




Phoenix 3 UPK/HS

Monday - Friday 9:15a-2:15p

DLC - 315-695-4838


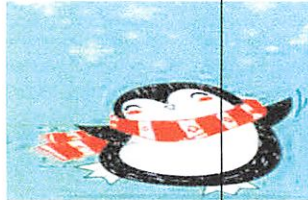

www.oco.org/education-services/head-start-upk
 Don't forget to include any activities your family does together on Learning Genie for in-kind*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3  Return Library Book	4	5 Parent Connect Meeting with Lisa 5pm	6  Theodore's Special Day	7  Draw names in your family and make secret valentines!
8	9	10  Return Library Book	11	12	13  Friendship Day!	14  Happy Valentines Day
15 Have a family sleepover / movie night in the living room!	16  Happy Presidents Day	17  Snowman	18 Winter Break!	19 20 21 NO SCHOOL	22	23 
24	25	26 Policy Council 10:00 am  Return Library Book	27  Coffee Hour with Lisa-FS At morning drop off 8:30 am Positive Solutions for Families @ Oswego HeadStart 5:30-7:30pm	28		

Phoenix 3 UPK 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	3 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk	4 Breakfast: Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk	5 Breakfast: Pears, Biscuits w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk	6 Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Meatball Subs with Mozzarella, Potato Puffs, Corn, Hot Dog Bun, Skim Milk
9 Breakfast: Blended Juice, WG Cheerios, Skim Milk Lunch: Hamburger on Bun, Pears, 4-Bean Salad, Skim Milk	10 Breakfast: WG English Muffin, Pineapple, Skim Milk Lunch: WG Pancakes w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk	11 Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Apples, Skim Milk	12 Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread Skim Milk	13 Breakfast: Apples, WG Cinnamon Toast, Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk
16 	17 	18 	19	20
23 Breakfast: White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Bun, Corn, Pears, Skim Milk	24 Breakfast: Peaches, Yogurt, Skim Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk	25 Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk	26 Breakfast: Applesauce, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk	27 Breakfast: Frosted Mini Wheats, Clementine, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk
				**Choosy Tip of the Month! ** <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.**

CLASSROOM NEWS

Phoenix 3 UPK/HS
February 2026

Your classroom
Teachers: Ms. Tracy,
Ms. Melissa,
Ms. Chelsea



IMPORTANT DATES:

Feb. 5th, Thurs.
Parent Connect Meeting
Feb. 13th, Fri.
Friendship Day
Feb. 16-20th
Winter Break - No School
Feb. 24th, Tues.
Policy Council
Feb. 26th, Thurs.
Coffee Hr. with Lisa - FS
Positive Solutions

What We Are Learning:

We made it thru the first month of 2026! We are sad we have not been able to get outside as much as we would have liked, but have managed to bring some winter fun inside, having a snowball sock match, painting snow and building snowmen in the sensory table! We are hoping for a warmer February so we can get outside and play in the snow and maybe find some animal tracks! Please remember to dress your child appropriately for those days we can get outside.

We have been learning about animals in the winter, their habitats, how they adapt and which animals migrate south with lots of fun activities.

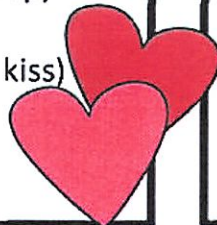
The children have been working on their address's, identifying their last names and the letters, beginning sounds and having fun with rhyming. This month we will be working more with numbers and quantities, adding two groups of objects together and counting to 100.

If you Love Me and You Know It



If you love me and you know it,
Clap your hands. (clap, clap)
If you love me and you know it,
Clap your hands. (clap, clap)
If you love me and you know it
Then your face will surely show it
If you love me and you know it,
Clap your hands. (clap, clap)

(additional verse: blow a kiss)



Family Fun Cooking Activity:

Snow Pudding

Ingredients:

$\frac{1}{4}$ Cup Vanilla yogurt
 $\frac{1}{4}$ cup applesauce
 $\frac{1}{2}$ banana

Directions:

Mash and mix the above ingredients in a shallow bowl with a fork or spoon. Enjoy as is or as a dip with vanilla wafers

DON'T FORGET: Submit any in-kind (volunteer) time on Learning Genie! Bring Back lending Library Books on Tuesdays. Let us know if your child will be late or absent! And have FUN READING TOGETHER! Get outside and enjoy the fresh air of early winter!!



February 2026/Family News

Phoenix Head Start/UPK

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

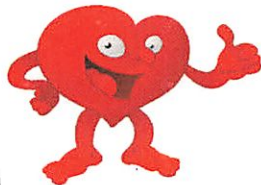
Next two Parent Meetings:

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 /UPK
program would like to
celebrate the family:
Theodore for the month of
February 2026

