Staff Training	

October Newsletter PH 2

This past month, your children have enjoyed exploring all the different areas in the classroom, from blocks to art to science. Your children have already gotten used to the routine/schedule and can tell you all about what we do each day.

This month we will focus on fall: leaves, pumpkins, and apples-and our activities during our small group time (and sensory table) will revolve around it. We will be cutting, painting, threading, mixing, exploring, and creating.

Please review our newsletter each month as it will follow along with our focus for the month here at school. Our special days and days off are also posted with this letter and calendar.

Look out for our lending library books, which will be coming home the 2nd week of October!

October 13th- No school (Columbus Day)

October 31st- No School (Total Staff -staff training day)

Fingerplay: Five Little Pumpkins

Five little pumpkins sitting on the 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, "Lets run and run and run!"

The fifth one said, "I'm ready for some fun!"

Then OHHH went the wind and OUT went the lights,

And the five little pumpkins rolled out of sight!



Apple Sensory Play

Squeeze bottles, sponges, tear-free bubble bath solution, and the season's delicious apples are all you need for this fun, foamy fall sensory activity from Toddler Approved. To keep things clean, lay down a towel or vinyl tablecloth first, or head outside if the weather is nice. Keep the apples you use for other autumn activities, or choose plastic apples or pumpkins if you'd rather use your apples for snacking on.



October 2025-Family News

Phoenix Head Start/UPK

Hello Families,

Can you believe that we have already completed a month of school. I hope you all are doing well, staying happy and healthy. This is my first newsletter of the year. You will find important dates and information on parent connections meetings and 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 cold outside so remember to dress your children according to the weather as they go outside daily.

Your Family Specialist, Lisa

Next two Parent Meetings:

October 9 @ Head Lice with Nurse Pam and Nutrition information with Heather Familo

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
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 10/24/25 4-8pm

Mobile Food Pantry
Oct 17 @4pm

Oswego Alliance Church
371 Thompson Rd.
Oswego NY 13126

WIC 315 343-1311

Phoenix Food Pantry
315 695-4746

My Contact

information: Family
Specialist Lisa

Cell: 315-591-2656

Center 315 695-4838

Email lurbach@oco.org

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. **Costume:** flame-resistant, lighter colors appropriate shoes for the weather and no sharp accessories like sword/wands etc.

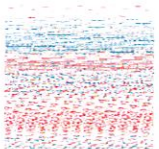
2. **Accompany your kids and/or know their route:** Go in groups in well-lit, well-traveled familiar areas.

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
<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 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:
Delaney for the month of October
2025!!