

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	17	18	19	20	21
	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break	
22	23	24	25	26 Zelayna's Special Day	27	28
		Policy Council 10:30 am				

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.

Friendship Muffins

Ingredients: 3 cups, Flour 2 cups, Sugar 1 teaspoon, Baking Powder 1 teaspoon, Salt 1 teaspoon, Cinnamon 4 , Eggs , (beaten) 1 1/4 cups Oil, 2 1/2 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

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 .

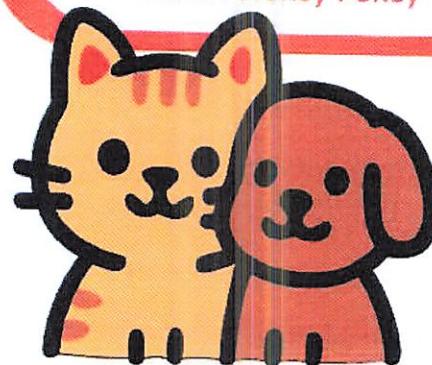
Additional verses:

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



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 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



This month we appreciate the families of:

Patricia M - February 4th

Amara J - February 12th

Zelayna O - February 26th



Fulton 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: Spaghetti w/ Sauce & Meatballs, Tossed Salad, 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
16  No Classes!	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: Hot Ham & Cheese on Bun, Green Beans, Pineapple, 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
				<p><u>Choosy Tip of the Month!</u></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.