



Phoenix 3 UPK/HS

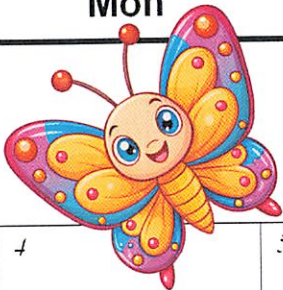











Monday - Friday 9:15a-2:15p

DLC - 315-695-4838

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

Don't forget to include any activities your family does together on Learning Genie for in-kind*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 	5  Return Library Book	6	7 Parent Connect Meeting with Lisa 5pm	8  Lucette's Special Day	9
10 	11	12  Return Library Book	13	14	15	16
17	18  Amelia & Callum's Special Day	19 Coffee Hour with Lisa-FS At morning drop off 8:30 am  Return Library Book 	20	21	22 NO SCHOOL	23
24	25  NO SCHOOL	26 Policy Council 10:00 am NO SCHOOL	27	28 Kindergarten Field Trip to MAM 9:45-10:45 	29 	30
31						

Phoenix 3 UPK 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>		<p>1</p> <p>Breakfast: Mandarin Oranges, WG Toast, Skim Milk</p> <p>Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk</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>Breakfast: Apples, WG Oatmeal, Skim Milk</p> <p>Lunch: Burger, Green Beans, Pears, Bun, 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>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>Breakfast: 100% Blended Juice, Rice Krispies, Skim Milk</p> <p>Lunch: Chicken Quesadillas, Tomato & Cucumber Salad, Pineapple & Grape Halves, WG Tortilla, Skim Milk</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>Breakfast: Peaches, Yogurt, Skim Milk</p> <p>Lunch: Turkey Sandwich, Cucumber Slices & Carrot Sticks, Clementine, WG Bread, Skim Milk</p>	<p>Breakfast: 100% Apple Juice, Rice Krispies, Skim Milk</p> <p>Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, Skim Milk</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>Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, Skim Milk</p> <p>Lunch: Meatball Subs with Mozzarella, Potato Puffs, Corn, Hot Dog Bun, Skim Milk</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>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>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>Breakfast: Pears, Bagel w/ Flavored Cream Cheese, Skim Milk</p> <p>Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, Skim Milk</p>	<p>NO SCHOOL</p>
25	26	27	28	29
	<p>NO SCHOOL</p>	<p>Breakfast: Banana, WG Oatmeal, Skim Milk</p> <p>Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk</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>Breakfast: Clementine, Frosted Mini Wheats, Skim Milk</p> <p>Lunch: Ham, Veggie Pasta Salad, Pineapple, 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.**

CLASSROOM NEWS

Phoenix 3 UPK/HS

May 2026

Your classroom
Teachers: Ms. Tracy,
Ms. Melissa,
Ms. Chelsea

IMPORTANT DATES:

May 7TH – Thurs.

Parent Connect Meeting

May 19th – Tues.

Coffee Hour with Lisa

May 22nd – 26, Fri-Tues.

No School – Memorial Day Holiday

May 26th, Tues.

Policy Council

May 28th – Thurs.

Kindergarten Field Trip

What We Are Learning:

The year is really flying by! We have been busy learning about plants, ponds, writing our last names, segmenting and blending compound words, putting letter sounds together to make simple words, counting, adding and subtracting and working on our kindergarten readiness goals!

This coming month we are going to learn about butterflies, community helpers, continue to work on counting to 100 and making simple words! The children are really working hard to accomplish their spring goals!

We are visiting MAM on Thursday May 28th. The children are very excited to see where they will be going next year!

Don't forget to mark your calendars for our End Of The Year Picnic Celebration, Thurs. June 11, 11-1:30!!

@TheDaycareTeacher

How to Make a Worm Observation Jar with Kids

Materials:

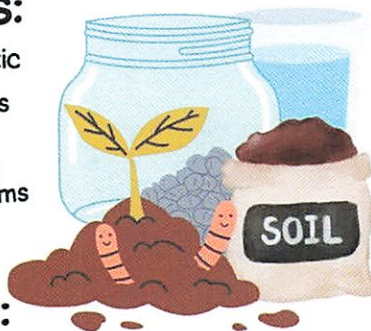
Clear jar or plastic bottle
Gravel or pebbles
Soil and sand
Organic scraps (veggies, leaves)
Red wiggler worms
Water
Dark paper (optional)

Steps:

1. Add gravel to the jar for drainage.
2. Layer soil and sand until $\frac{3}{4}$ full (top layer soil).
3. Add a few drops of water to moisten.
4. Place worms in the jar.
5. Add organic scraps on top.
6. Cover with wrap or lid (poke holes). Use dark paper to block light.
7. Keep in a cool, dark place and observe!

What Kids Learn:

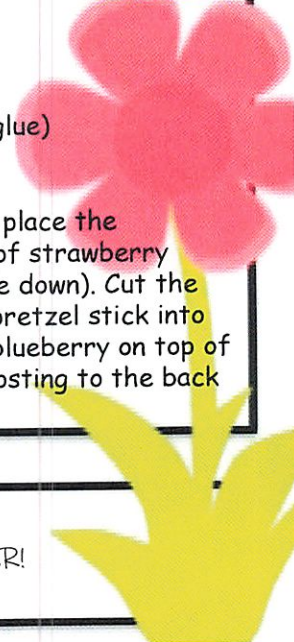
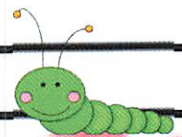
1. Worms mix soil and sand.
2. Worms turn scraps into compost.
3. Worms create tunnels and improve soil.



