



NORTH SHORE HEAD START APRIL 2026

www.oco.org/education-services/head-start-upk



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	S P R I N G			B R E A K		4  Color Easter Eggs
	March 30	March 31	1	2	3	
5  Happy Easter	6 School Resumes Positive Solutions 9:15-10:45	7 Parent Connections 9:15	8  Lending Library	9 Jaxton's Special Day 	10 NO SCHOOL Staff Training Day	11  Read A Book
12  Go for a walk	13 Positive Solutions 9:15-10:45	14	15  Lending Library	16	17	18  Sing a song
19  Practice cutting	20 Positive Solutions 9:15-10:45	21	22  Lending Library	23	24	25  Count windows in your house
26  Have a Dance Party	27	28 POLICY COUNCIL 10 AM	29  Lending Library	30		

IMPORTANT DATES TO REMEMBER

4/7 Parent Connections Meeting

4/6, 4/13 & 4/20 Positive Solutions Meeting

4/28 Policy Council Meeting





North Shore Head Start

April 2026 Newsletter



The end of the year is approaching fast. We have been talking about the transition from Head Start to “the BIG SCHOOL”. We will start reading different books about big schools and talk about some of the differences. With all this talk about transitioning into the big school there will be some mixed emotions. We will talk about their feelings and remind them that it is okay to have very different feelings about moving on.

Meanwhile, we are “still rocking in our school shoes”, as Pete the Cat would say. We have finished with all the lowercase letters of the alphabet and now we have started on the upper-case letters so the kids can start to recognize those as well. We are continuing to work on social emotional skills talking about ways to calm down when we are upset or angry. We continue to do name writing and we even have starting writing numbers. Now that the weather is starting to get warmer we are reviewing our personal safety rules for parking lot safety (holding a big persons hand when walking to a car, walking safely in a line and using walking feet), car seat safety (kids sit in the back in a car seat and are buckled up) and safe and unsafe touches (hands are for helping, not to be mean).

We have been busy learning about fossils and where they come from. We have changed our house area to a Veterinary Office so the kids can pretend to take care of different animals. We even got an “x-ray machine” for them to use.

If anyone is interested in coming into volunteer in the classroom or kitchen, please let us know. You could read a book to the kids, help get materials ready for lesson plans or even just come in for a visit.

We will be going outside (weather permitting) every day. So, keep sending the kids in boots and jackets as it can get muddy and windy.



At Home Activities



Go for a Nature Walk



Make an Eye Spy Tube before your walk to look for signs for Spring.

Balloon Song

Once (child’s name) has a (pick a color) balloon. And (she/he) blew and blew and blew (each time you say blew make your arms bigger). I tossed it in the air but I didn’t let it drop. I bounced it on the ground until it went POP! (clap hands loudly).

Keep submitting
your In-Kind!!!
Every bit helps.



Ashley, Rachel & Trish



Family News

Hello Families,

Are you ready for spring? We certainly are! There are just 3 months of school left! These next few months will be filled with fun activities, in the classroom and for the parents. We also have a week off for spring break! Great chance to go outside. There will be no school 3-30-26 through 4-3-26 classes will resume 4-6-26.

Come join us at our next Parent connection on...

April 7th

Applications I will still be taking applications for the 26-27 Head Start year, for 3- and 4-year-olds. Please call me to set up an appointment and spread the word to family and friends. Call the center to schedule your appointment!

Please be sure to let me know if your child will be returning next year so we can keep their slot.

Kindergarten Registration is open! If you need assistance, please let me know and I am happy to help!

Please Remember

- Please regularly check backpacks for important papers.
- Log all In-Kind on Learning Genie! North Shore has raised \$31,945.79 year to date September and October brought in over \$10,000 each month. We have been declining in in-kind every month since let's go out with a bang and see if we can get another \$10,000 month before the year is out. I would love to see us hit \$50,000 before the end of the school year. Remember in-kind is how we keep this wonderful program running.

