

Fulton Head Start

December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Picture Retakes	4 Dominic's Special Day	5	6
7	8	9 Elsie's Special Day	10 Your paragraph text	11 Join us for the Parent Connections Meeting at 9:00 a.m.	12	13
14	15	16	17 Milk and Cookie Day	18 Kayden's Special Day	19	20
21	22	23 Policy Council 10 a.m.	24 No School Holiday Break	25 Christmas Day Holiday	26 Holiday Break	27
28	29 Holiday Break	30 Holiday Break	31 Holiday Break See you on January 5th			



Fulton Head Start December Newsletter



Sabine, Michelle, Tena, Wendy

THIS MONTH

We're exploring colors, shapes, and all the changes winter brings! Ask your child what they notice outside—frost, bare branches, or maybe some snowflakes.

This month we're learning new winter words like frost, chilly, icy, and snowflake, reading winter and December holiday books, and practicing kindness and helping friends throughout the day.

We will go outside whenever it's possible, so please send a warm coat, hat, snow pants, mittens and boots each day.

Reminder: Please no outside food or drinks due to allergies.



A CHUBBY LITTLE SNOWMAN

A chubby little snowman
(Circle arms like a big belly)

Had a carrot nose.

(Point to nose)

Along came a bunny,

(Two fingers hop)

And what do you suppose?

(Hands out, shrug)

That hungry little bunny

(Hop fingers again)

Looking for some lunch...

Ate that snowman's carrot nose—

Crunch, crunch, crunch!

(Pretend to munch)

SNOW PUDDING

Ingredients (makes 1 serving):

- ¼ cup vanilla yogurt
- ¼ cup applesauce
- ½ banana

How to make it:

1. Mash and mix all the ingredients together with a fork or spoon.
2. Enjoy as is or as a dip with vanilla wafers or graham crackers.



MILK & COOKIE DAY

Join us on December 17th for Milk & Cookie Day - Families are invited to join us for cookie decorating at lunch/snack time.

AM class - 11:00-11:50

PM class - 2:45-3:30



SPECIAL DAYS

Dominic - December 4

Elsie - December 9

Kayden - December 18



IMPORTANT DATES

- Child Protection Unit Curriculum Workshop for families - December 9
- Milk & Cookie Day - December 17
- Holiday Break - NO SCHOOL - December 24-January 2
- Back to School - January 5



Family Page...

I hope you all had a wonderful Thanksgiving! Now we are on to December! Since many of you probably spent time with extended family, please be aware of any symptoms that may be Flu or Covid related, such as fever, runny nose, and congestion. Please keep the children home if they are sick and have them tested so it doesn't spread.

Five parents attended the November Parent Connections meeting. We started planning a Christmas party and talked about having a "coffee hour" each month. This month the Parent Connections meeting will be on December 11th at 9am. Erin Price, Early Education Manager, will present the Personal Safety Curriculum that is being taught in the classroom. I hope you all can attend. 😊.

Please contact me if you need anything, especially at this busy and stressful time of year. I have many resources to help you find what you need; housing, a new job, food pantry resources and much more. I am here to help you reach your goals! ~ Karen (315-591-2836)

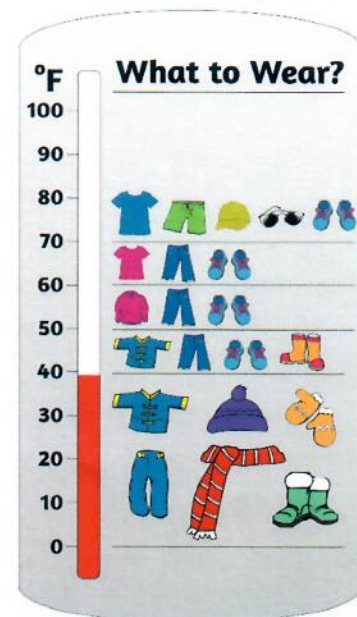


- Catholic Charities Food Pantry, 808 West Broadway, Fulton, NY 13069. 315-598-3980
- The Oswego Children's Fund is taking applications for help with Christmas gifts.
- If you have Facebook, please check my page for updates on jobs, upcoming events, recipes, crafts, and more.
- Call 211 for help on evenings and weekends.

Healthy Corner

Just a Friendly Reminder...

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





This month we appreciate the families of:

Dominic C. December 4th.

Elsie D. December 9th.

Kayden D. December 18th.



Fulton 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: Chicken Alfredo Pasta, Cauliflower & Carrots, 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: Chicken Stir-Fry, Rice, Berries, 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
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, Milkd Salsa, Banana, Skim Milk Snack: Apples, Cheese, Water	19
22 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Mandarin Oranges, 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.