



FEBRUARY

NORTH SHORE HEAD START

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

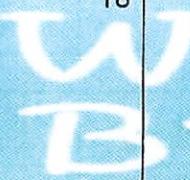
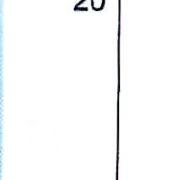
2026

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	17	18	19	20	21 Make a recipe
22 Practice writing name	23 Alessandra's Special Day	24 Policy Council @ 10:00 am Lucas' Special Day	WINTER BREAK - NO CLASS			
25	26	27	28 Make a pattern			

North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Pineapple, WG Kix, Skim Milk Lunch: Pizza with Meat/Cheese & Crust, Tossed Salad, Fresh Oranges, Skim Milk Snack: Hard Boiled Egg, Cheese Crackers, Water	3 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk Snack: Animal Crackers, Berries, Water	4 Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk Snack: Broccoli w/ Dip, WG Crackers, Water	5 Breakfast: Pears, Biscuits w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk Snack: Apples, Cheese, Water	6 
9 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Macaroni & Cheese, Mixed Vegetables, Mandarin Oranges, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	10 Breakfast: WG English Muffin, Pineapple, Skim Milk Lunch: WG Pancakes w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk Snack: Strawberries & Sliced Bananas, Yogurt, Water	11 Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Apples, Skim Milk Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water	12 Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread Skim Milk Snack: Graham Crackers w/ Sunflower Seed Spread, Banana, Water	13 Breakfast: Apples, WG Cinnamon Toast, Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk Snack: Homemade Muffin, Skim Milk
16 	17 	18 	19 	20 
23 Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Bun, Corn, Pears, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water	24 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk Snack: Cucumber Slices w/ Dip, WG Crackers, Water	25 Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Pizza w/ Sausage & Mozzarella Cheese, Tossed Salad, Berries, English Muffin, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water	26 Breakfast: Applesauce, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk Snack: Bagel w/ Cream Cheese, Skim Milk	27 Breakfast: Frosted Mini Wheats, Clementine, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice
				**Choosy Tip of the Month! ** Teach your children to listen to their hunger cues. Ask "Is your tummy feeling hungry/Is your tummy feeling full?"

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.

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!

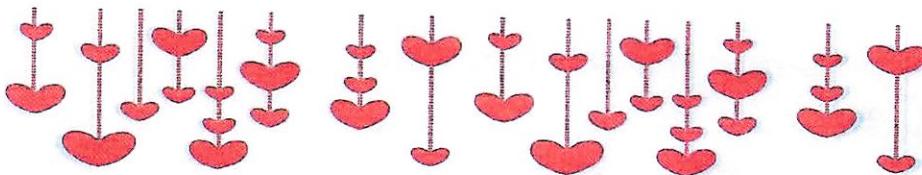


If You Love Me
and You Know It

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





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

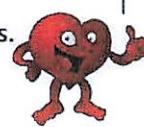
P.S. Its almost application time for next year if you or anyone you know have a three- or four-year-old have them reach out to get an application in for the 26/27 school year



Nurses Corner - February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy 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



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
2nd 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.



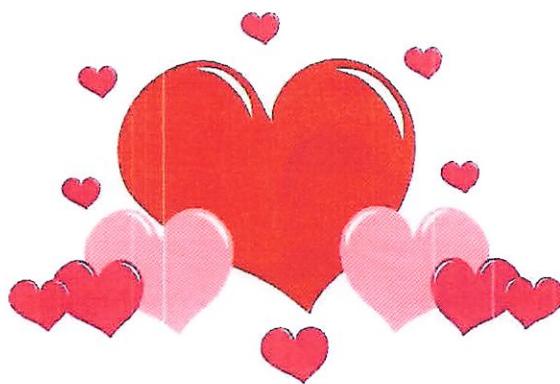
2/10/26 - Walker P.



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.