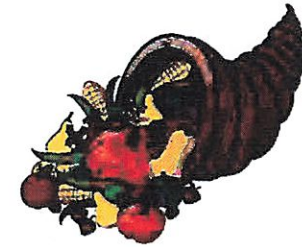


Fairgrieve Head Start/UPK November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
November's Character Theme is: Gratitude	Fairgrieve: 315-598-0612 M-F 8:30-3:30 www.dco.org/education		Positive Solutions For Families 9:30-11:00 NOV. 5, 12, 19		1	
2 FALL BACK...	3	4	5	6	7	8
9	10 NO SCHOOL Staff Dev. Day	11 NO SCHOOL Veteran's Day 	12	13 Parent Connections Mtg.: Catholic Charities 9:00 am	14 Picture Retake 	15
16 Make sock-Puppets and put on a show 	17	18	19	20	21	22 Make little Pies for dessert 
23	24 EARLY DISMISSAL: CONFERENCES Dismissal at 11:15 Call Center to Sign Up 1-6:30pm	25 Policy Council 1-3:45pm	26	27	28	29
30	Thanksgiving  Break					

FAIRGRIEVE HS/UPK NEWS

Can you believe it is already November? We have accomplished so much: learning the rules and routines, making new friends, learning names and symbols of ourselves and classmates and started on our letter names/sounds. We are finishing our first ELA module: "All About Me" and are starting our second module: "Families and Communities". We continue our Math Modules, which focuses on shapes, matching and sorting, counting 1-5.

November is a busy month, and to add to that, we have several days off of school. There will be Early release days and NO SCHOOL Days. (See Important Dates below and Refer to the Calendar)

Our conferences are scheduled: November 24th and 25th. We will be talking with you about your child's transition and the progress your child has made, so far, this school year. This will be our time to set some goals for your child, together. Conferences will be in person or by phone. Please let us know what would work best for you.

With the cold weather upon us please start sending your child to school with warm gear (layers). We try to go outside every day (even when there is snow on the ground), so hats, mittens and boots are essential. If you need help in obtaining these items for your child, please ask a staff member.

Robin, Mary-Lou

And Alicia



Songs We Sing

I'm A Turkey



I'm a little turkey,
big and fat.

I spread my tail
And I walk like that.

Each day's corn I will not miss,
And when I talk, I sound like this:
GOBBLE! GOBBLE! GOBBLE!

Things To Do At Home

Pumpkin Yogurt



$\frac{1}{2}$ cup vanilla yogurt

2 Tablespoons canned pumpkin puree

Sprinkle of cinnamon

Mix all the ingredients together, in individual bowls

Milk Allergies ? :

You can substitute the yogurt for applesauce/soy yogurt. Store in an airtight container.

IMPORTANT DATES:

11/10: NO SCHOOL : Staff Mtgs

11/11: NO SCHOOL : Veterans Day

11/14: PICTURE RETAKES

11/24 -25: Early Dismissal: 11:15
Conferences 1-6:30 (24TH) and 1-4 (25th)

11/26-28 : THANKSGIVING BREAK



Family News

Hello Fairgrieve Head Start families! I hope you are all adjusted to the school year and your new routines nicely. Our parent connections with Fulton Head Start are going well. We are hoping for some Fairgrieve UPK/ Head Start parents to attend this month. The positive solutions group is going well with parents attending from some of the other Head Start sites. If you would like to join us for the last few, please feel free to reach out to me.

Thank you for all you do for our program and your children!! I look forward to seeing you at our next meeting...

November 13th @ 9:00 AM at Fulton Head Start in the Catholic Charities building

Jeremy Rahrle

Fairgrieve Family Specialist

Cell-315-591-3529

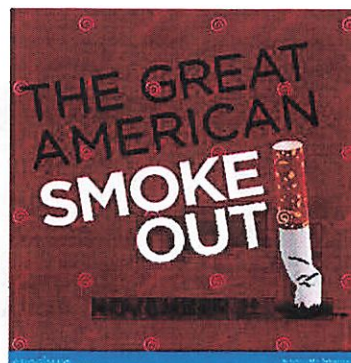
Email- jrahrle@oco.org



HEALTHY CORNER !

Quit for a Day. Quit for Life.

