



Fulton Head Start

November Newsletter

This month

We're exploring colors, shapes, and how things change in nature. Ask your child what they notice outside this week!

We will continue learning about seasonal changes, reading books about weather, and learning new vocabulary like windy, chilly, and leaf. We will continue practicing kindness, sharing, and helping friends—especially during group play.

November brings cool air and falling leaves! We'll still head outside each day, as long as it's not raining—so please send a warm coat. Fresh air helps us learn and play our best.

Keep an eye out—conference sign-ups will be posted soon!

"Five Little Leaves"

Five little leaves on a tree so high,

(hold up five fingers)

Along came the wind, whooshing by!

(make "whoosh" sound and wave hands)

One little leaf said, "I can't stay!"

(wiggle one finger)

It fluttered down and blew away.

(wiggle fingers down like falling)

(Repeat with four, three, two, and one little leaf)

No little leaves on the tree today,

The wind blew them all away!

(blow into hands and wave fingers away)

Roasted Pumpkin Seeds

You'll need:

- 1 cup pumpkin seeds (rinsed and dried)
- 1-2 teaspoons olive oil or melted butter
- A pinch of salt (or cinnamon sugar for a sweet version)

How to make it:

1. Preheat your oven to 350°F.

2. In a bowl, mix the pumpkin seeds with oil and salt.

3. Spread them in a single layer on a baking sheet.

4. Roast for 10-15 minutes, stirring once halfway through, until golden and crisp.

5. Let cool before snacking—if you can wait that long!

Kids' Tip: Have children help rinse and stir the seeds—it's messy, sensory fun!

Fall Fest

Join us on November 6th for our Fall Fest and Art Show! Families are invited to enjoy fun, fall-themed activities and see all the amazing artwork the children have created. Their projects will be on display throughout the classroom—come celebrate their creativity and hard work with us!

AM Class: 10-11:45

PM Class: 2-3:15

Special Days

Jaxie - November 5

Oaklynn - November 18



Important Dates

Veteran's Day - No School - November 11

Parent Teacher Conferences - No School - November 13 & 14

Thanksgiving Break - No School - November 26 & 27

November 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

2

3

4

5
Positive Solutions
for Families 9:30am
Jaxie's Special Day

6
Art Show and Fall
Fest

7

8

9

10

11
Veteran's Day
No School

12
Positive Solutions
for Families 9:30am

13
Parent Connections
9am
Parent/Teacher
Conferences

14

Parent/Teacher
Conferences

15

16

17

18

Oakynn's Special
Day

19

Positive Solutions
for Families 9:30am

20

21

22

23

24

25
Policy Council
10am

26

No School

27

Thanksgiving
No School

28

No School

29

30

Fulton
Head Start



November Family News

Happy Fall!!

I'm looking forward to continuing Positive Solutions for Families with you this month. We also have our Parent Connections Meeting on the 13th, with Erin Price, Early Education Manager, presenting the Child Protection Unit that is taught in the classroom. We need a Policy Council alternate, so please let me know if you are interested.

Did you know.... because you qualify for the Head Start program, you automatically qualify for WIC! All you need is your child's acceptance letter. If you don't have it, let me know and I can get a duplicate for you.

Please let me know if you have any questions, need help finding services, or help reaching a goal. I'm always here to support you and your family.

Local November Events:

Nov. 25th 11:30-12:30 Mommy Connection Group at Fulton Recovery Community Outreach Center, Catholic Charities, the door next to Head Start.

Nov. 19th 3pm Mobile Food Pantry at Palermo UMC Church.

Food \$en\$e – November Orders: <https://foodsense.foodbankcny.org> – A monthly food buying co-op for anyone who wants to stretch their grocery dollars.

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/smoke out](http://cancer.org/smokeout) or call 1-800-227-2345.



This month we appreciate the families of:

Jaxie C. November 5th

Oaklynn B. November 18th



Fulton 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 <u>water</u> 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
10 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Spaghettis w/ Sauce & Meatballs, Tossed Salad, Mandarin Oranges, 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 NO CLASSES  PARENT-TEACHER Conference	14
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: Hot Ham & Cheese on Bun, Green Beans, Pineapple, 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
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.**