



November Newsletter



Oswego 2

315-342-0629

Welcome Fall! We have been learning about Fall and having fun exploring and learning about pumpkins. We continue to work on writing our names, learning our colors and shapes and so much more. We are excited to have our families come in and attend Fall Fest on October 30th. We look forward to our upcoming Parent/Staff Conferences on November 14th; a sign-up sheet will be coming out soon. Please see the calendar for important dates and no class days. Our Thanksgiving Break will be from Wednesday, November 26th - Friday, November 28th.

Thank you for your continued support and involvement in your child's education.

5 Little Squirrels

Cathy, Shantel and Amber

Five little squirrels with acorns to store. One went to sleep and then there were four.

Four little squirrels hunting acorns in a tree. One fell down and now there are three.

Three little squirrels wondering what to do. One got lost, and now there are two.

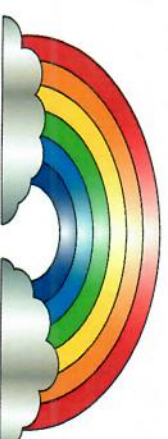
Two little squirrels tossing acorns for fun. One got tired, and now there is one.

One little squirrel playing in the sun. He ran away, now there are none.

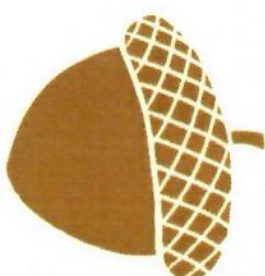


Color Hunt

Show your child a color and ask them to find an object that is that color. Look for all the colors in the rainbow and have fun.



NOVEMBER

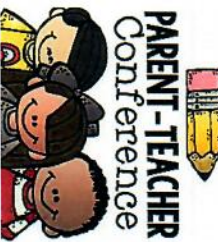


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Savings Turn your clocks back 1 hour	3	4	5 CPR Class 5pm	6 Parent Connection 9:00am	7 Picture Day!	8
9	10	11 NO School Veteran's Day	12	13	14 NO CLASS Parent/Staff Conferences	15
16	17 Asher's Special Day	18	19	20	21	22
23	24	25 Policy Council 10am	26 NO CLASS	27 Thanksgiving NO CLASS	28 NO CLASS	29
30						

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 Lite , 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	14 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 Thanksgiving Break No School	28

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.

