



# February

## Oswego 3

### CLASSROOM NEWS

January went by so fast! The children are doing fantastic. In January we worked on a few new things. We started working on making and finishing patterns. They are doing great with that. We also talked about our community and some social studies. We made maps of things we see on our way to school each day. We have also been working with measuring and putting things in order from longest to shortest. We are up to letters A-L with our zoophonics and the children enjoy learning a new letter each week. In February we will celebrate Friendship Day. An invitation with more information will be coming soon.

**Song:** Sung to: "Mary had a little lamb"  
It's nice to get to a hug from you,  
Hug from you, Hug from you.  
It's nice to get a hug from you,  
So, let's give one right now.  
(Hug a friend)



### EVENTS

2/4 9am Parent  
Connection Meeting

2/11 5pm Virtual Cooking  
with Heather

2/12 5:30pm Parent  
Connection Meeting

2/12 Willow-Mae's Special  
Day

2/13 Friendship Day  
celebration 12:15pm

2/26 Positive Solutions for  
Families 5:30pm

### TO-DO

Learning Genie  
Activities

**IMIL Activity:**

Build a  
snowman





# FEBRUARY



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 <b>Oswego</b> <b>3</b>	2	3	4 9am Parent Connection Meeting	5	6	7
8	9	10	11 Virtual Cooking with Heather 5pm	12 <b>Willow-Mae Special Day!</b> 5:30pm Parent Connection Meeting	13 <b>Friendship Day Celebration</b> <b>12:15- 1:00pm</b>	14
15	16	17	18	19	20	21
<p><b>Winter Break</b></p>						
22	23	24 10am Policy Council	25	26 Positive Solutions for Families 5:30pm	27	28










# Oswego HS Menu

(Menu Subject to Char.

) "Nut Safe"

February 26

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

*Miss Becki, Oswego Family Specialist*



### Healthy Corner

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.

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

#### 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.

