



# Fairgrieve Head Start/UPK MAY 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
May's Character Theme is: <b>Leadership</b>	Fairgrieve 315-598-0612 M-F: 8:30-3:30 <a href="http://www.oco.org/education">www.oco.org/education</a>				1	2 
3 Go on a Bird Hunt... 	4 August's Special Day (5/3) 	5 Cinco De Mayo 	6	7 	8	9
10 <b>HAPPY MOTHER'S DAY!</b> 	11	12	Virtual Cooking With Heather 5pm See Learning Genie	14	15	16 
17	18 Aaron's Special Day (5/17) 	19	20	21 Parent Connection mtg 9:15am	22 <b>NO SCHOOL</b>	23 Stop and Smell the Flowers.... 
24	25 No School 	26 <b>NO SCHOOL</b> Policy Council	27 Xander's Special Day (5/22) 	28	29	30

# Fairgrieve Classroom News

## SPRING has finally SPRUNG!!

May is a very busy month for us; we will be planting seeds, observing caterpillars become butterflies and celebrating the arrival of spring. We will be completing a part of your child's kindergarten screening, as well as starting some of our end of year assessments. We have introduced our Habitat domain, will be counting to 20 and creating an AB pattern. We continue to work on printing our first and last names, working on beginning and ending sounds as well as, putting sounds together to form words.

Our classroom will be going to Rice Creek on June 15<sup>th</sup> for a science learning field trip. More info will follow soon.

The End of the year event will be held June 16<sup>th</sup> from 1-3pm, at school. Come and enjoy our "Pirate's Beach Party". Each child is invited to bring 2 adults and only younger siblings may also attend. More information will follow!



## WE APPRECIATE:

August's Family.....5/3  
Celebrate on 5/4

Aaron's Family .....5/17  
Celebrate on 5/18

Xander's Family.....5/22  
Celebrate on 5/29

## Songs We Sing:

### 5 Little Tadpoles

Five little tadpoles swimming near the shore  
The first one said "Let's swim some more!"  
The second one said "Let's rest awhile!"  
The third one said "swimming makes me smile!"  
The fourth one said "My legs are growing long."  
The fifth one said, "I'm getting pretty strong."  
Five little tadpoles will soon be frogs.  
They'll jump from the water and sit on logs!



## Things to do at home

April showers bring....More Mud!!

### Clean Mud Recipe

6 rolls (cheap) Toilet Paper  
2 Bars of Ivory Soap  
Water

Shred the ivory soap with an old cheese grater. Mix the toilet paper, water and ivory soap in a large bucket. You've just made "clean mud". Enjoy exploring this ooey-goey sensory activity!

*Robin, Mary Lou, Alicia*



## Resources

### School District Information

Fulton - 315-593-5500

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

## Local Events

5/7 - Family Extravaganza @  
Fairgrieve 5-6:30 pm

5/16 - Big Truck Day 6, 10  
AM-3PM @ Fulton War  
Memorial along the lake

Parent connection meeting 5-  
21 @ 9:15 -808 W. Broadway

5/22-26 No School

5/23 - Memorial Day Parade @  
9AM



Hello Fairgrieve Families,

Can you believe we are nearing the end of the 2025/2026 School year?! We only have 9 weeks left of school! 😊 We will be having a meet & greet with Kelly Gates, and hopefully some other people from the school district. This will be at our May parent connection. This is a great opportunity to have a more one on one meeting for the parents to come and ask questions or express any concerns (could include transportation/special services/etc.) you may have for kindergarten.

Some fun important things coming up this month:

\*Parent Connection Meeting - 5/21/26 @ 9:15 @ 808 W. Broadway at the Fulton Head Start site with Kelly Gates & Nurse Pam R. We will also be making Feel good cards for the office of the aging.

May is mental health Month. Please remember to take some time for yourself to do some self-care. As always please feel free to reach out for.

Always Your Family Specialist,

**Jeremy**

### Contact Info:

Family Specialist-Jeremy


Cell—315 591-3529

Center—315 598-0612

Email-Jrahrle@oco.org



Nurse's Corner 

Mental Health Awareness Month, observed in May, aims to raise awareness about mental health, reduce stigma, and promote support for those struggling with mental health conditions, encouraging open conversations and access to resources. 



