



November

Oswego 3

CLASSROOM NEWS

Happy November everyone! Thank you to everyone who attended our Fall Fest Celebration! In October we began our Zoo-phonics curriculum and have been working on the letters A-E. The children are doing very well with it! We also started our Second Step Curriculum and introduced our puppet friends Jessica and Ben who help teach the children social and emotional skills. We have been talking about Choosy and what is healthy for our bodies.

This month we will work on more letters and letter sounds. We will also work on naming our feelings, various ways to calm ourselves down and begin to problem solve with friends. We will be also be focusing on identifying numbers 1-10 and counting to 10.

Please remember to bring your child a jacket for outside time as it gets windy on the playground



Song: 5 fat turkey's

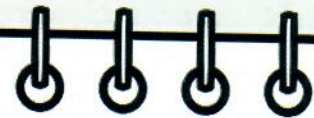
"5 fat turkeys by the barn door, one waddled off and then there were 4.

4 fat turkeys out under the tree, one waddled off then there were 3.

3 fat turkeys with nothing to do, one waddled off then there 2.

2 fat turkeys in the noonday sun, one waddled off then there was 1.

1 fat turkey better run away, soon it will be thanksgiving day!"



EVENTS

11/5 CPR training 5pm

11/6 Parent Connection Meeting 9am

11/7 Picture Day

11/11 Veterans Day No School

11/13 Saint's Special Day

11/14 Parent/Teacher Conference Day No School

11/25 Policy Council 10am

11/26-11/28 No School
Thanksgiving Break

TO-DO

IMIL Activity:

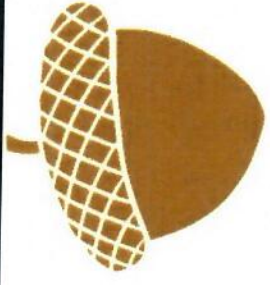
Have a dance party as a family



Learning Genie Activities



NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>Oswego 3</u>					1
2 Daylight Savings	3	4	5 CPR Training 5:00pm	6 Parent Connection Meeting 9am	7 Picture Day	8
9	10	11 Veteran's Day <u>No Class</u>	12	13 Saint's Special Day! 	14 Parent/Teacher Conferences <u>No Class</u>	15
16	17	18	19	20	21	22
23 30	24	25 Policy Council 10:00am	26 <u>No Class</u>	27 Thanksgiving Day 	28 <u>No Class</u>	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  WE WILL BE CLOSED FOR VETERANS DAY	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

**** Check foods closely for nut oils: Breads, cereals, crackers, muffins, salad dressings, dips, sauces etc. *** Allergen information for menu items is available. Ask an employee for details.



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.

