

Oswego 1 News-November 2025

The leaves are finally changing, and Fall has started in our classroom. The children love exploring all that the season brings including gourds, leaves and pumpkins.

We are busy, learning, playing and growing together. This month we will be focusing on gratitude and friendships within our classroom. I know most of the Parents are reading to their children at night, just a reminder to record your minutes in learning genie.

Parent/teacher conferences will be held on November 14. Look for the sign up sheet in the back hall. This is a wonderful opportunity for us to connect and work together to support your child's growth. We will be discussing your child's progress—socially, emotionally and academically. I cannot wait to share it all with you.

Rory, Lauren and Michelle

Leaves are Falling

Leaves are falling

Leaves are falling

From the trees

From the trees

Red and Yellow

Orange and Brown

In the breeze

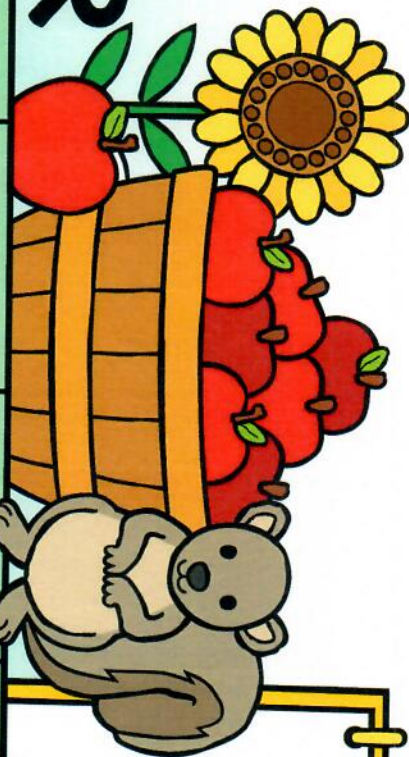
In the breeze

Freeze Dance

Our children LOVE freeze dance this year. So please put on music at home and when it stops they FREEZE!

2025

NOVEMBER



Oswego 1 Head Start
315-342-0629
Rory Cloonan-Teacher
Lauren Fitzsimmons-TA
Michelle Griffin-Aide

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Daylight Saving Time Turn back 1 hour	3	4	5 CPR-Training 5:00 pm	6 Parent connection meeting 9:00 am	7 Picture Day!	8
9	10	11 Holiday! No class	12	13	14 Parent/Teacher conferences No class	15
16	17	18	19	20	21	22
23/30	24	25 10:00 am Policy council	26 No class	27 Holiday No class	28 No class	29

Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	**Choosy Tip of the Month! ** Teach your child to choose water when thirsty and skip the sweet drinks.			
3 Breakfast: Pineapple, WG Kix, Skim Milk Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk Snack: Hard-Boiled Egg, Cheese Crackers, Water	4 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, Cucumber Slices & Carrot Sticks, Clementine, WG Bread, Skim Milk Snack: Animal Crackers, Berries, Water	5 Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk Snack: Broccoli with Dip, WG Crackers, Water	6 Breakfast: Pears, Biscuit w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk Snack: Apples, Cheese, Water	7 Breakfast: Mandarin Oranges, WG Waffle with Lite Syrup, Skim Milk Lunch: Macaroni & Cheese, Tossed Salad, Cauliflower, Skim Milk Snack: WG Life, Skim Milk
10 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Chicken Alfredo Pasta, Broccoli, Berries, Skim Milk Snack: Cucumbers with Dip, WG Crackers, Water	11 	12 Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Tomato Soup, Broccoli with Dip, Apples, Bread, Skim Milk Snack: Celery Sticks with Cream Cheese, Goldfish Crackers, Water	13 Breakfast: Pears, Bagel with Flavored Cream Cheese, Skim Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk Snack: Graham Crackers with Sunflower Seed Spread, Banana, Water	NO CLASSES PARENT-TEACHER CONFERENCE 
17 Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water	18 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk Snack: Cucumber Slices with Dip, WG Crackers, Water	19 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	20 Breakfast: Applesauce, WG Pancake With Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk Snack: Bagel with Cream Cheese, Skim Milk	21 Breakfast: Clementine, Frosted Mini Wheats, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice
24 Breakfast: White Grape Juice, WG Kix, Skim Milk Lunch: Fish, French Fries, Mandarin Oranges, Roll, Skim Milk Snack: Berries & Pears, Cheese, Water	25 Breakfast: Peaches, WG Waffle with Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk Snack: Yogurt, Banana, Water	26 	27	28

**Thanksgiving Break
No School**

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.



November 2025

Oswego Head Start

Hello Families,

As the weather is changing, with the dead of fall coming and winter starting shortly after, please remember to dress your children accordingly. You may send them in layers or leave extra hoodies/sweatshirts here. Remember that they do go outside daily, weather permitting. Therefore, please make sure you remember hats, mittens and even boots if necessary. The wind here makes a big difference in the temperatures when on the playground!

I would like to remind all of our families that your child/ren automatically qualify for WIC because they are enrolled in the Head Start program. The fresh fruits and vegetables that are no allowed really make a difference with food budgets and feeding your family healthy. If you do not have your acceptance letter still, let me know and you will be provided with another copy. Any questions, reach out any time!

If you are looking for employment, check out our website www.oco.org. We have various job openings within the agency.

Reminders:

PM Parent Connection Meeting November 5th @ 5:30 for CPR. Please RSVP by 11/3/25. Childcare will be provided and dinner for the children. Dinner will not be provided for the adults due to the use of mannequins for the training. A head count for attendance, to plan accordingly, is mandatory.

AM Parent Connection meeting Nov. 6th @ 9. Workshop on "what to do when you child is sick" with Nurse Pam. Please RSVP to accommodate handouts needed.

Policy Council meeting November 25th @ 10:00

Any questions or assistance needed, please reach out at any time!

Your Family Specialist,
Becki



RESOURCES

Parent Connection Officers:

Chairperson: Pepper R.

Vice Chairperson: Hailey L.

Secretary: Jesdith P.

Christine G.

Policy Council Reps:

Rep: Cierra B.

Rep: Jesdith P.

Alternate: Rep Pepper R.

Literacy and GED

(315)342-8834

SAF- Abuse & Assault Hotline

(315)342-1600

Substance Abuse Hotline

1-800-662-4357

Help Me Grow

(315)343-2344 ext. 114

Catholic Charities

(315)256-3038

My contact information:

Family Specialist Becki

Cell: 315-591-3527

Center: 315-342-0629 x122

Email: rwittmann@oco.org



Family Appreciation

Thank you for all you do and for being such an important part of our program!



Saint D.- 11/13



Asher S.- 11/17

*Each month we will have a family appreciation page in the newsletter. This will appreciate the families of the children whose special days will be in that month.

