



FULTON HEAD START MAY 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6 Arianna's Special Day	7	8	9	10
11	12 Liam's Special Day	13	14	15	16	17
18 End of the Year Home Visits begin	19	20 End of the Year Celebration	21 Mara's Special Day	22	23	24
25	26 Policy Council 10:00 am	27 Dante's Special Day	28 HS Parent/Staff Planning Day 12:00 pm	29	30	31



WWW.OCO.ORG/EDUCATION-SERVICES/HEAD-START-UPK

Fulton HS Menu

(Menu Subject to Change) "Nut Safe"

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>**Choosy Tip of the Month! **</p> <p><i>Let your child choose a new fruit or vegetable at the store and try it together.</i></p>		1
4	5	6	7	8
<p>Breakfast: 100% Orange Juice, WG Life, Skim Milk</p> <p>Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, Skim Milk</p> <p>Snack: Pretzel's, Skim Milk</p>	<p>Breakfast: Apples, WG Oatmeal, Skim Milk</p> <p>Lunch: Burger, Green Beans, Pears, Bun, Skim Milk</p> <p>Snack: WG Cheerios, Skim Milk</p>	<p>Breakfast: Banana, Homemade Muffin, Skim Milk</p> <p>Lunch: Chicken Stir-Fry, Rice, Berries, Skim Milk</p> <p>Snack: Cheese Stick, WG Crackers, Water</p>	<p>Breakfast: Peaches, WG Waffle with Lite Syrup, Skim Milk</p> <p>Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Tortilla, Skim Milk</p> <p>Snack: Graham Crackers, Pumpkin Applesauce, Water</p>	
11	12	13	14	15
<p>Breakfast: Pineapple, WG Kix, Skim Milk</p> <p>Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk</p> <p>Snack: Har-Boiled Egg, Cheese Crackers, Water</p>	<p>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, Skim Milk</p> <p>Snack: Animal Crackers, Berries, Water</p>	<p>Breakfast: 100% Apple Juice, Rice Krispies, Skim Milk</p> <p>Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk</p> <p>Snack: Broccoli with Dip, WG Crackers, Water</p>	<p>Breakfast: Pears, Biscuit with Jelly, Skim Milk</p> <p>Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Whole Milk</p> <p>Snack: Apples, Cheese, Water</p>	
18	19	20	21	22
<p>Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk</p> <p>Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Mandarin Oranges, Skim Milk</p> <p>Snack: Cucumbers w/ Dip, WG Crackers, Water</p>	<p>Breakfast: Pineapple, WG English Muffin, Skim Milk</p> <p>Lunch: WG Pancake w Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk</p> <p>Snack: Yogurt, Strawberries & Sliced Bananas, Water</p>	 <p>Picnic 11 AM - 1:30 PM</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>	
25	26	27	28	29
	<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>Breakfast: Banana, WG Oatmeal, Skim Milk</p> <p>Lunch: Hot Ham & Cheese on Bun, Green Beans, Pineapple, Skim Milk</p> <p>Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>Breakfast: Applesauce, WG Pancakes, w/ 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>	

WG = Whole Grain

This Institution is an Equal Opportunity Provider

* Allergen information for menu items is available. Ask an employee for

** Check foods closely for nut oils: Breads, cereals, crackers, muffins, salad dressings, dips, sauces etc.

hello May

Fulton Classroom News



Hello! April was a fun month and we are excited for the new adventures in May. Please check the Learning Genie App for any/all kinds of activities or little things to do at home with your little ones. These will help with Kindergarten Readiness.

*** A quick reminder to please sign in/out your child through Learning Genie every day. ***

TIME TO LEARN

- Ø Every day we practice recognizing our letters, their sounds and writing our names.
- Ø Our new Second Step theme is "Managing Waiting. Strategies that we have emphasizing are: taking deep breaths and counting to 5.
- Ø We will be continuing the importance of taking care of our Earth.

CELEBRATE!

Our End of the Year Celebration will be held on May 20th.
More information will be coming.



The following link is to the children's favorite calming song.

https://youtu.be/Vj_zebeS-ec?si=xSp0IT4igi7QsJmD

Important

Be on the look out for the signup sheet to schedule the End of the Year home visits. These are our last conferences, and will be done in your home. Visits can be outside, weather permitting.

Try at Home

Cooking is a great chance to practice lots of fine motor skills:

- Measuring
- Pouring
- Mixing
- Cutting (using a toddler-safe knife, such as a toddler knife)
- Whisking
- Mashing
- Rolling
- Patting
- Opening containers and zip lock bags
- Rolling out parchment paper / foil

Have patience, show your child how to do these things, let them practice, let them make a mess. Of course, you can guide them if you are low on patience or time, or do it yourself when you need to, and talk to them about how and why you are doing these things so they understand when to whisk slowly, or why sometimes you use a fork to mix and sometimes you use a spatula.

Always Be Happy
Christine, Sabine & Michelle



May 2026 Newsletter/Family page

Fulton Head Start

Hello Families,

Can you believe that this school year is almost over. I want to Thank all the families for making our program a great one. My hope is that your time with us has been a positive one. Good luck to all the children who will be attending Kindergarten. I will be looking forward to seeing all the students who are returning in the fall.

I am still taking Head Start Preschool applications for 3- and 4-year-olds for the fall classes. Space is limited this year. Call to set up an appointment. Spread the word to family and friends.

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

End-of-year celebration will be held on May 20 from 11-1:30 at the center. More information will follow. Please RSVP with the teacher.

