

FEBRUARY





Phoenix 1
315-695-4838

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Groundhog Day 	3	4	5 Parent Meeting with Lisa 5pm	6 Staff Training No School	7
8	9 Blake's Special Day	10	11	12	13 Friendship Day 	14
15	16	17	18	19	20	21
WINTER BREAK NO CLASS						
22	23 Brooklyn's Special Day	24 Policy Council 10am	25	26 Coffee Hour with Lisa Positive Solutions	27	28
		Looking Ahead- No School 3/13 Parent/Teacher Conferences, No School 3/30-4/3				

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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	Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk Snack: Animal Crackers, Berries, Water	Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk Snack: Broccoli w/ Dip, WG Crackers, Water	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	
9	10	11	12	13
Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Hamburger on Bun, Pears, 4-Bean Salad, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	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	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	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	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	24	25	26	27
Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Bun, Corn, Pears, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water	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	Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water	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	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

Phoenix 1

315-695-4838



Hello Phoenix 1 families,

Boy was this past month filled with snow and sickness. We didn't have a full class even one day in January. Here's hoping for a better February. As it is, this is a short month with Winter Break the 16th-20th. On February 13th we will be celebrating Friendship Day. I will send home a class list as well as some tips and guidelines.

Your kiddos have been doing so well identifying the letters in their first names that we have begun learning last names as well. They continue working on their counting, cutting, and writing skills. They've been learning how to play board games with their peers, taking turns and following directions. They really enjoy the cooking activities we do each month. Hopefully the temperature will warm up to allow us to spend some time outside playing in the snow. When it does, please make sure your child has the appropriate clothing (ie winter jacket, snowpants, boots, gloves, and hat). We do have some extras to loan out but not enough for everyone.

Remember, snow days at home are a great time to earn some In-kind for our program.

Also, If you or anyone you know is interested in working with children we are always accepting applications for subs, and there are lots of other positions available as well. Check out our job postings on www.oco.org.

Thank you, Leigh, Kristy, and Amy

Make It at Home: 5 Senses Snack Mix

Use an assortment of snack foods (ex: goldfish crackers, breakfast cereals, pretzels, raisins, sunflower seeds, etc.).

Have your child choose at least 3 ingredients! Take a spoonful of those ingredients and place them in a bowl, they can then use their hands to mix them together. Then they will taste their snack mix! Have them describe the way their mix looks, smells, tastes, and feels, as well as how it sounds when they're eating it!



EVERY
CHILD IS A
different KIND OF flower,
AND ALL TOGETHER,
MAKE THIS WORLD
A Beautiful
GARDEN.

The More We Get Together

The more we get together,
Together, together.
The more we get together,
The happier we'll be.
For Your friends are my friends,
And my friends are your friends.
The more we get together,
The happier we'll be.





February 2026/Family News

Phoenix Head Start

Hello Families,

A big shout out to all the families who take their child to school daily. Showing up and on time every day is important to your child's success and learning from Pre-School forward.

This month the children will be celebrating friendship day on February 14. They can bring cards to share with their friends. If you would like to make some at home and need supplies let me know. As a reminder No Candy allowed.

If you are looking for employment, check out our website www.oco.org. We have various job openings within the agency.

I will be starting Head Start Pre-school applications for the fall. Any time after March 1, you can give me a call to set up any appointment. Spread the word to family and friends.

Your Family Specialist,

Lisa

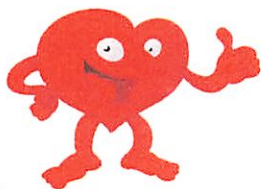
Next two Parent Meetings:

February 4, 5-7pm Creating Valentines cards for Senior citizens

March 4, 5-7pm. Narcan training, Nutrition/food budget with Heather.

Coffee Hour-Feb 26- 8:30 all are welcome

Door Prize and Dinner



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

Parent Committee Officers:

Chairperson: Adrianna. —Ph 2

Vice Chairperson: Noah L—Ph 2

Secretary: Josalee L.—Ph 2

Policy Council Representatives:

Jessica G.—Ph 1

Denice L.—Ph

Alternate Rep:

