














# Fairgrieve Head Start/UPK APRIL 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
April's Character Theme is: <b>Self- Control</b>	<h1>SPRING BREAK</h1>					
5	6 Celebrate Bliss's 3/29 	7	8 UPK Family Fun Night At Fairgrieve 5:30-6:30	9	10	11 Family Fun At G. Ray Bodley 9:30-11:30
12 	13 	14 	15 	16 	17 	18
19 Jump IN or OVER puddles 	20	21 Policy Council	22	23	24 Kashdyn's Special Day 	25 For the Love of Reading... 
26	27	28	29 Parent Connection Paint & Sip 9:15 Faith's Special Day 	30	Fairgrieve 315-598-0612 M-F: 8:30- 3:30 <a href="http://www.oco.org/education">www.oco.org/education</a>	

# News from the Fairgrieve Classroom



April is already here, and along with the snow/rain showers, comes more MUD!!

The children are ready to enjoy spending more time outside and do activities we couldn't do all winter such as drawing with chalk, looking for signs of nature and playing with the parachute (outside). We will be taking journals outside to record the signs of spring. Remember to send your child in appropriate clothes and shoes for the outdoors, because we try to go out each day.

We are working hard on our Kindergarten readiness skills. We continue to work on number and letter recognition, printing our first/last names, making patterns and rhyming. We also continue to use our Heggerty curriculum to identify the beginning/ending sounds and blending sounds to form words.

Spring Break 3/30-4/3 ..



*Happy Easter*

*Robin... Mary-Lou...*

*Alicia...*



We Appreciate:

ALL FAMILIES

Kashdyn's family ..... 4/24

Faith's family..... 4/29

## Song of the Month:

### Bringing Home A Baby Dinosaur

I'm bringing home a baby dinosaur  
Won't my mommy fall right through the  
floor?

I'm bringing home a baby dinosaur.

OUCH! He squished me!

Flat as a pancake!

I'm bringing home a baby dinosaur.

Won't my mommy hide behind the door?

I'm bringing home a baby dinosaur.

Tromp, Tromp, Tromp, Tromp



## FUN AT HOME:

### Caterpillar Snacks

Spread cracker with cream cheese or  
peanut butter,

use pretzel sticks for legs,

Raisins for eyes and

Chinese Noodles for antennas.

Eat, Yum, Yum!!



## IMPORTANT DATES

**3/30-4/3: Spring Break**

**4/8: UPK Family Night at Fairgrieve**

**4/13-17: Week of the Young Child**

**4/29: Parent Connection Paint and Sip**

# SPRING

## April 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. We are starting off the month with spring break! There will be no school 4/1/26-4/3/26 classes will resume 4-6-26.

Come join us at our next Parent connection Meeting on... 4-29 @ 9:15 at the Fulton Head start site at 808 West Broadway. We have been planning some fun things. We have a paint and "sip" at the April parent meeting if interested please reach out so we have enough supplies. In May at our parent-connection we will be making feel good and get-well cards for the office of the aging.



### Please Remember

- Please regularly check backpacks for important papers.
- Log all In-Kind on Learning Genie! Those of you that are logging your in-kind, are doing great Thank you!!!

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](https://cdc.gov/vaccines/events/niw)



## Resources

OCO SAF Crisis Hotline-  
315-342-1600 (free  
confidential support services)

Search for Food resources in  
Oswego County (or other  
resources needed) call 211

## Days to remember

3-30 through 4-3 -spring Break

4-21 policy council

4-29 Parent connection

## Local Events

4-4-26 Kidz Easter Egg Hunt  
@ Fulton Alliance Church  
02:00pm - 04:00pm 12 and  
under please register

4/8/26- UPK Family Fun Night  
5:30-7:00 @ Fairgrieve

Pre-K story time @ Fulton  
public library Every Tuesday at  
10am and Thursday at 1pm



Fairgrieve UPK/Head Start

Phone: 315-598-0612

Jeremy Cell: 315-591-3529



## Family Appreciation



4/24/26 – Kashdyn B.



4/29/26 – Faith P.

*\*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.*



# The Week of The Young Child



## April 13—MUSIC MONDAY

**Singing and dancing. Clapping and learning. Dance Party with streamers**

**TRY THIS:** Find the beat to connect music, movement, and math. Practice clapping, drumming, or stomping to the beat of the music while counting.



## April 14—TASTY TUESDAY

**Eating healthy and exercising: Pineberry Smoothies**

**TRY THIS:** Measure your ingredients while making your snacks! Ask children if they'd like the same or different amounts of each ingredient.