The parent connection meeting and Activity May 21 @ 9:15. We will have a guest speaker from the school district. Also, making cards for the office of aging.

Important Date: last day of school for Head Start is June 11.

Reminder: Children who turn 4 on or before Dec 1 should contact the school district to sign up for kindergarten.



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.

Resources:

Adult Literacy GED
gedprep@citiboces.org
315 963-4283

Catholic Charities food
Pantry 315 598-3980

Fulton Public Library
160 S 1st St. Fulton
315 592-5159

WIC 315 343-1311

Help Me Grow:
Contact 1-315-343-2344
Ext 114 or dial 211
Oswegocountyhmg@icpoc.org



May Family Appreciation Day's



-Arianna- 6th



-Liam - 12th



-Mara- 21



-Dante- 27

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**

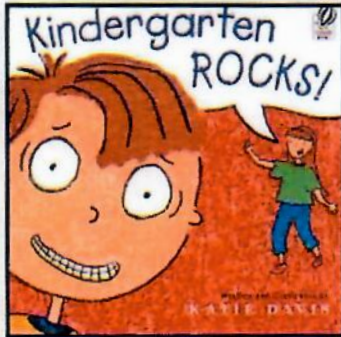


- **practice zipping/unzipping clothing**
- **visit the playground at your child's new school**
- **practice opening their lunchbox and snacks inside independently**
- **before the first day, help your child pack their backpack and lunchbox**
- **help them choose what to wear on the first day of school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

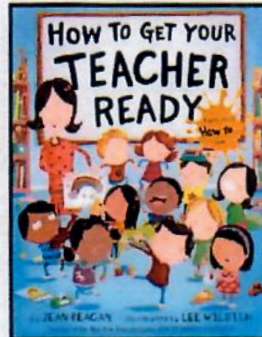
Books to Read



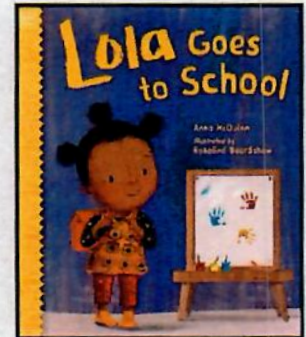
Sharing books with your child about the upcoming transition to Kindergarten is a great way to get them excited and comfortable with the change. Below are some examples of books that you can check out at your public library. NYESD does not endorse any particular book title or author.



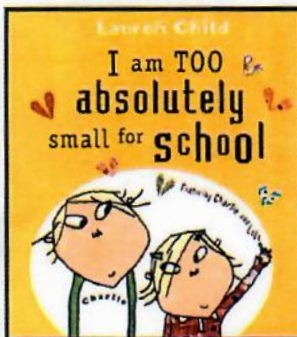
Kindergarten Rocks!
by Katie Davis



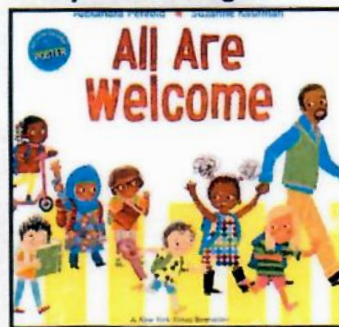
How to Get Your Teacher Ready
by Jean Reagan



Lola Goes to School
by Anna McQuinn



I Am Too Absolutely Small for School
by Lauren Child



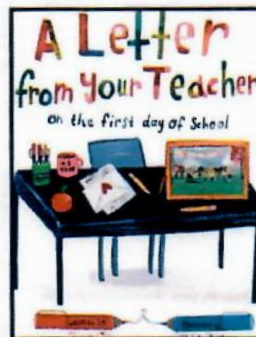
All Are Welcome
by Alexandra Penfold



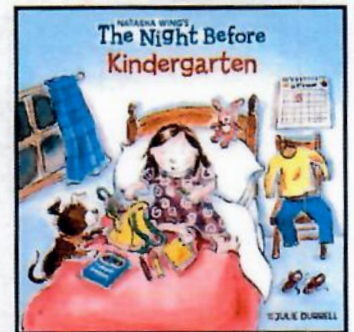
Miss Bindergarten Gets Ready for Kindergarten
by Joseph Slate



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





FAMILY ROADMAP

Do you have concerns about your child's behavior or development?



**YOU ARE
HERE**

*It's OK
to Ask for
HELP*

Observe and talk to your child. Do you notice any changes in these areas?

- Sleeping
- Eating
- Talking
- Socializing
- Playing
- Family
- Mood
- Worries
- Learning/School
- Attention
- Friendships
- Energy Level
- Stress
- Isolation
- Drugs/Alcohol
- Sexual Activity

Remember, some behaviors are normal depending on your child's age and circumstances.

Ask for assistance!
If you or your child are concerned or struggling with any changes in behavior, emotions or development.

What should I say?

I have noticed _____ going on with my child. I would like to have my child evaluated.

Who else can help?
Family Peer Advocates and other parents/caregivers have "lived-experience" navigating the systems and can help you make informed decisions.

Who should I contact?

- Family doctor or pediatrician
- School Staff
- County Children's Single Point of Access (SPOA) Coordinators

Want more information?
Scan or click the QR code to access a digital version of this roadmap that provides more information to guide you.

Reminder!
You know your child best. It can be overwhelming to decide to seek professional help. Be persistent and know that support is out there for you.

