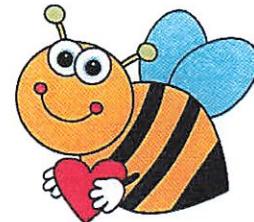




February 2026

Fairgrieve HS/UPK



Sun	Mon	Tue	Wed	Thu	Fri	Sat
February Character Theme is: INTEGRITY	 Dental Health Month		Fairgrieve 315-598-0612 M-F: 8:30-3:30 www.oco.org/education		Virtual Cooking w/ Heather... 2/11 @ 5-6pm	
1	2 Ground Hog Day 	3 Maren's Special Day 	4	5	6 Early Release	7
8 Go Sledding 	9	10 Aaliyah's Special Day 	11 Emilie's Special Day 	12 Parent Connection Mtg. 9:30 @ Catholic Charities	13 Friendship Day 	14 <i>Happy Valentine's Day</i>
15	16 	17	18 	19	20	21
22	23	24 Policy Council	25	26	27	28

Mid-Winter Break

News from the Fairgrieve Classroom

January brought us a lot of snow and bitter cold weather, let's see what February brings.

February is Dental Health Month!  Keep brushing those teeth!!

On February 13th we will be celebrating "Friendship Day". A class list is attached and is optional. This is a great opportunity to have your child practice writing their name by having them sign their name to each card. **NO FOOD or CANDY.**

We will be working more on Number concepts: in quantity, adding 1 more, identification and counting 6-10. We are also working on shapes: recognizing and sorting, patterns, identifying and printing our last names, Rhyming and counting syllables.

Please note: Early Dismissal on 2/6 for Staff Training, NO school: February 16-20, due to President's Day and Winter Break.

Robin, Mary-Lou, Alicia



We Appreciate:

Maren's family 2/3

Aaliyah's family 2/10

Emilie's family 2/11



Songs We Sing



Have you ever gone fishing'
on a bright and sunny day?
Where all the little fishes
swim in and out of the bay
With your hands in your pockets
and your pockets on your pants

All the little fishes
do the wiggly giggly dance. 

Things To Do at Home:

Chocolate Playdough



2 cups water

1/2 cup salt

3 cups flour

1/3 cup cocoa

2 tablespoons cream of tartar

2 tablespoons vegetable oil

Mix the salt and water together. Add the oil and boil the mixture. In a separate bowl, mix in the flour, cocoa powder and cream of tartar. Add the boiled ingredients into the dry ingredients and mix thoroughly. Now knead into dough and use.

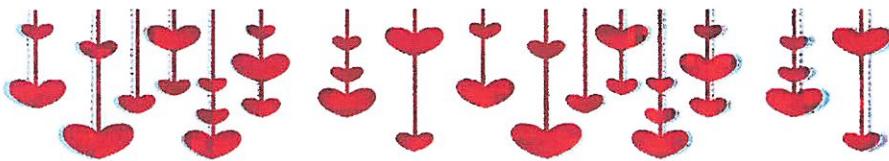
SNOW DELAYS

With winter weather upon us we wanted to remind you that we follow Fulton City School District Closing Schedule. Watch your local news

1 Hour Delay- Class Begins at 9:30

2 Hour Delay- Class starts at 10:30

Closed is Closed



February

FAMILY NEWS

Hello families! I can't believe we are headed into February already. This month reminds us to recognize our loved ones, including yourself! Take some time to enjoy some self-care. This could be anything from reading a book, painting your nails or taking a long hot bath. You deserve it!! You could even begin doing some affirmations with/for yourself and even your children. They love to be told they are doing a great job; how much they are loved and compliments to make them feel special. YouTube has some great affirmation videos Snoop even has one out there.

At our January Parent Connection Meeting we had a presenter from the Get Set Program. It was very interesting and we received great information!

Our parent connection meeting this month will be on February 12th at 9:30 @ the Fulton Head Start site at Catholic Charities. Enter through the Head Start door.

Please feel free to reach out to me if there is something I can help you with. This could be getting you some resources, helping to set some goals, the list goes on and on.

Don't forget that I am always here for you and your family!

Always,
Jeremy
Fairgrieve Family Specialist



Nurses Corner - February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting Our Hearts.

To learn more, go to www.heart.org



LOCAL EVENTS

2/03/26 – Job Fair @ 200 n. 2nd Street
Meet with a variety of employers
11 am – 1 pm

Family fun and resource hub @ Holy trinity church 309 Buffalo St.
Every Wednesday 4- 6 pm

Family game night @ Recovery Community Outreach Center
808 W. Broadway
2nd Tuesday of every month

UPCOMING EVENTS / DATES

~Parent connection Meeting 2/12/26 @ 9:30
-early release 2-6-26
~Winter Break 2/16/25-2/20/25
~Policy Council 2/24/25 @ 10:00

RESOURCES

- Alcoholics Anonymous (24hr hotline)-315-463-5011
- Vera House (Sexual assault/domestic Violence counseling) 315-425-0818
- WIC 315-343-1311
- Homeless Services 315-342-7618 or 211

SAF crisis help line (Free confidential support service) 315-342-1600 – 24 HOURS A DAY, 7 DAYS A WEEK!



