

## Fulton Head Start February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day	3	4 Patricia's Special Day	5	6	7
8	9 Fire Drill	10	11 Friendship Day	12 Parent Connections 9:30 am Amara's Special Day	13	14
15	16 President's Day Winter Break	17 Winter Break	18 Winter Break	19 Winter Break	20 Winter Break	21
22	23	24 Policy Council 10:30 am	25	26 Zelayna's Special Day	27	28



# Fulton Head Start February Newsletter

Sabine, Michelle, Tena



## THIS MONTH

Love and learning are in the air! In our classrooms, we are celebrating Kindness Month. Children are practicing sharing, using "gentle hands," and learning how to be a good friend.

Reminder: Make sure you sign your child in and out each day.

Learning Genie: We need your help with in-kind. Please track at home when you read, bedtime routine, games, setting table, helping with chores, and so on.

## SNOWKEY POKEY

You put your right mitten in, You  
take your right mitten out,  
You put your right mitten in and  
shake it all about.  
You do the Snowkey pokey and turn  
yourself around.  
Additional verses:  
You put your left mitten in  
You put your scarf in  
You put your right boot in  
You put your left boot in  
You put your hat in

Tune : Hokey Pokey



## Friendship Muffins

Ingredients: 3 cups, Flour 2 cups, Sugar 1 teaspoon, Baking Powder 1 teaspoon, Salt 1 teaspoon, Cinnamon 4, Eggs, (beaten) 1 ¼ cups Oil, 2 ½ cups Strawberries (fresh, sliced and slightly mashed)

### Directions

1. Combine the dry ingredients in a large mixing bowl. In a small bowl, combine the eggs and oil. Stir the strawberries into the egg mixture.
2. Blend in the flour mixture until thoroughly combined. Do not overbeat. Spoon into greased muffin tins.



## SPECIAL DAYS

Patricia Feb.4  
Amara Feb 12  
Zelayna Feb 26

## IMPORTANT DATES

Parent Connections Feb.12 9:30 AM  
Winter Break Feb. 16-20  
Policy Council Feb 24





## February Family Page

Here we are in February! We are halfway to Spring already, I'm sure you are all looking forward to longer days and more sunshine!! I sure am!!

For the January Parent Meeting,

Our next Parent Meeting will be on February 12th at 9:30am. Sidney Carter from Integrated Community Planning of Oswego County, Inc., and Oswego County Early Childhood Alliance Coordinator, will present Brain Architecture. This is a fun and challenging activity that really makes you think! We will have a Friendship theme, with refreshments and door prizes for everyone that attends. 😊

\*Please contact me if you have a new phone number or address so I can update your child's BlueCard.

\*I will be doing Home Visits to review parent goals this month and checking in to see how you are progressing. Please contact me for any referrals or help you might need. ~ Karen

- Catholic Charities Food Pantry 315-598-3980
- Help Me Grow 315-343-2344 ext.114
- OCO Public Transportation 315-598-4713
- Liberty Resources Mobile Crisis 24/7 Mental Health Crisis Intervention 315-251-0800
- OCO Centers for Reproductive Health (Fulton) 315-598-4740



### Nurse's Corner-

February is American Heart Month

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



This month we appreciate the families of:

Patricia M - February 4<sup>th</sup>

Amara J - February 12<sup>th</sup>

Zelayna O - February 26<sup>th</sup>









# Fulton HS Menu

(Menu Subject to Change) "Nut Safe"

February 2026

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> Spaghetti w/ Sauce & Meatballs, Tossed Salad, Mandarin Oranges, 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
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> Hot Ham & Cheese on Bun, Green Beans, Pineapple, 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>**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.