Lisa C.—Ph 2

Resources

Adult Literacy GED

gedprep@citiboces.org

315 963-4283

Phoenix Area Food Pantry 315
592-4559

Mobile Food Pantry

Tues, Feb 3 @3pm

AA Cole Elementary school
Constantia NY

Tues, Feb 17 @3pm

Palermo United Methodist Church
11 Ct Rt 35

WIC 315 343-1311

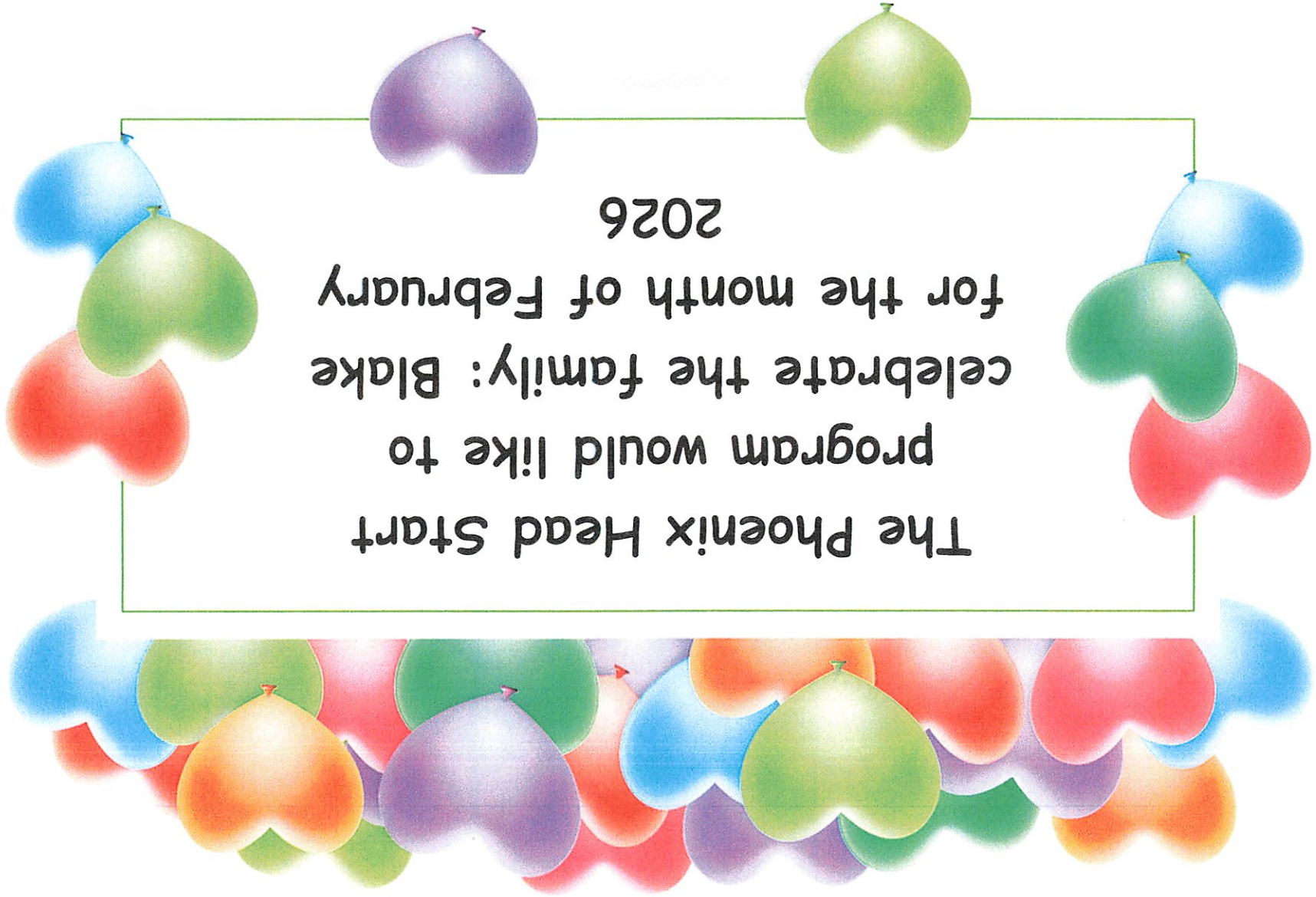
**My Contact information: Family
Specialist Lisa**

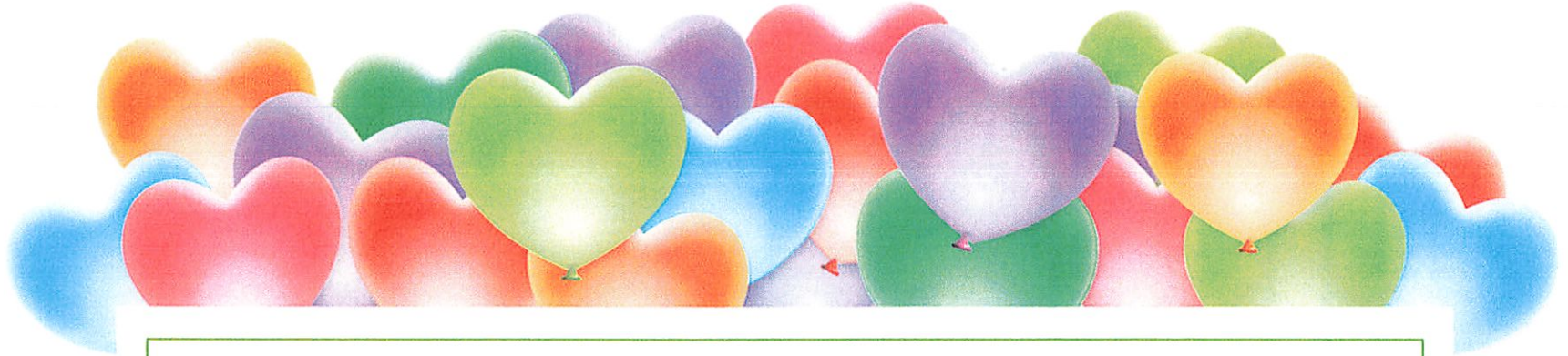
Cell: 315-591-2656

Center 315 695-4838

Email lurbach@oco.org

The Phoenix Head Start
program would like to
celebrate the family: Blake
for the month of February
2026





The Phoenix Head Start
program would like to
celebrate the family:
Brooklyn for the month of
February 2026