The Great American Smoke out is an opportunity for people who smoke to commit to healthy smoke-free lives. Not just for a day, but for life! To find out more, visit cancer.org/smokeout or call 1-800-227-2345.



Important Dates

11/4 - Go Vote!
11/5, 11/12, 11/19 – Positive Solutions
11/10 - no class
11/11 – Veteran's Day – No school
11/13 - Parent Meeting @ 9
11/24 – 11/25 - early release day's
11/25-Policy Council
11/26,27,28 - No School- Happy Thanksgiving



RESOURCES

HEAP (Open November 1st)

Department Of Social Services

M-F 8:30 -4:00

Phone: 315-963-5021

Apply Online @

myBenefits.ny.gov

Citi BOCES

Want your GED? Contact

315-963-4283 or on the

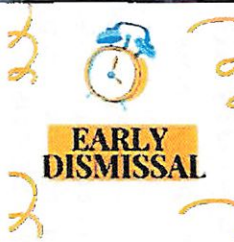
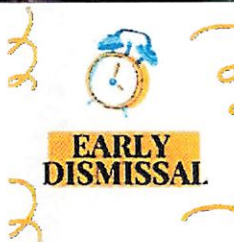
website @

www.citiboces.org

Fairgrieve PM Snack Menu

(Menu Subject to Change) "Nut Safe"

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
* Allergen information for menu items is available. Ask an employee for details.		**Choosy Tip of the Month! ** Teach your child to choose water when thirsty and skip the sweet drinks.	 Be Choosy Be Healthy	1
3 Hard-Boiled Egg, Clementine, Water	4 WG Animal Crackers, Berries, Water	5 Raw Broccoli, WG Wheat Thin Crackers, Water	6 Fresh Apples, Cheese, Water	7 WG Life, Skim Milk
10 	11 	12 Celery Sticks w/ Cream Cheese, WG Goldfish Crackers, Water	13 WG Triscuit Crackers w/ Sunflower Seed Spread, Banana, Water	14 WG Muffin, Skim Milk
17 Mandarin Oranges, WG Goldfish Crackers, Water	18 Cucumber Slices w/ Dip, WG Wheat Thin Crackers, Water	19 Apple Wedges Sunflower Spread Raisins, Water	20 WG Bagel w/ Cream Cheese, Skim Milk	21 Apple Juice WG Snack Mix
24 	25 	26 	27 Thanksgiving Break No School	28

