










# North Shore Head Start December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Parent Connections @ the Center 9 am	3	4	5 <b>Total Staff No Class</b>	6 Make a Christmas countdown 
7 Rainbow Name Writing 	8	9	10	11	12	13 Sing Christmas Songs 
14 Write a letter to Santa 	15	16	17	18	19	20 Read a Christmas book 
21 Make cookies 	22 Sweet Treat Day	23 Policy Council @ 10 am	24 Christmas Break No Class	25 Merry Christmas Christmas Break No Class 	26 Christmas Break No Class	27
28	29 Christmas Break No Class	30 Christmas Break No Class	31 Christmas Break No Class			



# Northshore Head Start December 2025 Newsletter



## Welcome December!

We want to welcome Ashley to our North Shore classroom!

We are so excited that she is here. The class has adjusted well to the transition and we can not wait to see what exciting things we will do together in the coming months.

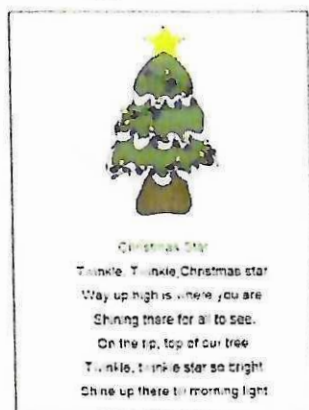
We are continuing to learn letters and the sounds that each letter makes. Our writing skills are growing as we are working on writing our names. We are continuing to work on our 2<sup>nd</sup> step curriculum talking about feelings and that its ok to have more than one feeling at the same time. We also have been working on building our fine motor skills by using our finger muscles for lacing, cutting paper and using playdough to help our muscles grow.

We will be working on counting to help build our skills. Be on the look out for some "homework" to help with this.

Keep submitting your in-kind. Every little bit will help Head Start and help your children. If you have any questions please ask

Ashley, Rachel or Jeremy.

### Song to Sing



### Merry Christmas



### At Home Activity





# North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

December 2025

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

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

## Family News



Hello families,

Where has the year gone? We are making great progress at Head Start. We have all our Parent Officers and a Policy Council Representative and an Alternate Representative. Our November Parent Connection was small, but we had great conversations, learned about the Personal Safety Curriculum and talked about the Parent Activity. If you would like to know more, please come and join us at our next meeting on Tuesday 12/2/25 @ 9 am. We will be making cards to send to local seniors.

Please remember to log your activities you do at home on the Learning Genie app as it earns us In-Kind for our program! If each family submits just 1 hr of in-kind every day we would hit our goal. We must help earn \$800,000! This is how we keep our program open and funded!!! We have a friendly competition going with the other Head Start centers to see who earns the most in-kind, we need everyone's help! No amount is too small. We were in 1<sup>st</sup> place in September, October and November, let's make first place for December as well. I look forward to seeing you at the next Parent Connection there! 😊

Your Family Specialist,

**Jeremy Rahrle**

Cell 315-591-3529

Center 315-675-3398



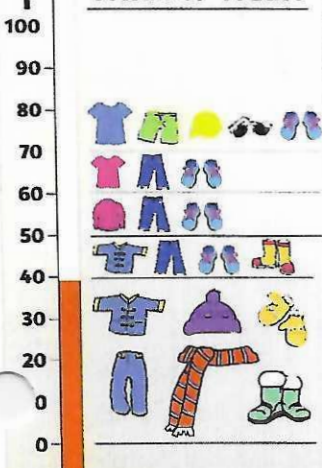
### Nurses Corner



#### 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.

#### What to Wear?



### PARENT RESOURCES

Please remember to look in your Head Start Parent Handbook for Community Resources!

### LOCAL EVENTS

#### \*Holiday Bazaar

Brewerton Center for the arts @  
9660 Brewerton road

Date: 12/06/25

Time: 10 am-3 pm

#### \* Family Fun Time and Resource

Pop-Up

Parish Village Gym,  
2938 Main Street

Date: every Thursday

Time: 10 am-6 pm

#### \*Holiday Market

@The foundry  
246 west Seneca street  
Oswego

Date: 12/7/25

Time: 10 am-4pm

### IMPORTANT DATES

\*12/2 – Parent Connection  
and card making

12/5 – Staff Day – No  
children

\*12/23 – Policy Council

\*12/24/25-1/5/26 – NO  
SCHOOL - CHRISTMAS  
RECESS

\*1/5/25 (Monday) – School  
Resumes