



# NORTH SHORE HEAD START

[www.oco.org/education-services/head-start-upk](http://www.oco.org/education-services/head-start-upk)




2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Parent Connection Meeting @ 9:00 am	4	5 Jocelyn's Special Day	6 No School Total Staff	7 Write a note to someone special
8 Make a blanket fort	9	10 Walker P's Special Day	11 Friendship Day	12	13	14 Make a snow angel
15 Go for a walk	16 Presidents' Day Holiday	WINTER BREAK - NO CLASS				21 Make a recipe
22 Practice writing name	23 Alessandra's Special Day	24 Policy Council @ 10:00 am Lucas' Special Day	25	26	27	28 Make a pattern

# North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Breakfast:</b> Pineapple, WG Kix, Skim Milk</p> <p><b>Lunch:</b> Pizza with Meat/Cheese &amp; Crust, Tossed Salad, Fresh Oranges, Skim Milk</p> <p><b>Snack:</b> Hard Boiled Egg, Cheese Crackers, Water</p>	<p>3</p> <p><b>Breakfast:</b> Peaches, Yogurt, Skim Milk</p> <p><b>Lunch:</b> Turkey Sandwich, WG Bread, Cucumber Slices &amp; Carrot Sticks, Clementine, Skim Milk</p> <p><b>Snack:</b> Animal Crackers, Berries, Water</p>	<p>4</p> <p><b>Breakfast:</b> Apple Juice, Rice Krispies, Skim Milk</p> <p><b>Lunch:</b> Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk</p> <p><b>Snack:</b> Broccoli w/ Dip, WG Crackers, Water</p>	<p>5</p> <p><b>Breakfast:</b> Pears, Biscuits w/ Jelly, Skim Milk</p> <p><b>Lunch:</b> Mexican Dish with Meat/Cheese/Beans &amp; WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk</p> <p><b>Snack:</b> Apples, Cheese, Water</p>	<p>6</p> 
<p>9</p> <p><b>Breakfast:</b> Blended Juice, WG Cheerios, Skim Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Mixed Vegetables, Mandarin Oranges, Skim Milk</p> <p><b>Snack:</b> Cucumbers w/ Dip, WG Crackers, Water</p>	<p>10</p> <p><b>Breakfast:</b> WG English Muffin, Pineapple, Skim Milk</p> <p><b>Lunch:</b> WG Pancakes w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk</p> <p><b>Snack:</b> Strawberries &amp; Sliced Bananas, Yogurt, Water</p>	<p>11</p> <p><b>Breakfast:</b> Melon, WG Frosted Mini Wheats, Skim Milk</p> <p><b>Lunch:</b> Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Apples, Skim Milk</p> <p><b>Snack:</b> Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</p>	<p>12</p> <p><b>Breakfast:</b> Pears, Bagel w/ Flavored Cream Cheese, Skim Milk</p> <p><b>Lunch:</b> Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread Skim Milk</p> <p><b>Snack:</b> Graham Crackers w/ Sunflower Seed Spread, Banana, Water</p>	<p>13</p> <p><b>Breakfast:</b> Apples, WG Cinnamon Toast, Skim Milk</p> <p><b>Lunch:</b> Spaghetti w/ Sauce &amp; Meatballs, Tossed Salad, Fresh Oranges, Skim Milk</p> <p><b>Snack:</b> Homemade Muffin, Skim Milk</p>
<p>16</p>  <p><b>No Classes!</b></p>	<p>17</p> 	<p>18</p> 	<p>19</p>	<p>20</p>
<p>23</p> <p><b>Breakfast:</b> White Grape Juice, WG Cheerios, Skim Milk</p> <p><b>Lunch:</b> Sloppy Joes, Bun, Corn, Pears, Skim Milk</p> <p><b>Snack:</b> Mandarin Oranges, Cheese Crackers, Water</p>	<p>24</p> <p><b>Breakfast:</b> Peaches, Yogurt, Skim Milk</p> <p><b>Lunch:</b> Scrambled Eggs &amp; Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk</p> <p><b>Snack:</b> Cucumber Slices w/ Dip, WG Crackers, Water</p>	<p>25</p> <p><b>Breakfast:</b> Banana, WG Oatmeal, Skim Milk</p> <p><b>Lunch:</b> Pizza w/ Sausage &amp; Mozzarella Cheese, Tossed Salad, Berries, English Muffin, Skim Milk</p> <p><b>Snack:</b> Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>26</p> <p><b>Breakfast:</b> Applesauce, WG Pancake w/ Lite Syrup, Skim Milk</p> <p><b>Lunch:</b> Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk</p> <p><b>Snack:</b> Bagel w/ Cream Cheese, Skim Milk</p>	<p>27</p> <p><b>Breakfast:</b> Frosted Mini Wheats, Clementine, Skim Milk</p> <p><b>Lunch:</b> Ham, Veggie Pasta Salad, Pineapple, Skim Milk</p> <p><b>Snack:</b> Pretzel's w/ Dip, Apple Juice</p>
				<p><b>**Choosy Tip of the Month! **</b></p> <p>Teach your children to listen to their hunger cues. Ask "Is your tummy feeling hungry/Is your tummy feeling full?"</p>

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.**



# FEBRUARY

North Shore Classroom News

Hello families,

We are looking forward to a wonderful month celebrating friendship and kindness. Look out for a flyer about our friendship day celebration. We will continue learning about the Touching Rule and the importance of keeping our bodies safe and healthy.

We are working on counting objects one at a time and identifying each one with a number. We encourage practicing counting at home, this can be toys they are playing with or could be snack type food as well. Have them count how many pieces of food are on their plate.

