



Fulton Classroom News

We are so excited about the upcoming month as April is "be kind to our earth".

Throughout the month we will be discussing recycling and ways to keep our Earth clean. Be prepared for a homework assignment involving glass/paper/plastic. Other conversations will revolve around living and nonliving things.

April 22nd there will be an Earth Day celebration.

- Every day we practice recognizing our letters, their sounds and writing our names.
- We have been learning about our feelings through Second Step. We learned that it is ok to have strong feeling and what strategies to use when feeling frustrated/mad or sad. Attached is some strategies to use at home.

At Home Activity

Children develop positive feelings about Math when they have fun math experiences at home with their family!

- Count as you walk, jump, skip or go up the stairs
 - Read counting books.
- Make number and shapes with play doh.

As the weather starts warming up, we will be trying to go outside every day
Please send your child in with appropriate attire:

- Sneakers/shoes that your child can run around in comfortably
- A jacket/hoodie/sweater
- Hat/gloves



Let's Do A Little Singing

Little ducks go quack, quack, quack
Quack, quack, quack,
Quack, quack, quack -
Little ducks go quack quack quack
In the springtime.

~Always Be Happy~

Christine, Sabine & Michelle

April

Fulton Head Start



2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 NO SCHOOL SPRING BREAK	2 NO SCHOOL SPRING BREAK	3 GOOD FRIDAY	4
5 HAPPY EASTER	6	7	8	9	10	11
12	13	14	15 EMERY'S SPECIAL DAY	16	17	18
19	20	21	22 EARTH DAY	23	24	25
26	27 CORA'S SPECIAL DAY	28 POLICY COUNCIL 10:00	29 PARENT CONNECTIONS 9:15	30 WWW.OCO.ORG/EDUCATION-SERVICES/HEAD-START-UPK		

Fulton HS Menu

(Menu Subject to Change) "Nut Safe"

April 2026

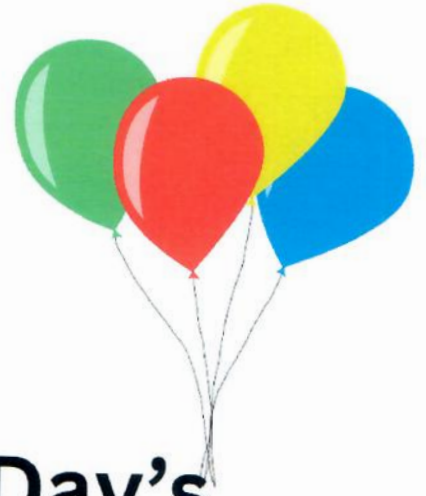
Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Choosy Tip of the Month!** Children only eat what parents provide so, buy and cook healthy foods for them.</p>				
<p>6 Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Mandarin Oranges, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers, Water</p>	<p>7 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 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 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 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 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 Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Hot Ham & Cheese on Bun, Green Beans, Pineapple, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>16 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>20 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 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 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 Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk Lunch: Pulled Pork, Baby Potatoes, Pineapple, Bun, Skim Milk Snack: Celery Sticks & Cucumber w/ Dip, WG Crackers, Water</p>	<p>24</p>
<p>27 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 Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk Snack: WG Kix, Skim Milk</p>	<p>29 Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Chicken Alfredo Pasta, Cauliflower & Carrots, Fresh Oranges, Skim Milk Snack: Snack Mix, Apples, Water</p>	<p>30 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 = 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.**



April
Family Appreciation Day's

 -Emery- 15th

 -Cora- 27th



Policy Council Representative:

Laura M. Fulton AM

April 2026

Fulton Head Start/Family page

Hello Families,

This school year has gone by so fast. We are hoping for hot and sunny days.

In the month of April, the classrooms will be celebrating the week of the young child. The children will be doing activities during the week April 13-17.

I am taking Head Start Preschool applications for 3- & 4-year-olds for the fall classes. Please call me to set up an appointment. Spread the word to family and friends.

The children who will be entering kindergarten in the fall can register

On the school website www.fultoncsd.org or call 315 593-5518.

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

Parent Connection meeting: April 29 @ 9:00-12:00 Please Rsvp for Paint and sip!

If you have any questions or needs, please speak to staff, so we can assist you.

Please remember to check your calendar on upcoming events!!

Resources

Catholic Charities food Pantry

315 598-3980

WIC 315 343-1311

Oswego County food bank

SNAP@foodbankcny.org

866 839-7304

www.foodbankcny.org

Adult High School Equivalency Program

315 963-4283

gedprep@citiboces.org

WWW.citiboces.org/Adultofferings. College Classes



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



Oswego County
Opportunities Inc.
Helping People. Supporting Communities. Changing Lives

**2026/2027
School Year**

Head Start Preschool



Call (315) 598-4711



Apply Now!

Classes available for
3 and 4 year-old children

Head Start prepares children for school through hands on learning with a focus on family, health, nutrition, and positive relationships.



**OSWEGO COUNTY
LOCATIONS**

Fulton

Oswego

Phoenix

West Monroe

**HEAD START IS
PROVIDED AT
NO COST
TO LOW INCOME
FAMILIES**

Email:: education@oco.org

Facebook:: OCO Head Start

CALMING WORDS

Say in a calm, low voice
at your child's level

I see that you are upset, and
you feel (label their emotion).

It's ok to be (label their
emotion).

It's hard/frustrating to (ex:
stop playing, share, take turns).

I love you. Do you need a hug?

Can I help you? Could we try
(offer solutions to the child and
help them try them)?

Do you want to try again?

Remember when you (offer
solutions they have tried in the
past).

Last time we tried (offer a
solution you tried in the past
that worked).

It's not ok to (say the physical
action they are doing that is
dangerous ex: hit, kick, spit)

I'll be over here when you are
ready. (Give them space but stay
close.)

I like the way you are (praise
what they are doing to calm
down).

POST THESE IN YOUR HOME OR CLASSROOM