



# Oswego 1 Head Start

45 East Schuyler 315 342 0629

## February Newsletter

Welcome back!!!

This month, we will be celebrating friendship in all sorts of ways. The children will be drawing their friends, learning how to spell/write their friends names, and discussing how to be a kind friend. We will celebrate Friendship Day on February 13<sup>th</sup>. The children will receive a list soon with their classmates names so that they can get started on their Valentines cards.

We will be learning about how mail gets delivered and discussing the job of a mailperson. In our writing center, we will add a mailbox so that the children can create letters for their friends.

We will be working on syllables, letter sounds, and rhyming. For math, we will be writing numerals and thinking about how many makes each number. We also have several science experiments planned. Rory, Lauren and Michelle

### Be My Valentine

Sung to Mary Had A Little Lamb  
You're a special  
Friend of mine  
Friend of mine  
Friend of mine  
You're a special  
Friend of mine  
Be my valentine!

Make a chart of Healthy foods that Choosy would enjoy. Help the children chart what they ate this month.

### Layered Love Potion

For this science experiment, the children will be learning about the density of different liquids and their polarity!!

In a glass jar or cup, SLOWLY pour a layer of light corn syrup, then a layer of whole milk, dish soap, water, then baby oil.

The trick is to pour very SLOWLY so each layer stays separate. You can use food coloring to make the different liquids look more 'valentiny' if you want.

Some liquids are more dense (heavier) than others. Some liquids will not dissolve because of their polarity (like a magnet).

# Friendship Day February 13<sup>th</sup>... Oswego 1

Layne

Milah

Janae

Kylo

Liomar

Vanessa

Liah

Zulay

Xander

Penelope

Luka

Violet

Ava

Ness

# FEBRUARY



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

1	2	3	4 Parent Connection Meeting 9:00 am	5	6 No School	7
8	9	10 Ness's Special Day!	11 Virtual Cooking with Heather @ 5:30 PM	12 Parent Connection Meeting 5:30 PM	13 Friendship day 9 to 10 am	14
15	16 No School	17 No School	18 No School	19 No School	20 No School	21
22	23	24 Policy Council 10 am	25	26 Positive Solution for Families 5:30 pm	27	28

# Oswego HS Menu

(Menu Subject to Change)

Nut Safe

February 26

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



## February 2026

### Oswego Head Start

Hello Families,

First month of the New Year gone already! Hopefully the groundhog

will have some good news for us soon! Time for the snow to stop! If you have not already set up a home visit with me, please do so by 2/24. It's a mid-year check in, to make sure not only your child's needs are being met, but also the needs of the entire family! I will start taking applications for the 2026-2027 school year, starting March 19th. If you have a child that will be three years of age by 12/1/26, let me know if you are interested in signing them up.

A big shout out to all the families who get their child/ren to school daily. Showing up on time everyday is important for your child's success and learning from pre-school forward.

If you are looking for employment, check out our website [www.oco.org](http://www.oco.org). We have various job openings within the agency.

#### Reminders:

AM Parent Connection Meeting Feb. 4th @ 9am Dental Health Workshop

Virtual Cooking Activity w/ Heather Feb. 11th @ 5pm

PM Parent Connection Meeting Feb. 12th @ 5:30pm Autism Virtual Webinar

Winter Break Feb. 16th-Feb. 20th

Parent Activity Feb. 23rd @ 5:30pm ACE's Part 2

Policy Council Feb. 24th @ 10am!

Positive Solutions for Families Session 1 @ 5:30pm <sup>7/26</sup>

*Miss Becki, Oswego Family Specialist*



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

#### Healthy Corner

To learn more, go to [www.heart.org](http://www.heart.org)

#### Parent Committee Officers:

Chairperson: Pepper R,  
Vice Chairperson: Hailey L.  
Secretary: Jesdith P,  
Christine G.

#### Policy Council Representative:

Jesdith P.  
Pepper R.

#### Alternate Rep:

TBD

#### RESOURCES

**Help Me Grow**  
(315)343-2344Ext. 114

#### Get Set

Contact Brooke Foster  
(315)256-3038  
[BFOSTER@CCOSWEGO.COM](mailto:BFOSTER@CCOSWEGO.COM)

**Oswego Salvation Army**  
(315) 343-6491  
Mon. Wed. Fri.  
10am-3pm



# FeBRuary



## Family Appreciation

Thank you for all you do and for being such an important part of our program!



Ness W.- 2/10



Willow-Mae L.- 2/12

\*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.

