

Phoenix 2
Head Start/UPK
Monday-Friday
8:30a-2:45p
315-695-4838

December 2025







www.oco.org/education-services/head-start-upk

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------------------|---|---|---|---------------------------------|-----|
|  | 1 | 2 | 3 *Parent Connection* Meeting with Lisa 5pm *Positive Solutions* 9:30a-11a @ Catholic Charities in Fulton | 4 | 5 No Class Staff Training | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 Coffee Hour with Lisa 8:30am | 19 Logan's Special Day | 20 |
| 21 | 22 | 23 Policy Council 10am Milk & Cookie Day @ 10_a | 24 Holiday Break No Class | 25 Holiday Break No Class | 26 Holiday Break No Class | 27 |
| 28 | 29 Holiday Break No Class | 30 Holiday Break No Class | 31 Holiday Break No Class | A look ahead... No Class January 1st and 2nd- Holiday Break No Class on Monday, January 19th- Martin Luther King Jr. Day | | |

Phoenix 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, Bread, AuGratin Potatoes, Green Beans, 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: Hot Ham & Cheese Sandwich on WG Bread, Beets, Applesauce, 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 w/ Dip, 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: Meatball Subs with Mozzarella, Potato Puffs, Corn, Hot Dog Bun, Skim Milk Snack: WG Life, Skim Milk |
| 22 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Hamburger on Bun, 4-Bean Salad, Pears, 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.**

Phoenix 2 December 2025 Newsletter

This month we will continue with our second step curriculum which focusses on understanding our feelings and those of others. We are spending a lot of time working on letters and letter sounds, as well as identifying numbers and counting up to 10. We will be writing our names daily as a way to sign in before breakfast.

We will play outside as long as the temperature is over 30 degrees with the wind chill factored in. On that note, please send your child with snow boots, snow pants, hat, and gloves each day. You may leave them here or take them home daily. We do have a limited amount of extra snow pants if needed.

We're looking forward to this month, when we will be doing so many fun arts & crafts for the holidays!

There will be *NO CLASS* December 5 for a Total Staff Meeting.

Holiday Recess (*NO CLASS*) December 24th -January 4th.

Happy Holidays
from Danielle,
Adrienne and Hope

Sing it at Home:

I'm a little snowman, short and fat,
Here are my buttons, here is my hat
When the sun comes out, I cannot stay
Slowly, slowly I melt away



Cooked playdough:

1 cup flour

1 cup water

½ cup salt

2 tsp cream of tartar

1 tbs cooking oil

Combine ingredients and cook over low heat.

Add coloring of your choice.

Stir until clumpy.

Place on a floured surface to cool.

Knead after its cooled. Have fun!



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



°F 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.

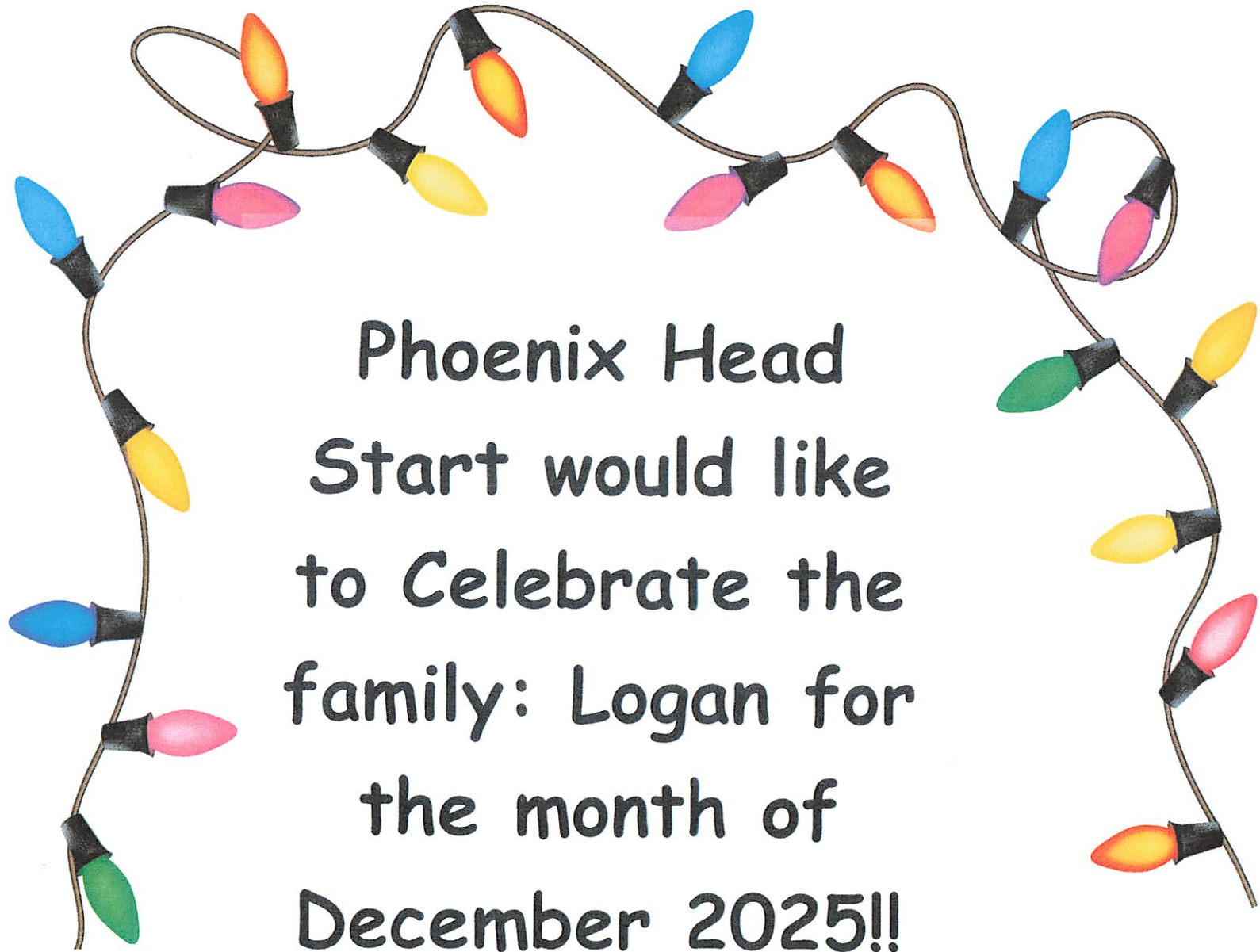
SAF 24 hr. Crisis Hotline 315 342-1600

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



Phoenix Head
Start would like
to Celebrate the
family: Logan for
the month of
December 2025!!