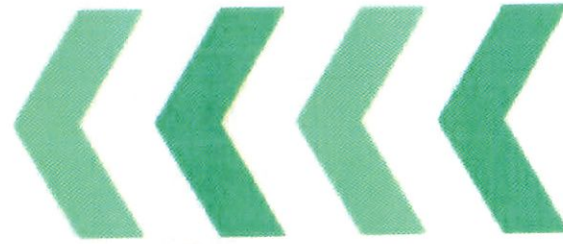


MARCH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Oswego 2	2	3	4	5 Positive Solutions for Families 5:30	6	7	
8	9 William's Special Day	10	11 Parent Connection Meeting 9am	12 Positive Solutions for Families 5:30pm	13 Parent Teacher Conference Day	14	
15	16 Nevaehh's Special Day	17	18	19 Positive Solutions for Families 5:30pm	20	21	
22	23	24 Policy Council 10am	25	26 Positive Solutions for Families 5:30pm	27	28	
29	30						



March 2026



Oswego 2 Head Start

342-0629

We hope Spring is around the corner. We hope the weather will be starting to get warmer so we can get outside! Please be sure to send in winter clothing so we can go outside when the weather permits.

We are working hard on writing our names and learning our letters using Zoo Phonics. We continue to work on fine motor skills as we explore the different art tools in Art area and the various manipulatives we use for Math and work time. We have been using the Gross Motor room to work our large motor skills.

Please sign up for a Parent Conference this month and keep the calendar handy as we have Spring break at the end of the month.

Thank you for your continued support
Cathy, Shantel and Bryn

Five Green and Speckled Frogs

Five green and speckled frogs sit on a speckled log

Eating the most delicious bugs, yum yum

One jumped into the pool where it was nice and cool

Now there are 4

Repeat the same lines counting down to 0.

Math – Counting

Count how many are in a room or in your house

Doors

Windows

rooms

Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

March 2026

<p style="text-align: right;">2</p> <p>Breakfast: White Grape Juice, WG Kix, Skim Milk</p> <p>Lunch: Fish, Roll, French Fries, Mandarin Oranges, Skim Milk</p> <p>Snack: Berries & Pears, Cheese, Water</p>	<p style="text-align: right;">3</p> <p>Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk</p> <p>Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk</p> <p>Snack: Yogurt, Banana, Water</p>	<p style="text-align: right;">4</p> <p>Breakfast: Apples, Biscuit, Skim Milk</p> <p>Lunch: Chicken Wraps, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk</p> <p>Snack: Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p style="text-align: right;">5</p> <p>Breakfast: Apple Juice, WG English Muffin, Skim Milk</p> <p>Lunch: Grilled Cheese Sandwich, Tomato Soup, Broccoli, Mixed Fruit, Skim Milk</p> <p>Snack: Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water</p>	<p style="text-align: right;">6</p> <p>Breakfast: Banana, WG Life, Skim Milk</p> <p>Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk</p> <p>Snack: Animal Crackers, Skim Milk</p>
<p style="text-align: right;">9</p> <p>Breakfast: Pineapple Juice, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk</p> <p>Snack: Graham Crackers w/ Strawberry Cream Cheese, Skim Milk</p>	<p style="text-align: right;">10</p> <p>Breakfast: Banana, Yogurt, Skim Milk</p> <p>Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk</p> <p>Snack: WG Kix, Skim Milk</p>	<p style="text-align: right;">11</p> <p>Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk</p> <p>Lunch: Pizza w/ Meat/Cheese & Pizza Crust, Broccoli, Fresh Oranges, Skim Milk</p> <p>Snack: Snack Mix, Apples, Water</p>	<p style="text-align: right;">12</p> <p>Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk</p> <p>Lunch: Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, Skim Milk</p> <p>Snack: Cottage Cheese, Pineapple, Water</p>	<p style="text-align: right;">13</p> <p>Breakfast: Mandarin Oranges, WG Toast, Skim Milk</p> <p>Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk</p> <p>Snack: Blended Juice, Crackers</p>
<p style="text-align: right;">16</p> <p>Breakfast: Orange Juice, WG Life, Skim Milk</p> <p>Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk</p> <p>Snack: Pretzels, Skim Milk</p>	<p style="text-align: right;">17</p> <p>Breakfast: Apples, WG Oatmeal, Skim Milk</p> <p>Lunch: Burger, Green Beans, Pears, Bun, Skim Milk</p> <p>Snack: WG Cheerios, Skim Milk</p> 	<p style="text-align: right;">18</p> <p>Breakfast: Banana, Homemade Muffin, Skim Milk</p> <p>Lunch: Meatball Sub w/ Cheese, Baked Beans, Corn, Hot Dog Bun, Skim Milk</p> <p>Snack: Cheese Stick, WG Crackers, Water</p>	<p style="text-align: right;">19</p> <p>Breakfast: Peaches, WG Waffles w/ Lite Syrup, Skim Milk</p> <p>Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread, Skim Milk</p> <p>Snack: Graham Crackers, Pumpkin Applesauce, Water</p>	<p style="text-align: right;">20</p> <p>Breakfast: Blended Juice, Rice Krispies, Skim Milk</p> <p>Lunch: Chicken Quesadillas, Tomato & Cucumber Salad, Pineapple & Grape Halves, WG Tortilla, Skim Milk</p> <p>Snack: Bagel w/ Cream Cheese, Fresh Oranges, Water</p> 
<p style="text-align: right;">23</p> <p>Breakfast: Pineapple, WG Kix, Skim Milk</p> <p>Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk</p> <p>Snack: Hard-Boiled Egg, Cheese Crackers, Water</p>	<p style="text-align: right;">24</p> <p>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Turkey Sandwich, Cucumber Slices & Carrot Sticks, Clementine, WG Bread, Skim Milk</p> <p>Snack: Animal Crackers, Berries, Water</p>	<p style="text-align: right;">25</p> <p>Breakfast: Apple Juice, Rice Krispies, Skim Milk</p> <p>Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk</p> <p>Snack: Broccoli w/ Dip, WG Crackers, Water</p>	<p style="text-align: right;">26</p> <p>Breakfast: Pears, Biscuit w/ Jelly, Skim Milk</p> <p>Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk</p> <p>Snack: Apples, Cheese, Water</p>	<p style="text-align: right;">27</p> <p>Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, Skim Milk</p> <p>Lunch: Macaroni & Cheese, Tossed Salad, Cauliflower, Skim Milk</p> <p>Snack: WG Life, Skim Milk</p>
<p style="text-align: right;">30</p> 	<p style="text-align: right;">31</p> 	<p style="text-align: center;">*Classes Resume Monday, April 6th*</p>	 <p style="text-align: center;">Let's create early conversations with our children about healthy and not so healthy foods.</p>	<p style="text-align: center;">**Choosy Tip of the Month! **</p> <p style="text-align: center;"><i>Keep mealtimes calm and pleasant. Establish a routine that nourishes your child with more than food.</i></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.



