

Phoenix 2
Head Start/UPK
Monday-Friday
8:30a-2:45p
315-695-4838



November 2025

www.oco.org/education-services/head-start-upk

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	A look ahead... No Class on Friday, December 5th- Total Staff No Class December 24th thru January 1st- Holiday Recess					1
2 	3	4	5 Positive Solutions 9:30-11 @ Catholic Charities in Fulton <i>Parent Connection</i>	6	7	8
9	10	11 Veteran's Day No Class	12 Positive Solutions 9:30-11 @ Catholic Charities in Fulton	13	14 P/T Conference No Class	15
16	17	18 <i>Hannah's Special Day</i>	19 Positive Solutions 9:30-11 @ Catholic Charities in Fulton	20	21	22
23	24	25 Policy Council 10am	26 Thanksgiving Break No Class	27 Thanksgiving Break No Class	28 Thanksgiving Break No Class	29
30						



Phoenix 2 November Newsletter

During the month of November, we will be focusing on recognizing the letters in our names and also writing our names. We will also focus on counting. The class is improving their fine motor and gross motor skills each day through: using playdough and art utensils, and dancing, running and exercising. We will talk about things we are thankful for. We will talk about the weather changes and how that affects plants and animals outside. On that note, PLEASE send your child with heavy coats, gloves, and hats from now on. It is very cold at 10 am.

Parent/Teacher Conferences are scheduled for November 14th. There is NO CLASS this day. Please make sure to sign up for a time slot ASAP.

Danielle, Adrienne, Hope

DAYS OFF:

November 11- Veteran's Day

November 14- Parent-Teacher Conferences

November 26, 27, 28- Thanksgiving Break





November 2025--Family News

DLC/ Phoenix

Hello Families,

I want to Thank everyone for getting their children to school daily. As a team we are trying to keep the sickness down in the building, please remember to wash your hands often.

It's getting very cold outside. The teachers do try and get the children out daily, dress according to the weather.

The holidays are getting closer, and we all have some stress. If anyone wants to set up a home visit or coffee break. Contact me on my cell or center.

Next two Parent Meetings:

November 5 @ Personal Safety with Erin Price. Head Lice with Nurse Pam

December 3 @ Making holiday cards for the seniors.

RSVP's a must for food count and childcare. Information on the upcoming meeting will follow. Your presence and input are very important to this program.

Door Prize and Dinner!

If you have any questions or concerns, contact your Family Specialist.

Lisa



Positive Solutions for Families:
Catholic Charities, Fulton
November 5, 12, 19, 2025
9:30-11:00

Parent Connection Officer:

Chairperson: Adrianna Shrock

Vice Chairperson: Noah Lazore

Policy Council Representative:

Jessica Guyer and Denise Lancette

Alternate Rep:

Lisa Cooper

Resources

Mobile Food Pantry
Tuesday Nov 19 @
3pm

Palermo United
Methodist Church
11 Ct Rt 35 Fulton

Mobile Food Pantry
Nov 14 @3pm

Oswego Alliance
Church
371 Thompson Rd.
Oswego NY 13126

Phoenix Food
Pantry
315 695-4746

**My Contact
information:**
Family Specialist
Lisa
Cell: 315-591-
2656
Center 315 695-
4838
Email
lurbach@oco.org



Quit for a Day. Quit for Life.

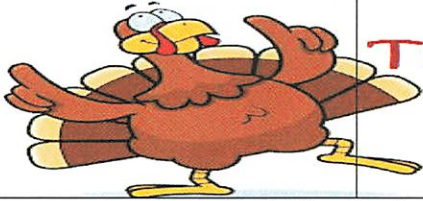
The Great American Smokeout
is an opportunity for people who smoke
to commit to healthy smoke-free lives.
Not just for a day, but for life!
To find out more, visit cancer.org/smokeout
or call 1-800-227-2345.

HEALTHY CORNER!

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	**Choosy Tip of the Month! ** <i>Teach your child to choose water when thirsty and skip the sweet drinks.</i>			
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: Meatball Subs with Mozzarella Cheese, Potato Puffs, Corn, Hot Dog Bun, Skim Milk Snack: WG Life , Skim Milk
10 Breakfast: Blended Juice, WG Cheerios , Skim Milk Lunch: Hamburger on Bun, 4-Bean Salad, Pear, 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: Beef, Potatoes, Mixed Vegetables, Bread, 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.**