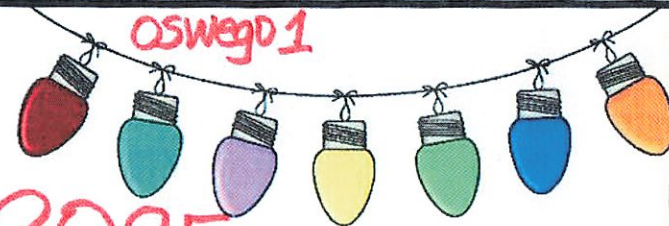


DECEMBER



Oswego 1

2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	1	2	3 Brain Architecture 5:30 with Becki	4 Coffee hour with Becki at 9 am	5 No School!	6
7	8	9	10 Parent Connection meeting at 9 am Personal safety	11	12 Parent Connection Meeting at 9 am stress reduction strategies	13
14	15	16	17 Parent Connection Meeting at 5:30 pm Personal Safety	18	19 Make and Take day! Cookie Day!	20
21	22	23 Penelope's Special Day! Policy Council 10 am	24 No School!	25 No School!	26 No School!	27
28	29 No School!	30 No School!	31 No School!			

December 2025

Oswego 1 Head Start 315-342-0629

Thank you for attending your Parent/Teacher conferences and everyone that participated positively in discussions about your child's progress. I was happy to have the opportunity to sit down with you one on one to create goals.

This year the children are interested in playing games in a large group setting. They are focused and listen to the rules of the games. I will continue to challenge them and learn through play.

We do try to go outside each day during the winter months. Please send your child to school with their winter gear (hat, mittens, scarf, boots and snow pants). If you need help getting these for your child please reach out to Becki or Rory. Please remember to change the children's boots when they get here.

Rory, Lauren and Michelle

Five Little Ducks lyrics(movement and song **CHOOSY**)

Five little ducks Went swimming one day, Over the hills and far away. Mummy duck said "Quack, quack, quack, quack" But only four little ducks came back.

Four little ducks Went swimming one day, Over the hills and far away. Mummy duck said "Quack, quack, quack, quack" But only three little ducks came back.

Three little ducks Went swimming one day, Over the hills and far away. Mummy duck said "Quack, quack, quack, quack" But only two little ducks came back.

Two little ducks Went swimming one day, Over the hills and far away. Mummy duck said "Quack, quack, quack, quack" But only one little duck came back.

One little duck Went swimming one day, Over the hills and far away. Mummy duck said "Quack, quack, quack, quack" And all five little ducks swam back.

Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast: Pineapple Juice, WG Frosted Mini Wheats, Skim Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk Snack: Graham Crackers w/ Strawberry Cream Cheese, Skim Milk	2 Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk Snack: WG Kix, Skim Milk	3 Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Pizza w/ Meat/Cheese & Pizza Crust, Broccoli, Fresh Oranges, Skim Milk Snack: Snack Mix, Apples, Water	4 Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk Lunch: Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, Skim Milk Snack: Cottage Cheese, Pineapple, Water	5 
8 Breakfast: Orange Juice, WG Life, Skim Milk Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk Snack: Pretzels, Skim Milk	9 Breakfast: Apples, WG Oatmeal, Skim Milk Lunch: Burger, Green Beans, Pears, Bun, Skim Milk Snack: WG Cheerios, Skim Milk	10 Breakfast: Banana, Homemade Muffin, Skim Milk Lunch: Meatball Sub w/ Cheese, Baked Beans, Corn, Hot Dog Bun, Skim Milk Snack: Cheese Stick, WG Crackers, Water	11 Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks, Berries, WG Bread, Skim Milk Snack: Graham Crackers, Pumpkin Applesauce, Water	12 Breakfast: Blended Juice, Rice Krispies, Skim Milk Lunch: Chicken Quesadillas, Tomato & Cucumber Salad, Pineapple & Grape Halves, WG Tortilla, Skim Milk Snack: Bagel w/ Cream Cheese, Fresh Oranges, Water
15 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	16 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk Snack: Animal Crackers, Berries, Water	17 Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk Snack: Broccoli w/ Dip, WG Crackers, Water	18 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	19 Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Macaroni & Cheese, Tossed Salad, Cauliflower, Skim Milk Snack: WG Life, Skim Milk
22 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Chicken Alfredo Pasta, Broccoli, Berries, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	23 Breakfast: Pineapple, WG English Muffin, Skim Milk Lunch: WG Pancake w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk Snack: Yogurt, Strawberries & Sliced Bananas, Water	24 	25 	26 
29 Holiday Break!!	30 	31 Resume Classes January 5th 		**Choosy Tip of the Month! ** Let your child help to wash & cut vegetables with a butter knife then make a pot of yummy soup together.

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.



December 2025 Oswego Head Start

Hello Families,

December already! Can hardly believe it! Seems like the first day of school was only last week! If you are in need of outdoor winter clothing for your child/ren, please let me know!

It is so hard to believe that we entered the holiday season! If your family is in need of food or other assistance during this time of year, Please let me know! There are a lot of programs available to help!

If you are looking for employment, check out our website www.oso.org. We have various job openings within the agency.

Reminders:

Picture make up day 12/3

Parent Connection PM meeting 12/3 @ 5:30pm

Coffee Hour: making throw pillows 12/4 @ 9am

Parent Connection AM meeting 12/10 @ 9am w/ Erin- personal safety

Parent Connection meeting: Stress relief strategies 12/12 @ 9am w/ Tara

Parent Connection PM meeting 12/17 @ 5:30pm personal safety

Policy Council meeting: December 22nd @ 10am

Any questions or assistance needed, please reach out at any time!

Miss Becki

Oswego Family Specialist



Healthy Corner

Just a Friendly Reminder

With the weather starting to get colder and the snow is going to be falling, please remember that we take the children outside daily. Please make sure they have appropriate winter clothing (Boots, Snowpants, Hats, Gloves) for them to be able to go outside.

Parent Connection Officers:

Chairperson: Pepper R.

Vice Chairperson: Hailey L.

Secretary: Jesdith P.

Christine G.

Policy Council Representatives*

Jesdith P.

Cierra B.

Alternate Rep:

Pepper R.

RESOURCES

Food Pantries:

Oswego Salvation Army

Mon.*Wed.*Fri.

10am-3pm

315-343-6491

Human Concerns Center

Monday-Friday

12pm-2:45pm

315-342-7301

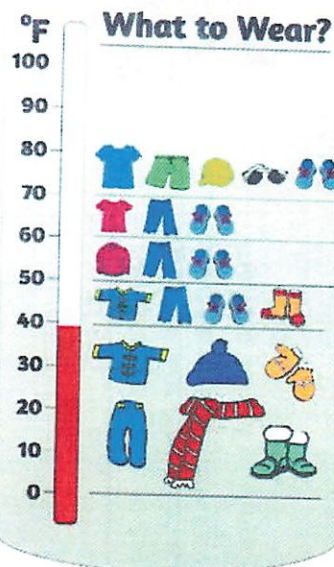
Citi BOCES

Want your GED? Contact

315-963-4283 or on the

Website @

www.citiboces.org





Thank you for all you do and for being such an important part of our program!

Family Appreciation



Penelope M. - 12/23



Layla G. - 12/4



Willow L. - 12/17



Emerie K. - 12/4



Ryder D. - 12/8



Chandon H. - 12/19

*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.