March 2026

Oswego Head Start

Hello Families,

A big shout out to all the families who get their child to school daily. Showing up on time everyday is important to your child's success and learning from pre-school forward.

This month the children will be celebrating nutrition month and Choosy! Choosy is our Mascot for making healthy food choices and choosing movement activities instead of screen time.

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

I will be starting Head Start applications for the upcoming school year, 2026-2027. Application days will be March 19th and March 24th. I am setting up appointments for these dates currently! Please come see me to set up a time if you have a little one turning 3 years old by December 1, 2026. Spread the word to family and friends!

Your Family Specialist,

Miss Becki

Next parent connection meeting:

March 11th @ 9am We will have a workshop with Heather to learn how to stretch our food budget.

Positive Solutions for Families sessions started February 26th. They run from 5:30-7:30pm. RSVP required. Childcare and dinner will be provided. These sessions will last for 7 weeks, you are welcome to attend anyone of them if you RSVP

Policy Council March 24th @ 10am



2026 National Poison Prevention Week
March 15-21, 2026

The Theme is "When the unexpected happens, Poison Help is here for you." Whether you have general questions or an emergency, Poison Help is available 24/7/365 at no cost to you. Call Poison Help with questions for medications, cleaning products, insect bites and food poisoning, just to name a few!

Parent Committee Officers:

Chairperson: Pepper R

Vice Chairperson: Hailey L

Secretary:

AM Christine G

PM Jسدith P

Policy Council Representative:

Jسدith P.

Pepper R.

Alternate Rep:

TBD

RESOURCES

Human Concerns:

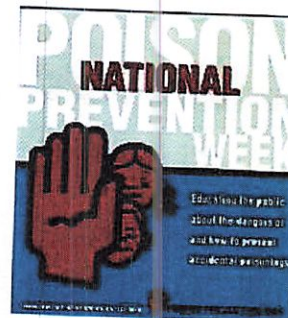
315-308-8625

Catholic Charities:

315-598-3980

Help Me Grow:

315-343-2344



MARCH

Family Appreciation

Thank you for all you do and for being such an important part of our program!



Layne B.- 3/2



Dawson H.- 3/3



Vaessa D.- 3/6



William M.- 3/9



Nevaehh C.- 3/16



Alaya P.- 3/20



Amelia A.- 3/25