Always Your Family Specialist,

Jeremy 

Nurse's Corner 

National Infant Immunization Week is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases and celebrate the achievements of immunization programs in promoting healthy communities. Since 1994, hundreds of communities across the United States have joined together to celebrate the critical role vaccination plays in protecting children, communities, and public health. For more information, visit: cdc.gov/vaccines/events/niw



Parent Leaders

Chairperson: Jessica S.
Vice Chairperson: Carlee S.
Secretary: Amy K.
Policy Council Rep: Carlee S.
PC Alternate: Taylor W.

Resources

Central Square School District

www.cssd.org
315-668-4220

APW school district

www.apwschools.org
315-625-5250

Sandy creek School district

www.sandycreekcsd.org
(315) 387-3445

OCO SAF Crisis Hotline -

315-342-1600 (free confidential support services)

Important dates

4/1, 4/2, 4/3 no school spring break

4/6, 4/13, 4/20 - positive solutions

4/7 Parent Connection

4/21 policy council

4/28/26 - coffee hour



North Shore Head Start

Phone: 315-675-3398

Jeremy Cell: 315-591-2836



Family Appreciation



4/9/26 – Jaxton H.

HAPPY SPRING








*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. Special days aren't always on or near their actual birthdays, although we try to schedule them as close as possible.



North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Choosy Tip of the Month! **</p> <p>Children only eat what parents provide so, buy and cook healthy foods for them.</p>				<p>Good Fr</p> 
<p>6</p> <p>Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk Lunch: Chicken Alfredo Pasta, Broccoli, Berries, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers,</p> <p>Water</p>	<p>7</p> <p>Breakfast: Pineapple, WG English Muffin, Skim Milk Lunch: WG Pancake With Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk Snack: Yogurt, Strawberries & Sliced Bananas, Water</p>	<p>8</p> <p>Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Apples, Tomato Soup, Broccoli w/ Dip, Bread, Skim Milk Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</p>	<p>9</p> <p>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</p>	<p>10</p> 
<p>13</p> <p>Breakfast: 100% White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water</p>	<p>14</p> <p>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</p>	<p>15</p> <p>Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Pizza w/sausage, Tossed Salad Berries, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>16</p> <p>Breakfast: Applesauce, WG Pancake With Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk Snack: Bagel w/ Cream Cheese, Skim Milk</p>	<p>17</p> <p>Breakfast: Clementine, Frosted Mini Wheats, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice</p>
<p>20</p> <p>Breakfast: 100% White Grape Juice, WG Kix, Skim Milk Lunch: Fish, French Fries, Roll, Mandarin Oranges, Skim Milk Snack: Berries & Pears, Cheese, Water</p>	<p>21</p> <p>Breakfast: Peaches, WG Waffle w/Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk Snack: Yogurt, Banana, Water</p>	<p>22</p> <p>Breakfast: Apples, Biscuit, Skim Milk Lunch: Chicken Wraps, WG Tortilla, Shredded Lettuce, Mild Salsa, Clementine, Skim Milk Snack: Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p>23</p> <p>Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk Lunch: Grilled Cheese Sandwich, Tomato Soup, Carrot Sticks w/ Dip, Melon, Skim Milk Snack: Celery Sticks & Cucumber w/ Dip, WG Crackers, Water</p>	<p>24</p> <p>Breakfast: Banana, WG Life, Skim Milk Lunch: Pulled Pork, Bun, Baked Beans, Applesauce, Skim Milk Snack: Animal Crackers, Skim Milk</p>
<p>27</p> <p>Breakfast: 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk Lunch: Macaroni & Cheese, Peaches, Stewed Tomatoes, Skim Milk Snack: Graham Crackers w/ Strawberry Cream Cheese, Skim Milk</p>	<p>28</p> <p>Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk Snack: WG Kix, Skim Milk</p>	<p>29</p> <p>Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Chicken Alfredo Pasta, Broccoli, Oranges, Skim Milk Snack: Snack Mix, Apples, Water</p>	<p>30</p> <p>Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk Lunch: Ham & Cheese, Sandwich on WG Bread, Pepper Strips & Celery Sticks, Fresh Melon, Skim Milk Snack: Cottage Cheese, Pineapple, Water</p>	

WG = WholeGrain

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.