# May

## Family Appreciation



5/4 - August R.



5/18 - Aaron S.



5/27 - Xander B.



*\*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.*

# Transitioning from Preschool to Kindergarten

Here are some activities that you can do with your child to help prepare them for the transition from Preschool to Kindergarten!



- read books about going to Kindergarten
- set up a time to visit the new school and teacher
- talk to your child about the new routine, including how your child will get to and from school
- practice saying the name of your child's new teacher

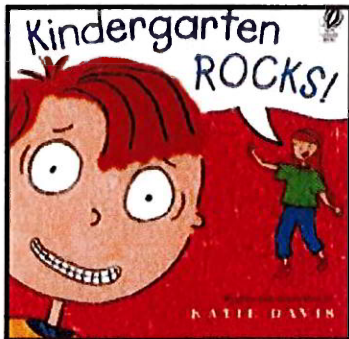


- practice zipping/unzipping clothing
- visit the playground at your child's new school
- practice opening their lunchbox and snacks inside independently
- before the first day, help your child pack their backpack and lunchbox
- help them choose what to wear on the first day of school and lay it out the night before

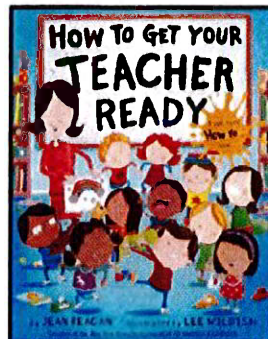
# Books to Read



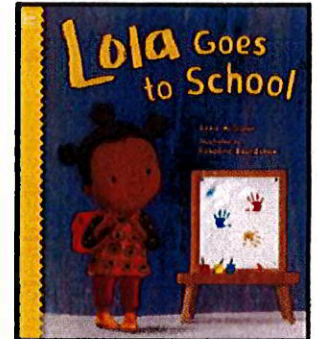
Sharing books with your child about the upcoming transition to Kindergarten is a great way to get them excited and comfortable with the change. Below are some examples of books that you can check out at your public library. NYSED does not endorse any particular book title or author.



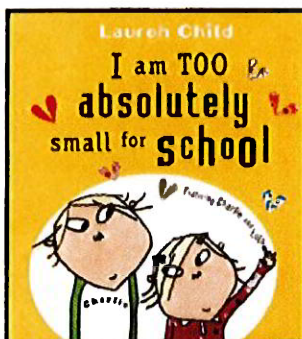
**Kindergarten Rocks!**  
by Katie Davis



**How to Get Your Teacher Ready**  
by Jean Reagan



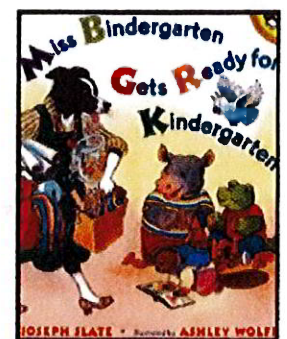
**Lola Goes to School**  
by Anna McQuinn



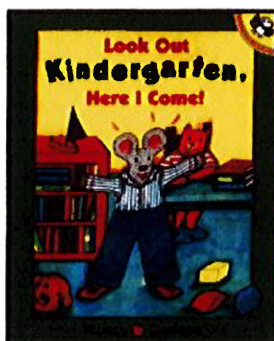
**I Am Too Absolutely Small for School**  
by Lauren Child



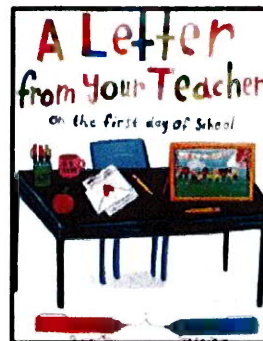
**All Are Welcome**  
by Alexandra Penfold



