





# Peaceful Penguins






315-695-4838

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <div>Looking Ahead: Return to school January 5. No School 1/19.</div>	2	3 Parent Meeting with Lisa 5pm Positive Solutions 9:30-11, CC	4	5 Staff training <b>No School</b>	6 Tree Lightings in Fulton, Volney, and Phoenix
7 Go for a drive to see holiday lights and decorations	8 <b>Aleecianna's Special Day</b>	9	10	11	12	13
14	15	16	17	18 <b>Make and Take Day</b>	19	20 Have an indoor snowball fight with rolled socks
21 Build a gingerbread house together	22	23 Policy Council 10am	24	25 	26	27
28	29	30	31	<div>HOLIDAY BREAK: NO SCHOOL</div>		
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# Phoenix 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, Bread, AuGratin Potatoes, Green Beans, 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> Hot Ham & Cheese Sandwich on WG Bread, Beets, Applesauce, 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 w/ Dip, 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, Mild 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> Meatball Subs with Mozzarella, Potato Puffs, Corn, Hot Dog Bun, Skim Milk <b>Snack:</b> WG Life, Skim Milk
<b>22</b> <b>Breakfast:</b> Blended Juice, WG Cheerios, Skim Milk <b>Lunch:</b> Hamburger on Bun, 4-Bean Salad, Pears, 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> Resume Classes January 5th 		<b>**Choosy Tip of the Month! **</b> 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.**





Phoenix 1



Hello families,

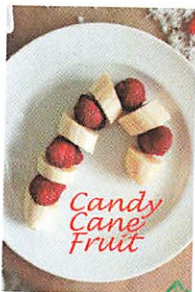
Thank you all for attending your child's conference last month. It is so important to be an active part of your child's education from the very beginning. We will be working hard to help your child achieve their goals before our next conference in March. This past month in school we continued to work on our math skills, phonics, fine motor control, and letter recognition. I'm happy to see how much these kiddos have grown in the months they've been in school. This month we will have fun making some holiday crafts and gifts. We will begin discussing safe and unsafe touches with our Personal Safety curriculum, and we will continue learning how to be a good friend with the help of our puppet friends, Johnny and Jamie, and the Second Step Curriculum. I hope you all have been enjoying the games that we are sending home. Feel free to keep these for up to a week so you can play them multiple times. Please remember to document how long you play for in the Learning Genie App so we can count it as In-kind for our program. As the winter weather approaches, please be aware of school closings and delays. We follow the Phoenix School District's decisions. And please stay home if you do not feel comfortable driving in the snow. Your family's safety is the most important. Also, please remember that we try to go outside everyday unless it is raining or the wind chill factor is below 20°. We do have some extra winter gear but not enough for everyone. We look forward to seeing many of you for Make and Take Day on the 18th.

Happy Holidays!!! Be safe. Be Healthy.

Thank you, Leigh, Kristy and Amy

#### Make it at home:

Make simple, healthy fruits fun and festive by just arranging them in different ways!



Children are great imitators. so give them something great to imitate.

**Sing it at home:** I'm a little snowman (to the tune of I'm a little teapot)

I'm a little snowman, short and fat (make arms form a round belly)

Here are my buttons (point to chest), here is my hat (point to head)

When the sun comes out, I can not stay (shake finger no)

Slowly, slowly I melt away (crouch body down to ground)





## December 2025—Family News

### DLC Phoenix HS/UPK

Hello Families,

Happy Holiday's!! It's already December. The weather is getting cold so please dress your child according to the weather. The teachers do try and get the children outside daily.

During the holiday break it's important to keep the children on a schedule as much as possible. You could have a hunt in the kitchen for items, sit and read a book together, play board games, or make popcorn and share stories.

If anyone is looking for resources, please reach out to me and I will see what I can do to help. You can set up a home visit or come into the family room for coffee break. Give me a call on my cell or stop into my office for a cup of coffee.

Your Family Specialist,

Lisa

### Next two Parent Connection Meetings:

December 3—making holiday cards for Seniors

January 7—What to do when your child gets sick W/Nurse Pam



#### 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.

Thank You

#### What to Wear?



### Parent Connection Officers:

Chairperson: Adrianna Shrock

Vice Chairperson: Noah Lazore

### Policy Council Representative:

Jessica Guyer and Denise Lancette

### Resources

PEACE, Inc. Energy & Housing services. Fulton, Ny 13069

Provides weatherization service for individuals who qualify for the HEAP guidelines.

SAF 24 hr. Crisis Hotline 315 342-1600

WIC- A nutrition Education and Supplemental Food program

315 343-1311

DIAL 211/24/7/211CNY.com

Oswego County Diaper bank

### Contact Info for Lisa

315 591-2656 cell

315 695-4838 center

Email [lurbach@oco.org](mailto:lurbach@oco.org)