



Phoenix 3 UPK/HS

Monday - Friday 9:15a-2:15p

DLC - 315-695-4838

Don't forget to include any activities your family does together on Learning Genie for in-kind

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Head Start Awareness Month 			1	2 <i>Charlotte's Special Day</i> 	3 NO SCHOOL Phoenix Staff Dev. Day	4
5	6	7 <i>Lending Library Books Due Back</i> 	8 <i>Positive Solutions 9:30-11am</i> <i>Catholic Charities, Fulton</i>	9 <i>Parent Connection With Lisa - FS 5pm</i>  Faith's Special Day	10	11
12 <i>Rake the leaves and make paths and piles to run and jump in!</i>	13 NO SCHOOL 	14 <i>Lending Library Books Due Back</i> 	15	16 <i>Positive Solutions 9:30-11am</i> <i>Catholic Charities, Fulton</i>	17	18
19	20 Rennen's Special Day 	21 <i>Policy Council Orientation 10am</i>  <i>Lending Library Books Due Back</i>	22 <i>Positive Solutions 9:30-11am</i> <i>Catholic Charities, Fulton</i>	23 <i>Coffee Hour with Lisa—FS</i> <i>At morning drop off</i> 	24	25 <i>Take a walk in a park or through the woods, collect items and make a fall collage!</i>
26	27	28 <i>Policy Council 10am</i>  <i>Lending Library Books Due Back</i>	29 <i>Positive Solutions 9:30-11am</i> <i>Catholic Charities, Fulton</i>	30 Fall Fest	31 Happy Halloween 	



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. **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](#)

CLASSROOM NEWS

POENIX 3 UPK

OCTOBER 2025

Your child's classroom Teachers:
Tracy, Melissa, Ryleigh & Chelsea

IMPORTANT DATES:

Oct. 3, Fri. – No School, Staff Dev.
Oct. 9, Thur. – Parent Connection Mtg.
Oct. 13, Mon. – No School, Indigenous
ppl Day
Oct. 22, Tues. - Policy Council
Orientation
Oct. 23, Thurs. – Parent Coffee Hour
Oct. 28, Tues. - Policy Council
Oct. 30, Thurs. - Fall Fest

What We are Learning

September came and went very quickly!
All the children have transitioned very well into the classroom. Thank you to all that participated in Parent Night, we enjoyed sharing all the fun activities we have been doing and learning so far. Each day we focus on our kindergarten readiness goals. Our main focus for September has been working on safety inside and outside of the classroom, following the rules and routines, communicating our needs and feelings, and our self-help skills.

We have also started working Zoo Phonics, counting, number recognitions, shapes and colors.
This month we will start lending library.



"Five Little Pumpkins" Lyrics

Five 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,
"I'm ready for some fun!"
OOOOOOOH, went the wind
And OUT went the light (clap on "out")
And the five little pumpkins
Rolled out of sight.

Family Fun Cooking

Recipe:

Crockpot Applesauce

6 apples, peeled and cut into pieces

½ cup sugar

½ cup brown sugar

Teaspoon of cinnamon

Place apples in crockpot on low. Approx. 1-2 hours (depending on type of apple) when apples are soft, mash them and add remaining ingredients to taste! Serve warm and enjoy!

Don't Forget: Submit any in-kind (volunteer) time on Learning Genie! Bring Back lending library books on Fridays. Let us know if your child will be late or absent! And have FUN reading together! GET OUTSIDE AND ENJOY THE FALL SEASON!!!!



Meet The Phoenix 3 Head Start / UPK Staff

My name is Tracy. I am the acting teacher in your child's classroom. I have been a teaching assistant for 18 years with Head Start and a Lead Teacher at the YMCA for a year before switching to Head Start. This is my 3rd year working with the UPK/HS class. I am excited to work with and get to know each of the children this year as they learn and grow. My husband and I have 3 adult children and 1 granddaughter.



Hi, I'm Melissa, your child's acting Teaching Assistant. I am a former parent of Head Start, my daughter Savanna attended her for 2 years. She is now almost 15 years. I started as a volunteer in the classroom 9 years ago. I really enjoyed working with the children and decided to become an Aide 7 years ago.



Hello! My name is Ryleigh and I am a floating Aide for UPK. I have been at OCO for 3 years and I'm excited to meet and get to know all of the children in the classroom!



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



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



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

Phoenix 3 UPK 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	Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread , Skim Milk	
Breakfast: White Grape Juice, WG Cheerios , Skim Milk Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk	Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla , Skim Milk	Breakfast: Banana, WG Oatmeal , Skim Milk Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk	Breakfast: Applesauce, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf , Skim Milk	Breakfast: Clementine, Frosted Mini Wheats , Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk
	Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk	Breakfast: Apples, Biscuit, Skim Milk Lunch: Chicken Wraps, Shredded Lettuce, Mild Salsa, WG Tortilla , Clementine, Skim Milk	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	Breakfast: Banana, WG Life , Skim Milk Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk
Breakfast: Pineapple Juice, WG Frosted Mini Wheats , Skim Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk	Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk	Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Chicken, Au Gratin Potatoes, Green Beans, Bread, Skim Milk	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	Breakfast: Mandarin Oranges, WG Toast , Skim Milk Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk
Breakfast: Orange Juice, WG Life , Skim Milk Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk	Breakfast: Apples, WG Oatmeal , Skim Milk Lunch: Burger, Green Beans, Pears, Bun, Skim Milk	Breakfast: Banana, Homemade Muffin, Skim Milk Lunch: Hot Ham & Cheese Sandwich on WG Bread , Beets, Applesauce, Skim Milk	Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread , Skim Milk	Breakfast: Blended Juice, Rice Krispies, Skim Milk Lunch: Turkey Sandwich, Cucumber w/ Dip, Pineapple, Skim Milk 

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.**