We have been working on developing self help skills by getting themselves dressed and undressed with their winter clothes and boots and zipping and unzipping their coats. Please remember to send in winter wear when the weather is warmer. We try to plan to get outside when the temperature is around 32 degrees.








If You Love Me  
and You Know It

If you love me and you know it,  
Clap your hands. (clap, clap)  
If you love me and you know it,  
Clap your hands. (clap, clap)  
If you love me and you know it  
Then your face will surely show it  
If you love me and you know it,  
Clap your hands. (clap, clap)

Additional Verse: Blow a Kiss

### Snow Pudding Cup Tools & Ingredients

1		1 box instant vanilla pudding
2		1 Cup Milk
3		Snowflake sprinkles
4		Cups
5		Cool Whip

We are more than halfway done with our Zoo Phonics letter sounds. In January, we learned the letters q-t and their sounds. This month we will be working on letters u-w.

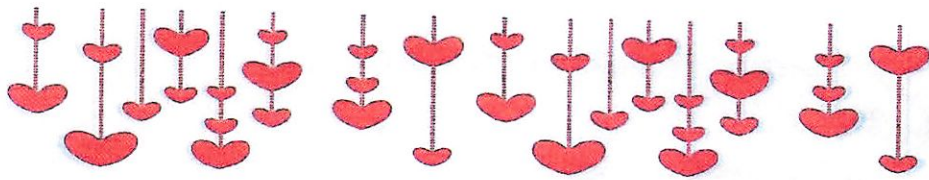
**\*Please remember to sign your child in and out each day. If you forget your phone, please see Ashley or Rachel to sign the tablet\***



Ashley, Rachel & Trish

**PSST: DON'T FORGET TO LOG IN-KIND!**





# February

FAMILY NEWS

Hello North Shore 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.

At our January Parent connection Meeting we had Bree come to introduce herself as the early childhood support coach, and what her role would be. Our meeting this month will be on February 3rd at 9:15 with our Nurse to talk about Dental health and Lice. We will be making Valentine Cards for the Office of the Aging.

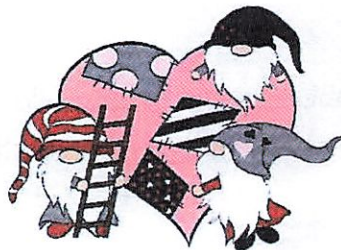
I have already begun some home visits and will continue throughout this month to do the second part of the Matrix Assessment that we did on the first home visit as well as follow up with you and any goals you may be working towards. If you have a specific day or time, please reach out to let me know if you have not scheduled one yet.

Thank you to those who let staff know when your child/ren are going to be absent. We really appreciate it!

I just want to send a quick reminder to be sure you are putting in your in-kind. Please do not forget to put in mileage for physical's as well as your child's first dental as they are program requirements.

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

Always,  
Jeremy  
North Shore Family Specialist



P.S. Its almost application time for next year if you or anyone you know have a three- or four-year-old have them reach out to get an application in for the 26/27 school year

## **Nurses Corner** - February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy actins 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](http://www.heart.org)



## PARENT MEETING OFFICERS & POLICY COUNCIL REPS

Chairperson – Jessica S.  
Vice Chairperson – Carlee S.  
Secretary – Amy K.

PC Rep – Carlee S.  
Alternate PC Rep – Taylor W.

## LOCAL EVENTS

-Friday Family Movie Night (Sandy Creek)  
Every 4th Friday of the month. @  
Ainsworth Memorial Library  
6064 S. Main St, Sandy Creek

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

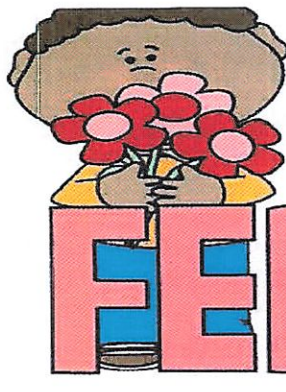
Family game night @ Recovery  
Community Outreach Center  
808 W. Broadway  
2<sup>nd</sup> Tuesday of every month

## UPCOMING EVENTS / DATES

- ~Parent Meeting 2/10/25 @ 10:00
- ~School Picture Day 2/12/25
- ~Friendship Day 2/13/25
  - Children will exchange Valentine cards.
- ~Winter Break 2/17/25-2/21/25
- ~Policy Council 2/25/25 @ 10:00
- ~ Parent Activity Snowshoeing (RSVP Required) 2/28/25

## RESOURCES

- OCO SAF Crisis Hotline- 315-342-1600 (free confidential support services)
- Alcoholics Anonymous (24hr hotline)-315-463-5011
  - Vera House 315-425-0818
  - WIC 315-343-1311
  - Homeless Services 315-342-7618 or 211
  - Crisis & Development 315-342-7532



*Family Appreciation*

# FEBRUARY



2/5/26 - Jocelyn B.



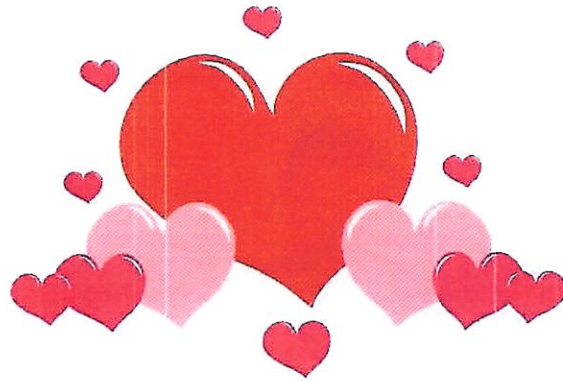
2/10/26 - Walker P.



2/23/26 - Alessandra L.



2/24/26 - Lucas S.



\*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.