

Phoenix 2
 Head Start/UPK
 Monday-Friday
 8:30a-2:45p
 315-695-4838

May 2026



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	A look ahead... June 11th- Class Picnic No School June 12th- Last day of HeadStart				1	2
3	4	5 Abigail's Special Day	6	7 Adult Paint Night with Lisa @ 5pm	8	9
10	11	12	13	14	15 No Class Staff Training	16
17	18	19	20 Coffee Hour with Lisa 8:30am	21	22	23
24	25 Memorial Day No Class	26 Policy Council 10am	27 Addison's Special Day	28	29	30
31						

Phoenix 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: Pretzels, 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: Hot Ham & Cheese Sandwich on WG Bread, Beets, Applesauce, Skim Milk</p> <p>Snack: Cheese Stick, WG Crackers, Water</p>	<p>Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk</p> <p>Lunch: Tuna Salad Wrap, Homemade Soup, Carrot Sticks w/ Dip, Berries, WG Bread, 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 with 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: Hard-Boiled Egg, Cheese Crackers, Water</p>	<p>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Turkey Sandwich, Cucumber Slices & Carrot Sticks, Clementine, WG Bread, 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, Skim 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: Hamburger on Bun, 4-Bean Salad, Pears, Skim Milk</p> <p>Snack: Cucumber with 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/ Sauces & 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: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk</p> <p>Snack: Apple Wedges, Sunflower Spread, Raisins, Water</p>	<p>Breakfast: Applesauce, WG Pancake 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: Pretzels with 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.

Phoenix 2 May 2026 Newsletter



We are quickly approaching the end of the school year! Hopefully you have taken home all your child's winter gear, and have left a light coat/sweatshirt and sneakers for those early mornings we spend outdoors (9:50 am).

This month we will continue working on Kindergarten readiness goals such as cutting, letter identification, writing and counting. Our class will be getting caterpillars and we will be able to watch them transform from caterpillar to chrysalis to butterfly!! We are growing tomato plants from seeds, and making birdfeeders using toilet paper tubes, bird seed and sunny butter. Our May cooking activity is freshly made guacamole. We will continue to talk about Spring weather and the changes we see outside as things turn green and bloom.

Home visits/Parent Teacher conferences will be scheduled near the end of this month, so keep a lookout for the sign-up sheet. We will discuss your child's development, skills they should work on during summer break, and you will receive all class work we've collected throughout the year.

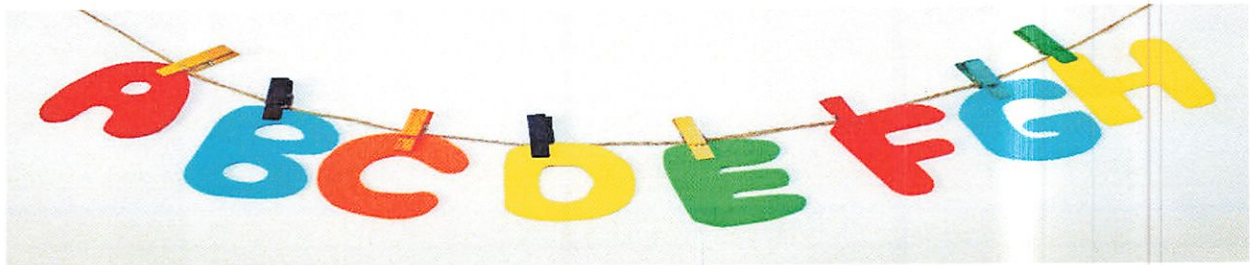
There is NO CLASS Friday May 15th (TOTAL STAFF) and Monday MAY 25th (Memorial Day)

Thank you for your continued support and involvement in our program!

Danielle, Adrienne & Hope (315-695-4838)

Here are some At Home Activities to do with your children:

Sensory Letter Hunt: Bury letters in sand, or hide them in a box where they can't be seen. The aim of the game is to get your little one to find the letters of their name, or some other simple words. For older kids, have them try to identify the letters by touch alone!



Matching Rhymes: Find a corkboard or something you can stick pins into. Write down a list of words on one side of a sheet of paper and on the other side write down words that rhyme with these words, but in a different order. Then stick pins next to each word. Give your child some rubber bands and ask them to match the rhyming words on each side of the page by placing the rubber bands on the pins to connect the rhyming pair.



May 2026 Newsletter/Family page

Phoenix 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 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.

Your Family Specialist,

Lisa

End-of-year picnic will be held with all three classes on June 11 at 11:00. More information will follow.

Last Day of School June 12!

This will be the last parent connection meeting and Activity May 7, 5-7:30
There will be dinner and all supplies included.

There will be a craft night in June. I will confirm that date soon.

Coffee hours are May 19 @ 8:30 and June 4.

Reminder: Children who are turning 4 on or before December 1 should call the school district to sign their children up for kindergarten.

Parent Committee Officers:

Chairperson: Adrianna S.—Ph 2

Vice Chairperson: Noah L—Ph1

Secretary: Josalee L.- Ph1

Policy Council Representative:

Jessica G.—Ph 1

Denise L.-Ph1

Sub Rep: Lisa C.-Ph2

Resources:

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

Phoenix Area Food Pantry
315 592-4559


Phoenix Public Library
34 Elm Street
Phoenix NY, 13135
315 695-4355

WIC 315 343-1311

My Contact information:
Family Specialist Lisa
Cell: 315-591-2656
Center 315 695-4838
Email lurbach@oco.org



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.

A decorative yellow ribbon with a white dashed line runs across the top and bottom of the page. On the left side, a yellow teardrop-shaped object is attached to the ribbon. Below it, three yellow daisy-like flowers with green stems are arranged in a cluster. The text is centered on the right side of the page.

**The Phoenix Head
Start pre-school
program would like
to celebrate the
families of Abigail
and Addison for
the Month of May
2026!!**