

February 2026

Oswego 2 Newsletter

315-342-0629

We hope the Ground Hog doesn't see his shadow and Spring is on the way! We are looking forward to learning and exploring snow and ice this month. We will also be learning about safe and unsafe touches in our Child Protection program. We will be continuing to learn more of our Second Step. We continue to focus on School Readiness skills, especially for our kids that are getting ready for kindergarten in the fall. We continue to work on letter and number recognition along with counting.

We will be having a "Friendship Day" on Friday, February 13th from 9:00am-10:00am. Parents are welcome to attend. We will be singing, dancing, and making crafts. Please see attached note about "Friendship Day" cards. Please see the calendar for days off and special events.

Cathy, Shantel and Bryn



H-E-A-R-T
Sung to the tune of: "Bingo"

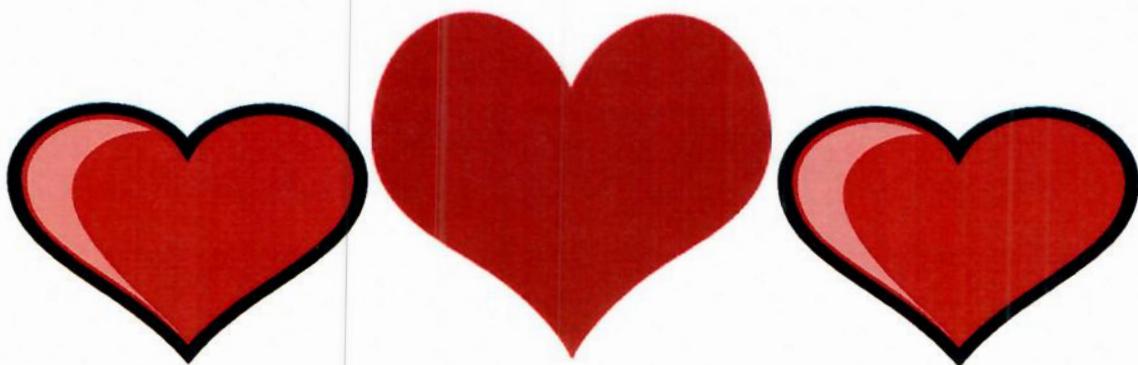
To show you like your special friends,
Just give the each a heart.
H-E-A-R-T, H-E-A-R-T, H-E-A-R-T,
Each heart says "I like you!"



Color Hunt
Show your child a color from the rainbow.
Ask your child to look around the room and
bring back an item that is that color.

*To make it more challenging ask them to
bring a certain number of objects that color.





Dear Families,

We will be having our “Friendship Day” celebration on Friday, February 13th from 9:00am-10:00am. Parents are welcome to attend. We will be singing songs, dancing and making crafts.

Your child will have the opportunity to pass out Friendship cards later in the day if they would like. These cards do not need to be store bought but can be homemade. If you need materials to make cards at home, please see the teacher and we can send home materials. We will make a Friendship Day card holder in class. **Please remember, candy is not allowed at Head Start.**

Please encourage your child to sign their first name on their Friendship cards. This is a great opportunity for name practice! We have 14 students and 3 teachers in the classroom. I will not be sending a list of classmate’s names because it is easier and more fun for the kids to be independent and pass out their Friendship cards on their own.

Please let us know if you are planning on attending.

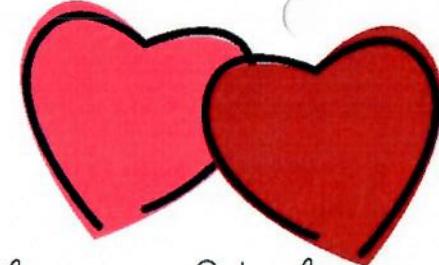
Please let us know by Monday, February 9th , 2026 if you are planning on attending.

Yes _____ I will be attending.

No _____ I will not be attending

Number of people attending _____

FEBRUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Oswego 2	2	3	4 9am Parent Connection Meeting	5	6 NO CLASS Total Staff	7
8	9	10	11 Virtual Cooking with Heather 5pm	12 5:30pm Parent Connection Meeting	13 Friendship Day Celebration 9:00-10:00am	14
15	16	17	18	19	20	21
			<p>Winter Break</p>			
22	23	24 10am Policy Council	25	26 Positive Solutions for Families 5:30pm	27	28

Oswego HS Menu

(Menu Subject to Change)

'Nut Safe"

February 26

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: Chicken Alfredo Pasta, Broccoli, Berries, 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: Tuna Salad Sandwich on Bread, Carrot Sticks w/ Dip, Mandarin Oranges, 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
				<p>**Choosy Tip of the Month! **</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 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. 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 ^{7/24}

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

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)343-2344 Ext. 114

Get Set
Contact Brooke Foster
(315)256-3038
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.

