

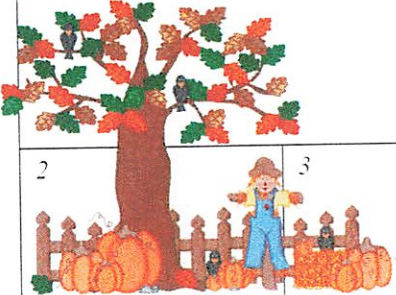
November

Phoenix 3 UPK/HS

Monday - Friday 9:15a-2:15p

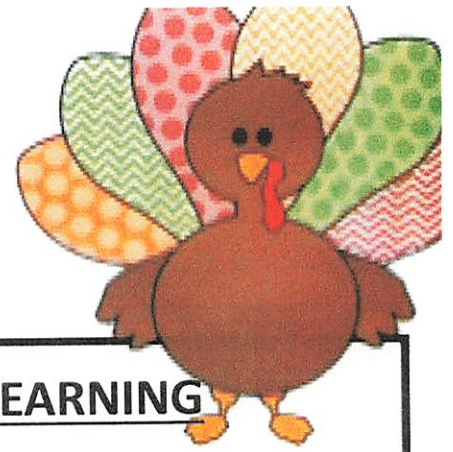
DLC - 315-695-4838

Don't forget to include any activities your family does together on Learning Genie for in-kind

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3	4  Kase's Special Day Return Library Book	5 <i>Positive Solutions</i> 9:30-11am Catholic Charities, Fulton <i>Parent Connection With Lisa - FS 5pm</i>	6	7	8
9 <i>Make a fort in the living room, have a family movie/ sleepover!!</i>	10 NO SCHOOL	11 	12 <i>Positive Solutions</i> 9:30-11am Catholic Charities, Fulton	13 1/2 Day P/T Conf. Noon dismissal	14 1/2 Day P/T Conf. Noon dismissal	15
16	17	18  Return Library Book	19 <i>Positive Solutions</i> 9:30-11am Catholic Charities, Fulton	20  <i>Coffee Hour with Lisa-FS</i> At morning drop 1/2 Day-P/T Conf. Noon dismissal	21 1/2 Day P/T Conf. Noon dismissal	22 <i>Make handprint turkeys for Thanksgiving Dinner</i> <i>Place settings</i>
23	24	25 <i>Policy Council</i> 10am <i>Sweet Potato Pie Day at 1 PM!</i> 	26 NO SCHOOL	27 	28 NO SCHOOL	29
30 <i>Make a list with pictures of what each person in your family is thankful for!!</i>		Return Library Book				

CLASSROOM NEWS

Phoenix 3 UPK
NOVEMBER 2025



IMPORTANT DATES:

Nov. 10th – No School

Nov. 11th – No School, Veterans Day

Nov. 13 & 14th & 20 & 21st – ½ Days,
P/T Conferences

Nov. 20th – Parent Coffee Hour

Nov 25th - Sweet Potato Pie Day

Nov. 25th – Policy Council

Nov. 26-28th – Thanksgiving Break

WHAT WE ARE LEARNING

October has been an engaging and busy month for us. The children are doing very well with their self-help skills. They have been working hard to master putting on their coats and zipping up independently. They have also been serving themselves during mealtimes, including pouring their own milk. We have introduced a job chart and the children seem to enjoy their new jobs each week. They are developing their community skills and learning to work as a team in our classroom helping one another. We have made great progress in learning our Zoo Phonics letters, letter sounds and have covered letters A through J. Please help them practice at home. The children have just started writing their first names to sign in each morning. When practicing at home please make sure they start each letter at the top.

Family Fun Cooking Recipe:

Polish Stuffed Eggs

Ingredients:

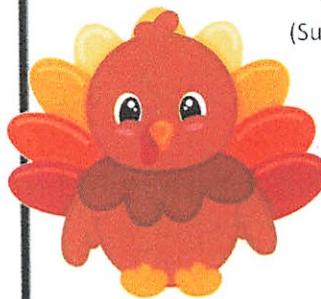
6 large hard-cooked eggs, shelled and halved
8 ounces cooked ham, ground
4 TBSP sour cream
Salt and black pepper
2 TSP chopped fresh dill or chives
Optional ¼ cup grated Monterey Jack cheese

Preparation:

Remove yolks from egg halves. Mash and combine them with the rest of the ingredients. Place back in egg white halves, enjoy!

Hello Mr. Turkey

(Sung to: If Your Happy & You Know It)



Hello Mr. Turkey
How are you? (clap, clap)
Hello Mr. Turkey
How are you? (clap, clap)
With a wobble, wobble, wobble
And a gobble, gobble, gobble
Hello Mr. Turkey
How are You? (clap, clap)

Don't Forget:

Submit any in-kind (volunteer) time on Learning Genie! Bring back Lending Library books on Tuesday. Let us know if your child will be late or absent! Have FUN reading together! GET OUTSIDE AND ENJOY THE FALL SEASON!!!!





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

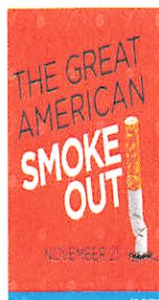
Mobile Food Pantry
Tuesday Nov 19 @
3pm

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.

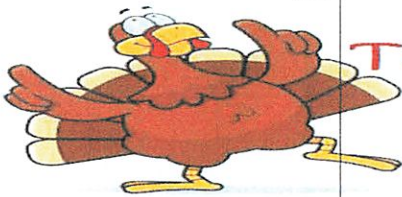
The Great American Smokeout
is an opportunity for people who smoke
to commit to healthy smoke-free lives.
Not just for a day, but for life!
To find out more, visit cancer.org/smokeout
or call 1-800-227-2345.

HEALTHY CORNER!

Phoenix 3 UPK 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	4	5	6	7
Breakfast: Pineapple, WG Kix, Skim Milk Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk	Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, Cucumber Slices & Carrot Sticks, Clementine, WG Bread, Skim Milk	Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk	Breakfast: Pears, Biscuit w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk	Breakfast: Mandarin Oranges, WG Waffle with Lite Syrup, Skim Milk Lunch: Meatball Subs with Mozzarella Cheese, Potato Puffs, Corn, Hot Dog Bun, Skim Milk
10	11	12	13	14
		Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Tomato Soup, Broccoli with Dip, Apples, Bread, Skim Milk	Breakfast: Pears, Bagel with Flavored Cream Cheese, Skim Milk <i>1/2 Day</i>	Breakfast: Apples, WG Cinnamon Toast, Skim Milk <i>1/2 Day</i>
17	18	19	20	21
Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk	Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk	Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk	Breakfast: Applesauce, WG Pancake With Lite Syrup, Skim Milk <i>1/2 Day</i>	Breakfast: Clementine, Frosted Mini Wheats, Skim Milk <i>1/2 Day</i>
24	25	26	27	28
Breakfast: White Grape Juice, WG Kix, Skim Milk Lunch: Fish, French Fries, Mandarin Oranges, Roll, Skim Milk	Breakfast: Peaches, WG Waffle with Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk		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.**



**The Phoenix Head Start/UPK would
like to celebrate the family: Kase
for the month of November 2025!!**