

December

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
	1  Colton's Special Day	2  Return Library Book	3 Positive Solutions 9:30-11am Catholic Charities. Fulton Parent Connection With Lisa - FS 5pm	4	5	6 Turn your living room into one large fort and have a family game/ movie sleepover night!
7	8	9  Return Library Book	10	11 Milk & Cookie Day 1:30 	12	13
14 Make snowflakes out of coffee filters and turn your home into a winter wonderland!	15	16  Return Library Book	17  Flynn's Special Day	18 Coffee Hour with Lisa—FS At morning drop off 	19  Stephen's Special Day	20 Take a winter walk on a trail and look for prints in the snow!
21 First Day of Winter 	22	23 Policy Council 10:00am	24	25 	26	27 
28	29	30	31 	We will see you next year on Monday, Jan. 5th, 2026!		

Christmas Break
No School

Phoenix 3 UPK 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	2 Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk	3 Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Chicken, Bread, AuGratin Potatoes, Green Beans, Skim Milk	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	5 Breakfast: Mandarin Oranges, WG Toast, Skim Milk Lunch: Meatballs w/ Gravy, Corn, Mashed Potatoes, Bread, Skim Milk
8 Breakfast: Orange Juice, WG Life, Skim Milk Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk	9 Breakfast: Apples, WG Oatmeal, Skim Milk Lunch: Burger, Green Beans, Pears, Bun, Skim Milk	10 Breakfast: Banana, Homemade Muffin, Skim Milk Lunch: Hot Ham & Cheese Sandwich on WG Bread, Beets, Applesauce, Skim Milk	11 Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread, Skim Milk	12 Breakfast: Blended Juice, Rice Krispies, Skim Milk Lunch: Chicken Quesadillas, Tomato & Cucumber Salad, Pineapple & Grape Halves, WG Tortilla, Skim Milk
15 Breakfast: Pineapple, WG Kix, Skim Milk Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk	16 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk	17 Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk	18 Breakfast: Pears, Biscuit w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk	19 Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Meatball Subs with Mozzarella, Potato Puffs, Corn, Hot Dog Bun, Skim Milk
22 No School	23	24 	25	26 
29 Holiday Break!!	30	31 Resume Classes January 5th 		**Choosy Tip of the Month! ** <i>Let your child help to wash & cut vegetables with a butter knife then make a pot of yummy soup together.</i>

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.**



CLASSROOM NEWS

Phoenix 3 UPK/HS

December 2025

IMPORTANT DATES:

Dec. 3, Wed. – Parent Connection Mtg.

Dec. 11, Thurs. – Milk & Cookie Day

Dec. 18, Thurs. – Parent Coffee Hour

Dec. 23, Tues. – Policy Council

Dec. 22-Jan. 4 – NO SCHOOL
Christmas Break

What We Are Learning

November came and went before we new what happened! The children have settled nicely into the classroom routine and so many friendships have been formed! Thank you all that were able to attend our Pumpkin Pie Day! We hope you enjoyed the delicious treat! Each day we continue to work on our Kindergarten readiness goals. Our main focus for November had been working on identifying the letters in our names, writing our names and having fun with Zoo Phonics to learn our letter sounds. We have begun working on rhyming words, blending two small words to make one big word, patterning, making predictions, identifying/writing numbers 0-10 and putting on our coats and zipping them up! Please remember we do go outside each day (weather permitting) so please dress your child for the weather (hats, mittens, winter coats and boots)!

Run, Run



Run, Run as
fast as you can!
You can't catch

Me, I'm the Gingerbread
man!

Other verses:

Clap, clap

Hop, hop

Jump, jump

Stomp, stomp

Family Fun Cooking Recipe:

Cheesy Red-Nosed Reindeer

Ing. Cheddar or other firm cheese, cut into $\frac{1}{2}$ " triangles

Small pretzel twists (2 per reindeer)

Black olives, cut into sm. Pieces

1 red pepper, cut into $\frac{1}{4}$ " circles

Directions:

Put one corner of cheese into the bottom hole of a pretzel twist to make the first antler. Put the other corner of the cheese into the bottom hole of a second pretzel to make the 2nd antler. Add 2 black olive pieces to the cheese to make the reindeer's eyes. Add a red pepper circle to the last corner of the cheese to make the nose. Serve with crackers if desired.



Don't Forget:

Submit any in-kind (volunteer) time on Learning Genie! Bring Back lending Library Books on Tuesdays. Let us know if your child will be late or absent! And have FUN READING TOGETHER! Get outside and enjoy the fresh air of early winter!!



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



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



The Phoenix Head
Start/UPK program
would like to
Celebrate the
family: Colton for
the month of
December 2025!!



The Phoenix Head
Start/UPK program
would like to
Celebrate the
family: Flynn for
the month of
December 2025!!



The Phoenix Head
Start/UPK program
would like to
Celebrate the
family: Stephen
for the month of
December 2025!!