

APRIL 2024



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Oswego 1</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>32</p>	<p>33</p>	<p>34</p>



Oswego 1-April News

Head Start-45 East Schuyler Oswego, NY 13126

315-342-0629

We are so grateful for the arrival of spring! We have planned many outdoor activities including: musical parades, sidewalk chalk drawings, and investigating around the Fort for new growth. Last month we focused on the weather and we loved being outside finally! This month, we are hoping for warm and sunny days as well!

We had two guest readers last month! Thank you so much Becki (family specialist) and Pam (our nurse).

We will be celebrating The Week of the Young Child from April 11th-April 17th. Special activities will take place each day and it is going to be so much fun! You will receive more information about it soon.

Sincerely,

Rory, Lauren and Michelle

Choosy—We explored different kinds of fruit this month and had so much fun trying them. Some thumbs up and thumbs down. This is a simple activity to try at home. You can also chart the healthy foods with a simple graph. If you have any questions I can help you.(Rory)

Oswego 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>1</p> 	<p>2</p> 	<p>3</p> <p>Good Fr</p> 
<p>6</p> <p>Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk</p> <p>Lunch: Chicken Alfredo Pasta, Broccoli, Berries, Skim Milk</p> <p>Snack: Cucumbers w/ Dip, WG Crackers, Water</p>	<p>7</p> <p>Breakfast: Pineapple, WG English Muffin, Skim Milk</p> <p>Lunch: WG Pancake With Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk</p> <p>Snack: Yogurt, Strawberries & Sliced Bananas, Water</p>	<p>8</p> <p>Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Grilled Cheese Sandwich, Apples, Tomato Soup, Broccoli w/ Dip, Bread, Skim Milk</p> <p>Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</p>	<p>9</p> <p>Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk</p> <p>Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk</p> <p>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</p> <p>Lunch: Sloppy Joes, Corn, Pears, Bun, Skim Milk</p> <p>Snack: Mandarin Oranges, Cheese Crackers, Water</p>	<p>14</p> <p>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, Skim Milk</p> <p>Snack: Cucumber Slices w/ Dip, WG Crackers, Water</p>	<p>15</p> <p>Breakfast: Banana, WG Oatmeal, Skim Milk</p> <p>Lunch: Tuna Salad Sandwich on Bread, Carrot Sticks w/ Dip, Mandarin Oranges, Skim Milk</p> <p>Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>16</p> <p>Breakfast: Applesauce, WG Pancake With Lite Syrup, Skim Milk</p> <p>Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk</p> <p>Snack: Bagel w/ Cream Cheese, Skim Milk</p>	<p>17</p> <p>Breakfast: Clementine, Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk</p> <p>Snack: Pretzel's w/ Dip, Apple Juice</p>
<p>20</p> <p>Breakfast: 100% White Grape Juice, WG Kix, Skim Milk</p> <p>Lunch: Fish, French Fries, Roll, Mandarin Oranges, Skim Milk</p> <p>Snack: Berries & Pears, Cheese, Water</p>	<p>21</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>22</p> <p>Breakfast: Apples, Biscuit, Skim Milk</p> <p>Lunch: Chicken Wraps, WG Tortilla, Shredded Lettuce, Mild Salsa, Clementine, Skim Milk</p> <p>Snack: Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p>23</p> <p>Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk</p> <p>Lunch: Sunny Butter & Jelly Sandwich on WG Bread, Cheese Stick, Carrot Sticks w/ Dip, Fresh Fruit Salad, Skim Milk</p> <p>Snack: Celery Sticks & Cucumber w/ Dip, WG Crackers, Water</p>	<p>24</p> <p>Breakfast: Banana, WG Life, Skim Milk</p> <p>Lunch: Pulled Pork, Bun, Baked Beans, Applesauce, Skim Milk</p> <p>Snack: Animal Crackers, Skim Milk</p>
<p>27</p> <p>Breakfast: 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Macaroni & Cheese, Peaches, Stewed Tomatoes, Skim Milk</p> <p>Snack: Graham Crackers w/ Strawberry Cream Cheese, Skim Milk</p>	<p>28</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>29</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>30</p> <p>Breakfast: Applesauce, Choice Egg, WG Tortilla, Skim Milk</p> <p>Lunch: Ham & Cheese, Sandwich on WG Bread, Pepper Strips & Celery Sticks, Fresh Melon, Skim Milk</p> <p>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 2026

Oswego Head Start

Hello Families,

Looks like spring may be on its way! Hopefully some nice days will happen during spring break!

I am currently taking applications for Head Start for the fall classes. Spread the word to family and friends.

For any children who will be entering Kindergarten in the fall, all school districts have online registration forms. If you need assistance with finding it or filling it out, please contact me or stop in my office.

If you are looking for employment, check out our website at WWW.OCO.ORG, We have various job openings within the agency.

Your Family Specialist,

Becki

NEXT PARENT CONNECTION MEETING:

April 8th at 9am, we will be doing a budgeting workshop. Positive Solutions for Families sessions will be April 9th and April 16th from 5:30pm-7:30pm.

POLICY COUNCIL:

April 28th at 10am

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/niiw



Resources

Parent Committee Officers:

Chairperson: TBD

Vice President: Hailey L

Secretary: Christine G

Policy Council Representatives:

Jesdith P

Alternate Rep:

TBD

Salvation Army Food Pantry

315 343-6491

WIC 315 343-1311

Oswego County food bank

SNAP@foodbankcny.org

866 839-7304

www.foodbankcny.org

Contact Info:

Family Specialist-Becki

Cell—315 591-3527

Center—315 342-0629

Email-rwittmann@oco.org

APRIL

Family Appreciation

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



Xyleigha S.- 4/7



Ryder S.- 4/17



Spencer E.- 4/24

*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.

