

May 2026

NORTH SHORE HEAD START




www.oco.org/education-services/head-start-upk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Go for a nature walk 	4	5 Parent Connection Mtg @ 9:00 Jace's Special Day 	6 Lending Library 	7	8	9 Plant a flower 
10 Mother's Day 	11	12	13 Lending Library 	14 Stella's Special Day 	15 No Class Staff Training Day	16
17	18	19 Herb Garden Coffee Hour w/ Jeremy	20 Lending Library 	21	22	23 Count bugs 
24 Practice writing name 	25 No Class Memorial Day 	26 Policy Council @ 10:00 am	27 North Shore Bubble Bonanza @ Goettle Park 11-1 NOT A CLASS DAY	28	29	30

North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Crave My F.A.V.</p>	<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: Pineapple, WG Kix, Skim Milk Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Fresh Oranges, Skim Milk Snack: Hard-Boiled Egg, Cheese Crackers, Water</p>	<p>Breakfast: Peaches, Yogurt, Skim Milk Lunch: Turkey Sandwich, Cucumber Slices & Carrot Sticks, Clementine, WG Bread, Skim Milk Snack: Animal Crackers, Berries, Water</p>	<p>Breakfast: 100% Apple Juice, Rice Krispies, Skim Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad Snack: Broccoli w/ Dip, WG Crackers, Water</p>	<p>Breakfast: Pears, Biscuit w/ Jelly, Skim Milk Lunch: Mexican Dish with Meat/Cheese/Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, Skim Milk Snack: Apples, Cheese, Water</p>	<p>Breakfast: 100% Blended Juice, Rice Krispies, Skim Milk Lunch: Chicken Quesadillas, Tomato & Cucumber Salad, Pineapple & Grape Halves, WG Tortilla, Skim Milk Snack: Bagel w/ Cream Cheese, Fresh Oranges, Water</p>
11	12	13	14	15
<p>Breakfast: 100% Blended Juice, WG Cheerios, Skim Milk Lunch: Macaroni & Cheese, Mixed Vegetables, Mandarin Oranges, Skim Milk Snack: Cucumbers w/ Dip, WG Crackers, Water</p>	<p>Breakfast: Pineapple, WG English Muffin, Skim Milk Lunch: WG Pancake w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, Skim Milk Snack: Yogurt, Strawberries & Sliced Bananas, Water</p>	<p>Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk Lunch: Grilled Cheese Sandwich, Tomato Soup, Broccoli w/ Dip, Apples, Bread, Skim Milk Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</p>	<p>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>	
18	19	20	21	22
<p>Breakfast: 100% White Grape Juice, WG Cheerios, Skim Milk Lunch: Sloppy Joes, Bun, Corn, Pears, Skim Milk Snack: Mandarin Oranges, Cheese Crackers, Water</p>	<p>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>Breakfast: Banana, WG Oatmeal, Skim Milk Lunch: Pizza w/ Sausage & Mozzarella Cheese, Tossed Salad, Berries, English Muffin, Skim Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>Breakfast: Applesauce, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Baked Chicken, Broccoli, Fresh Melon, Brown Rice Pilaf, Skim Milk Snack: Bagel w/ Cream Cheese, Skim Milk</p>	<p>Breakfast: Clementine, Frosted Mini Wheats, Skim Milk Lunch: Ham, Veggie Pasta Salad, Pineapple, Skim Milk Snack: Pretzel's w/ Dip, Apple Juice</p>
25	26	27	28	29
	<p>Breakfast: Peaches, WG Waffles w/ Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk Snack: Yogurt, Banana, Water</p>	<p>Breakfast: Apples, Biscuit, Skim Milk Lunch: Chicken Wrap, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk Snack: Hard-Boiled Egg, Broccoli w/ Dip, Water</p>	<p>Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk Lunch: Grilled Cheese Sandwich on WG Bread, Tomato Soup, Carrot Sticks w/ Dip, Fresh Melon, Skim Milk Snack: Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water</p>	<p>Breakfast: Banana, WG Life, Skim Milk Lunch: Pulled Pork, Bun, Baked Beans, Applesauce, Skim Milk Snack: Animal Crackers, Skim Milk</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.**