**Miss Bindergarten Gets Ready for Kindergarten**  
by Joseph Slate



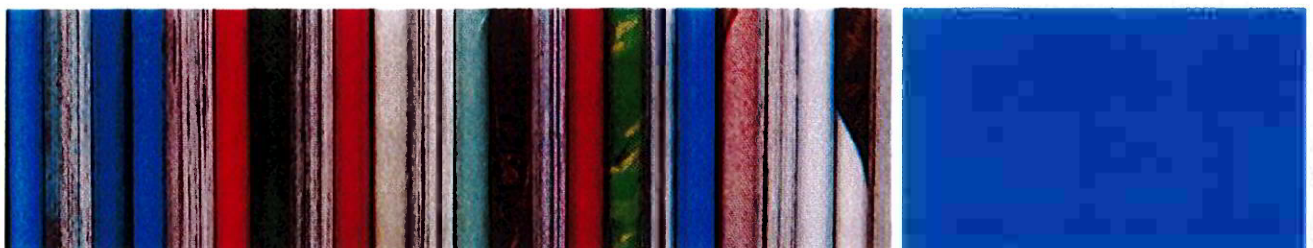
**Look Out Kindergarten Here I Come!**  
by Nancy Carlson



**A Letter from Your Teacher on the First Day of School**  
by Shannon Olsen



**The Night Before Kindergarten**  
by Natasha Wing





# May

Breakfast K-8

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast  
Pizza

Assorted Fruit  
& Juice

Milk

Ham, Egg  
& Cheese  
Breakfast  
Sandwich

Assorted Fruit  
& Juice

Milk

Sausage, Egg  
& Cheese  
Breakfast  
Sandwich

Assorted Fruit  
& Juice

Milk

Egg & Cheese  
Omelet  
Whole Grain Pastry

Assorted Fruit  
& Juice

Milk

Bacon, Egg  
& Cheese  
Breakfast  
Sandwich

Assorted Fruit  
& Juice

Milk

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.

WG Cereal is offered daily. 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 accommodations.





K-8

Monday	Tuesday	Wednesday	Thursday	Friday
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				1 Pepperoni Pizza Romaine Salad Carrots
4 BBQ Chicken Garlic Knot Green Beans Potato Fries	5 Sloppy Joe Corn Black Beans	6 Cheeseburger Sw. Potato Fries Caulifour	7 WG Pasta w/Meatballs Broccoli Peas	8 Cheese Pizza Romaine Salad Carrots
11 Popcorn Chicken Green Beans Potato Fries	12 Beef Tacos w/Rice Corn Black Beans	13 Cooks Choice Sw. Potato Fries Cauliflower	14 Texas Toast Grilled Cheese Broccoli Peas	15 Pepperoni Pizza Romaine Salad Carrots
18 Crispy Chicken Sandwich Green Beans Potato Fries	19 Walking Tacos Corn Black Beans	20 Cooks Choice Sw. Potato Fries Cauliflower	21 Chicken Alfredo Broccoli Peas	22 No School
25  MEMORIAL DAY	26 No School	27 Cooks Choice Sw. Potato Fries Cauliflower	28 WG Pasta w/Meat Sauce Broccoli Peas	29 Pepperoni Pizza Romaine Salad Carrots

# Fairgrieve PM Snack Menu

(Menu Subject to Change) "Nut Safe"

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>**Choosy Tip of the Month! **</b></p> <p><i>Let your child choose a new fruit or vegetable at the store and try it together.</i></p>		<p>1</p> <p>Blended Juice, WG Wheat Thin Crackers</p>
4	5	6	7	8
WG Goldfish Crackers Skim Milk	WG Cheerios Skim Milk	Cheese Stick WG Triscuit Crackers Water	WG Muffin Pumpkin Applesauce Water	WG Bagel w/ Cream Cheese Fresh Oranges Water
11	12	13	14	15
Hard-Boiled Egg Clementine Water	WG Animal Crackers Berries Water	Raw Broccoli With Dip WG Wheat Thin Crackers Water	Fresh Apples Cheese Water	WG Life Skim Milk
18	19	20	21	22
Cucumbers w/ Dip WG Wheat Thins Water	Yogurt Sliced Strawberries & Bananas Water	Celery Sticks w/ Cream Cheese WG Goldfish Crackers Water	WG Triscuit Crackers w/ Sunflower Seed Spread Banana Water	<b>NO School</b>
25	26	27	28	29
 <p><b>NO SCHOOL TODAY!</b></p>	<b>NO School</b>	Apple Wedges Sunflower Spread Raisins Water	WG Bagel w/ Cream Cheese Skim Milk	Apple Juice WG Snack Mix

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.