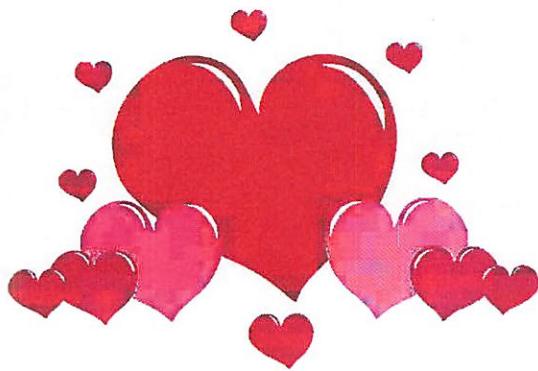
FEBRUARY

Family Appreciation

👑 2/3 - MAREN K.

👑 2/10 - AALIYH B.

👑 2/11 - EMILIE B.



*Each month we will have a family appreciation page in the newsletter. This will appreciate the families of the children whose special days will be in that month. Special days aren't always on or near their actual birthdays, although we try to schedule them as close as possible.

Jaxson, Kashdyn, Aaliyah, Summer.
Xander, Emilie, Conor, Maverick,
Adeline, Maren, Chloe, Bliss,
Penelope, Faith, August, Aaron

Teachers: Robin, Mary-Lou,
Alicia

Family Specialist: Jeremy

Nurse: Pam, Kayli

Friendship Day

Valentines

2/13

NO
CANDY
OR
FOOD

Sending in
cards is
optional

February 2026 K-8



Monday
Breakfast Pizza



Tuesday
Ham, Egg, & Cheese Breakfast Sandwich



Wednesday
Sausage, Egg, & Cheese Breakfast Sandwich



Thursday
Omelet, WG Pastry



Friday
Bacon, Egg, & Cheese Breakfast Sandwich

Breakfast is provided at no cost. WG cereal, fruit and milk are offered daily.

Fulton CSD is an equal opportunity employer.



februaty

k-8

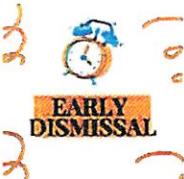
2	3	4	5	6
Bbq Chicken WG Garlic Knot Green Beans Potato Fries	Beef Tacos Black Beans Corn	Cheeseburger Sw Potato Fries Green Beans	WG Pasta w/Meatballs Broccoli Peas	Early Release Bagged Lunch
9 Chicken Tenders Green Beans Potato Fries	10 Walking Tacos Black Beans Corn	11 Popcorn Chicken Sw Potato Fries Cauliflower	12 Tortellini Alfredo Cheesy Breadstick Broccoli Peas	13 WG Pizza Carrots Romaine Salad
16 	17 	18 	19 	20 
23 Crispy Chicken Sandwich Green Beans Potato Fries	24 Fiesta Chicken Rice Bowl Black Beans Corn	25 Fish Nuggets Sw Potato Fries Cauliflower	26 WG Pasta Chicken & Alfredo Broccoli Peas	27 WG Pizza Carrots Romaine Salad

Fulton City SD is an equal opportunity provider and employer. All students enrolled are eligible to receive one complete BREAKFAST and LUNCH per day at no cost. Menu is subject to change. FCDS aims to accommodate all student dietary needs including food allergies and religious restrictions. Please contact the Director of School Nutrition to make those accommodations.

Fairgrieve PM Snack Menu

(Menu Subject to Change) "Nut Safe"

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hard Boiled Egg, Cheese Crackers, Water	3 WG Animal Crackers, Berries, Water	4 Broccoli w/ Dip, WG Wheat Thin Crackers, Water	5 Apples, Cheese, Water	6 
9 Cucumbers w/ Dip, WG Wheat Thins, Water	10 Strawberries & Sliced Bananas, Yogurt, Water	11 Celery Sticks w/ Cream Cheese, WG Goldfish Crackers, Water	12 WG Triscuit Crackers w/ Sunflower Seed Spread, Banana, Water	13 WG Muffin Skim Milk
16  No Classes!	17 	18 	19	20
23 Mandarin Oranges WG Goldfish Crackers Water	24 Cucumber Slices w/ Dip WG Wheat Thin Crackers Water	25 Apple Wedges Sunflower Spread Raisins, Water	26 WG Bagel w/ Cream Cheese Skim Milk	27 WG Snack Mix Apple Juice
				**Choosy Tip of the Month! ** <i>Teach your children to listen to their hunger cues. Ask "Is your tummy feeling hungry/Is your tummy feeling full?"</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.