North Shore Classroom News

Hello families,

We are getting so close to the end of the school year. We have been working on our End of the Year Celebration, which will be at the end of this month. We finished up our Second Step curriculum but will continue learning about how to manage emotions and fair ways to play and continue working on Personal Safety curriculum and the importance of keeping our bodies safe and healthy.

We have been working on learning the capital letters and have completed A-R. We continue to work on counting skills and encourage practicing counting at home. We have been focusing on learning about plants and bugs. We made bug habitats, planted tomato seeds and will be maintaining them. We will be sending home a "Porch Pot" that will be sent home with everyone. This will include tomato, cucumber and pepper plants.

We have been working on developing our gross motor skills and practicing walking on our balance beam, walking up and down stairs and improving our eye/hand coordination by tossing and catching a ball and/or a bean bag.



5 Little Ducks

5 Little Ducks went out to play
Over the pond and far away.
Mother Ducks said, "Quack, Quack, Quack!"
But only 4 Little Ducks came back.
~~4 Little Ducks went out to play~~
1 Little Duck went out to play
Over the pond and far away.
Mother Duck said, "Quack, Quack, Quack!"
But no Little Ducks came back.
Sad Mother Duck said, "Quack, Quack, Quack!"
And all her Ducklings came back!

Ants on a Log

This classic treat is easy to make and eat!
Makes one (1) serving.

1 Cut and clean 1 piece of celery.



2 Spread 2 spoonfuls of peanut butter on to the celery.

10 Arrange 10 raisins in a row on the peanut butter.



3 Eat up!

We completed a bus drill and the children learned about bus safety and they got to exit the bus through the back emergency exit.

We will be planning a kindergarten transition experience for children entering kindergarten and practicing tray days coming up soon.



Ashley, Rachel & Trish

PSST: DON'T FORGET TO LOG IN-KIND!

^(Feel free to change out the peanut butter for cream cheese, sunflower spread or another spread)



FAMILY NEWS

Hello North Shore Families,

Can you believe we are nearing the end of the 2025/2026 School year?! We only have 8 weeks of school left! 😊 Please remember to let me know if you have registered your child for kindergarten or if you need help, I can help! We will be having a meet & greet with some people from the Central Square school district. 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 and/or UPK.

Some fun important things coming up this month:

*Parent connection Meeting/ kindergarten transition meeting - 5/5/25 @ 9:15

*No School 5-15

* Herb gardens 5-19 (you must be signed up so I have enough supplies)

*No school 5-25

*Policy Council 5-26 @ 10 am

*End of the year Picnic/ Bubble Banaza 5-27

*I am still taking applications for the next school year. Please share and spread the word to your friends and family. Even to those who have toddlers! If they turn 3 before December 1st.

Always Your Family Specialist,

Jeremy

Contact Info:

Family Specialist-Jeremy

Cell-315 591-3529

Center-315 675-3398

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. 🍀

Policy Council Reps

PC Representative - Carlee S.

Alternate - Taylor W.

Parent Meeting Officers

Chairperson - Jessica S.

Vice Chairperson - Carlee S.

Secretary - Amy K.

Resources

Central Square School District

www.cssd.org

315-668-4220

APW school district

www.apwschools.org

315-625-5250

Sandy creek School district

www.sandycreekcsd.org

(315) 387-3445

OCO SAF Crisis Hotline-

315-342-1600 (free

confidential support services)

Local Events

5/17 - Big Truck Day 6, 10

AM-3PM @ Fulton War

Memorial along the lake





May

Family Appreciation



5/5 - Jace K.



5/14 - Stella W.



*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.