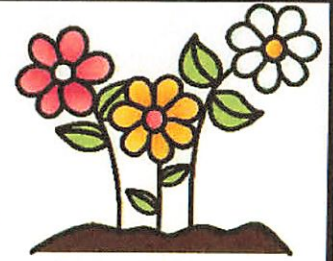


MAY



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**OSW
1
2024**

					1	2
3	4	5	6 Janae's Special day!	7	8	9
10	11	12	13	14 Zulay's Special day!	15 No School	16
17	18	19	20 Parent/Connection Meeting 10:00 am Isaiah's Special day!	21	22	23
24 31	25 No School Holiday	26 Policy Council 10:00 am	27	28 Kylo's Special day!	29	30



May Newsletter

Oswego 1 Head Start

45 East Schuyler 315-342-0629

Oswego, NY 13126

Is spring ever going to arrive??? The children and teachers are anxiously awaiting warmer weather! Please remember it is always colder and especially windy here at the lake, so please still dress your child in many layers (and with a coat) so they can play outside with their friends.

In honor of Spring, we will be working on nursery rhymes and songs that focus on the sun, warm weather, and rainbows. We will be learning about forests, animals, and taking care of our beautiful outdoors. We will also be focusing on numeral recognition, drawing with details, and learning about Kindergarten☺

We will be busy with walking field trips to the Fort and the Fire Station this month. We will be scheduling our last home visit of the year with each family soon. We will bring your child's portfolio with all of their beautiful pictures and artwork.

Sincerely,

Rory, Lauren and Michelle

Staying Healthy with Choosy

The Choosy Kids "Stir the Soup" song is an action-packed nursery rhyme set to the tune of "Row, Row, Row Your Boat," focused on adding healthy ingredients. It encourages movement and healthy eating, with lyrics often featuring: "Stir, stir, stir the soup, stir it all day long. Add some [vegetable], take a taste (slurp), soup will make us strong".

LiBrionyian

Oswego 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
				<p>Breakfast: Mandarin Oranges, WG Toast, Skim Milk</p> <p>Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk</p> <p>Snack: 100% Blended Juice, Crackers</p>
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: Meatball Sub w/ Cheese, Baked Beans, Corn, Hot Dog Bun, 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>	<p>Breakfast: 100% Blended Juice, Rice Krispies, Skim Milk</p> <p>Lunch: Chicken Quesadillas, Tomato & Cucumber Salad, Pineapple & Grape Halves, WG Tortilla, Skim Milk</p> <p>Snack: Bagel w/ Cream Cheese, Fresh Oranges, 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: Chicken Alfredo Pasta, Broccoli, Berries, 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>Breakfast: Melon, WG Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Grilled Cheese Sandwich, Tomato Soup, Broccoli w/ Dip, Apples, Bread, Skim Milk</p> <p>Snack: Celery Sticks w/ Cream Cheese, Goldfish Crackers, Water</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>Breakfast: Apples, WG Cinnamon Toast, Skim Milk</p> <p>Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, Skim Milk</p> <p>Snack: Homemade Muffin, Skim Milk</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: Tuna Salad Sandwich on Bread, Carrot Sticks w/ Dip, Mandarin Oranges, 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>	<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>

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.



2026

Oswego Head Start

Hello Families, A big thank you to all of you for showing up daily, week after week, to ensure your kiddo is receiving the best start on their education journey.

We are still accepting applications for the 2026-2027 program year! If you have any friends or family with children that will be 3 years old by December 1, 2026, please share!

If your child will be attending kindergarten in the fall, please make sure that are registered. If you need any assistance, please let me know!

If you or anyone you know is looking for employment, please check our website WWW.OCO.ORG We have various job openings within the agency.

Next Parent Connection Meeting is May 20th @ 9am. This will be our last meeting for this program year! Snacks, door prizes and fun! Hope to see you there! Please RSVP so I can plan accordingly.

Policy Council: May 26th @ 10am

Your Family Specialist,

Becki



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

RESOURCES:

Parent Committee Officers:

Chairperson; TBD

Vice President: Hailey L.

Secretary: Christine G.

Policy Council Representatives

Jesdith P.

Alternate Rep

TBD

SAF- Abuse & Assault Hotline

315-342-1600

Substance Abuse Hotline

1-800-662-4357

211

Poison Control

1-800-222-1222

Contact Info:

Family Specialist Becki

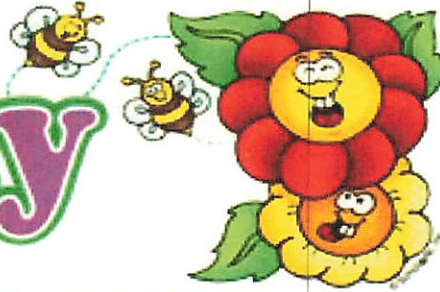
Cell Phone 315-591-3527

Center 315-342-0629 x122

Email rwittmann@oco.org



May



Family Appreciation

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

 Janae R. - 5/6

 Zulay J. - 5/14

 Isaiah R.- 5/20

 Kylo C. - 5/28