WG = Whole Grain

This

Institution is an Equal Opportunity Provider

** Check foods closely for nut oils: Breads, cereals, crackers, muffins, salad dressings, dips, sauces etc.

hello
NOVEMBER
K-8

Monday- Breakfast Pizza

Tuesday- Ham, Egg & Cheese Breakfast Sandwich

Wednesday- Sausage, Egg & Cheese Breakfast Sandwich

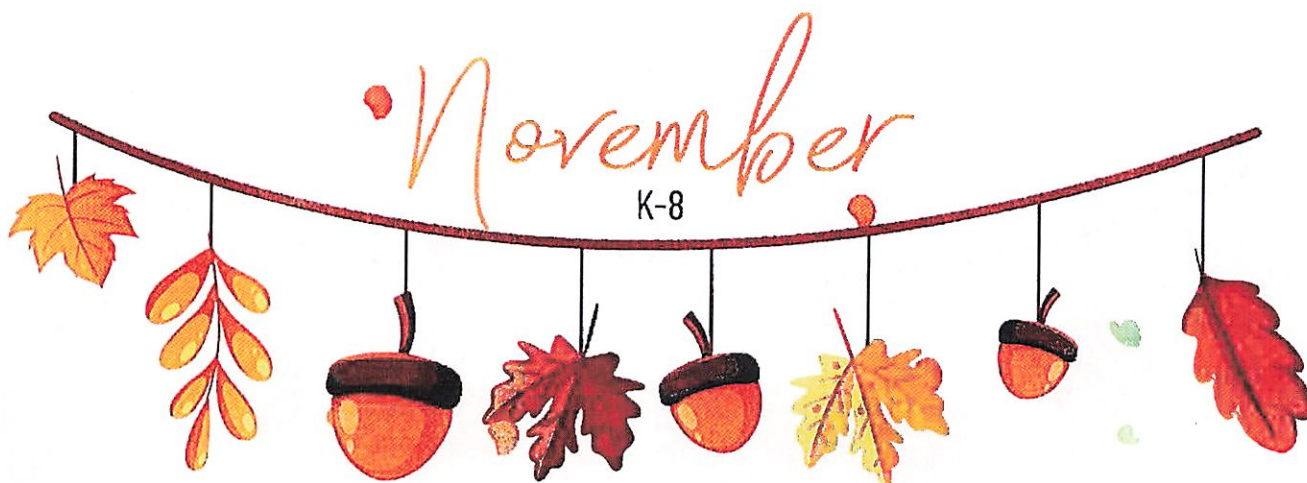
Thursday-Omelet, WG Breakfast Pastry

Friday- Bacon, Egg & Cheese Breakfast Sandwich



Breakfast Burrito, WG cereal, fruit,
and milk are offered daily.

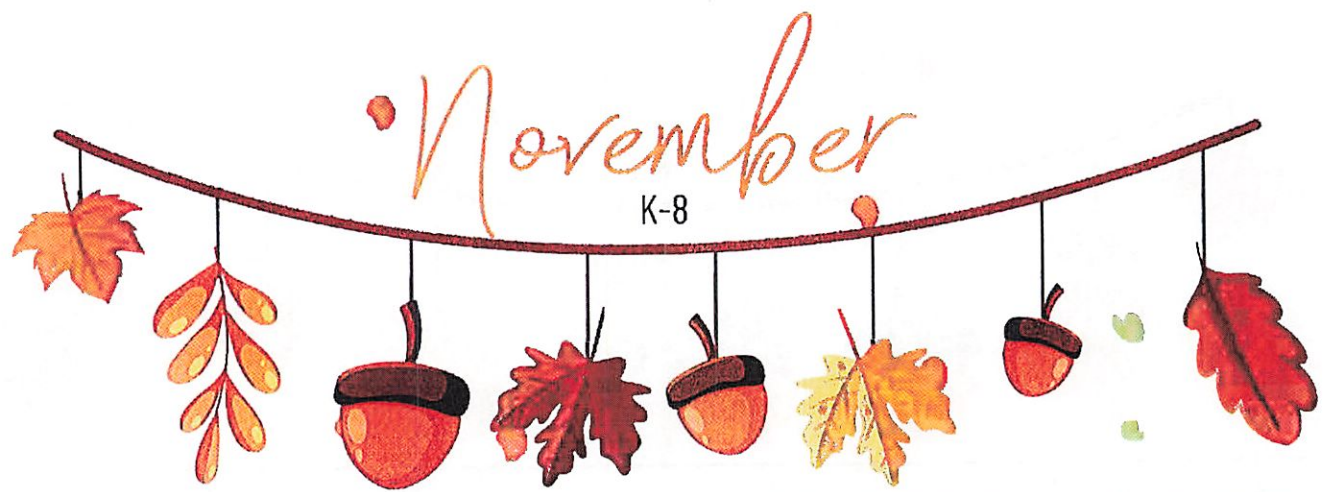




3 Bbq Chicken Garlic Knot Green Beans Potato Fries	4 Beef Walking Taco Black Beans Corn	5 Grilled Cheese Tomato Soup SW Potato Fries Cauliflower	6 WG Pasta w/Meatballs Broccoli Peas	7 Pepperoni Pizza Romaine Salad Carrots
10 Superintendent's Day	11 ***** VETERANS DAY SUPPORTING ALL WHO SERVED *****	12 Cheeseburger SW Potato Fries Cauliflower	13 WG Pasta w/Meat Sauce Broccoli Peas	14 Cheese Pizza Romaine Salad Carrots
17 Crispy Chicken Sandwich Green Beans Potato Fries	18 Sloppy Joe Veggie Beans Corn	19 S&S Pot Stickers Sw Potato Fries Cauliflower	20 Chicken & Broccoli Alfredo w/WG Pasta Peas	21 Turkey Dinner Salad, Carrots Mashed Potatoes Stuffing, Dessert
24 Early Release Bagged Lunch	25 Early Release Bagged Lunch			

All students enrolled are eligible to receive one complete BREAKFAST and LUNCH per day at no cost. PBJ's, assorted fruit and milk offered daily. FCSD aims to accommodate all student dietary needs including food allergies and religious restrictions. Please contact the Director of School Nutrition to make those accommodation.





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