## April 15—WORK TOGETHER WEDNESDAY

**Work Together, Build Together, Learn Together: Large floor puzzles**

**TRY THIS:** Practice organizing blocks by size! Try building a block tower with large blocks on the bottom and little blocks on top!



## April 16—ARTSY THURSDAY

**Think, Problem Solve and Create: Wet Chalk painting (Neon)**

**TRY THIS:** Bring art outdoors! Offer dark and light paper, chalk and pastels, and suggest children create their own versions of the sky; day and nighttime!



## April 17— FAMILY FRIDAY

**Sharing family stories: Family = Scrap booking**

**TRY THIS:** family stories and create a family book together.

**REMEMBER:** YOU are your child's FIRST teacher.



# APRIL 13-17



# April

K-8

Fulton City SD is an equal opportunity provider and employer. All students enrolled are eligible to receive one complete BREAKFAST and LUNCH per day at no cost. Menu is subject to change. FCDS aims to accommodate all student dietary needs including food allergies and religious restrictions. Please contact the Director of School Nutrition to make those accommodations.



1



2



3

6  
Bbq Chicken  
Garlic Knot  
Green Beans  
Potato Fries

7  
Beef Tacos  
Rice  
Corn  
Black Beans

8  
Cheeseburger  
Sw Potato Fries  
Cauliflower

9  
WG Pasta &  
Meatballs  
Broccoli  
Peas

10  
Cheese Pizza  
Romaine Salad  
Carrots

13  
Popcorn Chicken  
Dinner Roll  
Green Beans  
Potato FF

14  
Sloppy Joe  
Corn  
Black Beans

15  
Ham & Cheese  
Melt  
Sw Potato Fries  
Cauliflower

16  
Cook's Choice  
Broccoli  
Peas

17  
Pepperoni Pizza  
Romaine Salad  
Carrots

20  
Chicken Tenders  
Dinner Roll  
Green Beans  
Potato FF

21  
Walking Tacos  
Corn  
Black Beans

22  
WG Breaded Fish  
Sw Potato Fries  
Cauliflower

23  
Chicken  
Alfredo  
Broccoli  
Peas

24  
Cheese Pizza  
Romaine Salad  
Carrots

27  
Crispy Chicken  
Sandwich  
Green Beans  
Potato FF

28  
Orange Chicken  
Rice  
Corn  
Black Beans

29  
Cook's Choice  
Sw Potato Fries  
Cauliflower

30  
WG Pasta w/Meat  
Sauce  
Broccoli  
Peas



# April<sup>K-8</sup>

Earth Day

Monday: Breakfast Pizza

Tuesday: Ham Breakfast Sandwich

Wednesday: Sausage Breakfast Sandwich

Thursday: Omelet, WG Pastry




Friday: Bacon Breakfast Sandwich



# Fairgrieve PM Snack Menu

(Menu Subject to Change) "Nut Safe"

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**Choosy Tip of the Month! **</b> Children only eat what parents provide so, buy and cook healthy foods for them.</p>		<p>1</p> 	<p>2</p> 	<p>3</p> <p>Good Friday</p>  <p>No School Today</p>
<p>6</p> <p>Cucumbers w/ Dip, WG Wheat Thins, Water</p>	<p>7</p> <p>Yogurt, Sliced Strawberries &amp; Bananas, Water</p>	<p>8</p> <p>Celery Sticks w/ Cream Cheese, WG Goldfish Crackers, Water</p>	<p>9</p> <p>WG Triscuit Crackers w/ Sunflower Seed Spread, Banana, Water</p>	<p>10</p> <p>WG Muffin, Skim Milk</p>
<p>13</p> <p>Mandarin Oranges, WG Goldfish Crackers, Water</p>	<p>14</p> <p>Cucumber Slices w/ Dip, WG Wheat Thin Crackers, Water</p>	<p>15</p> <p>Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>16</p> <p>WG Bagel w/ Cream Cheese, Skim Milk</p>	<p>17</p> <p>WG Snack Mix, Apple Juice</p>
<p>20</p> <p>Berries &amp; Pears, Cheese, Water</p>	<p>21</p> <p>Yogurt, Mandarin Oranges, Water</p>	<p>22</p> <p>Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p>23</p> <p>Celery Sticks &amp; Cucumbers w/ Dip, WG Triscuit Crackers, Water</p>	<p>24</p> <p>WG Animal Crackers, Skim Milk</p>
<p>27</p> <p>WG Bagel w/ Strawberry Cream Cheese, Skim Milk</p>	<p>28</p> <p>WG Kix, Skim Milk</p>	<p>29</p> <p>WG Snack Mix, Fresh Apples, Water</p>	<p>30</p> <p>Cottage Cheese, Pineapple, Water</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.**