Strawberry Caterpillar

- 1 strawberry, washed and top end cut off
- 6 green grapes, washed cut in half
- 2 pretzel sticks
- 2 blueberries
- 2 candy eyes (a little bit of frosting for glue)
- 1 wooden skewer

An adult may need to help with this part, place the strawberry through the skewer (bottom of strawberry facing out), then add the grapes (flat side down). Cut the sharp ends off of the skewer. Push the pretzel stick into the top of the strawberry then add the blueberry on top of each pretzel stick. Finally add a little frosting to the back of each eye!



DON'T FORGET:

Submit any in-kind (volunteer) time on Learning Genie! Bring Back lending Library Books on Tuesdays. Let us know if your child will be late or absent! And have FUN READING TOGETHER! Get outside and enjoy the fresh air of early signs of spring!!



May 2026 Newsletter/Family page

Phoenix Head Start/UPK

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 26!

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.



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.

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:

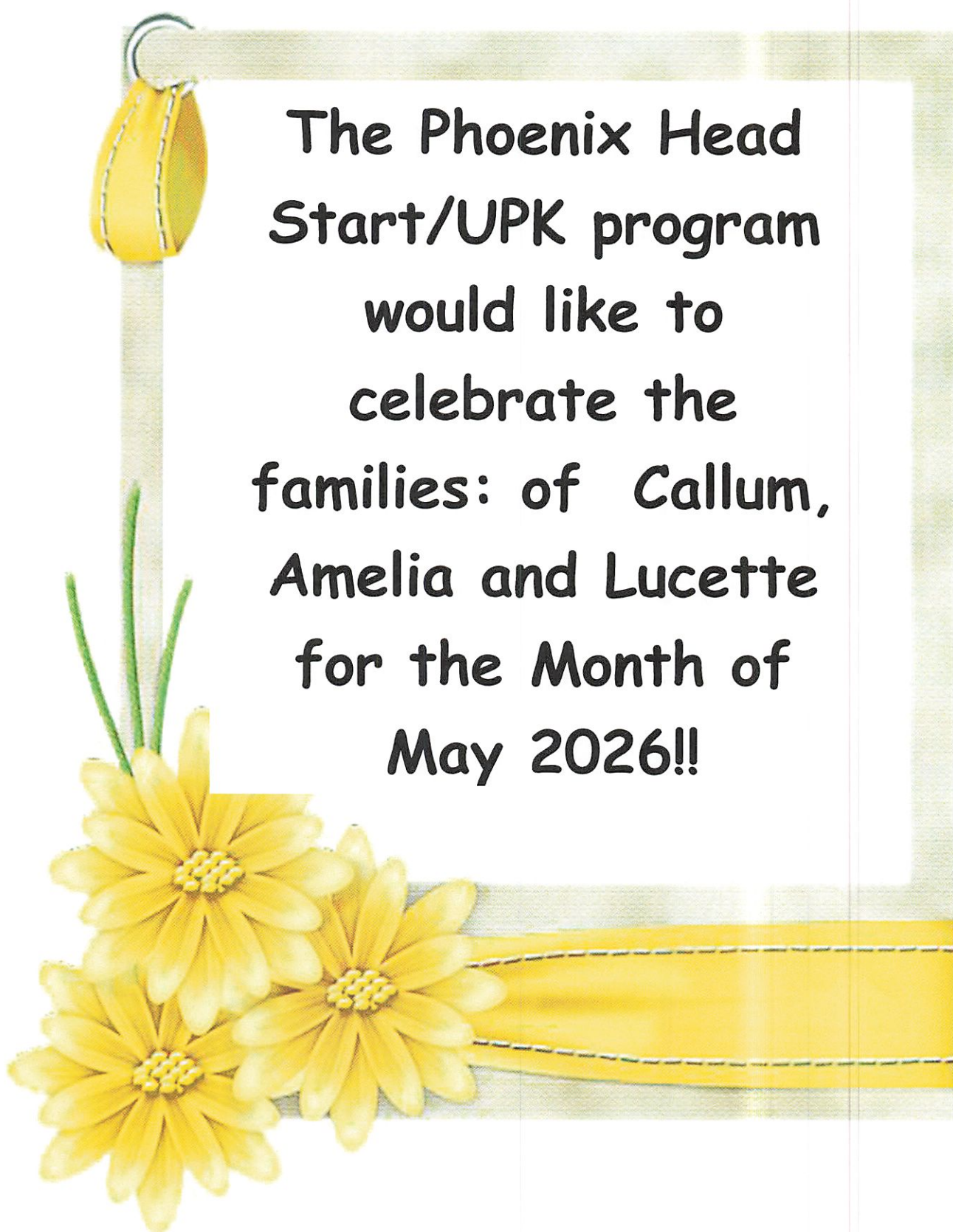
Adult Literacy GED
gedprep@citiboces.org
315 963-4283

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

A decorative yellow ribbon with a buckle at the top left and three yellow daisy-like flowers at the bottom left. The ribbon is tied around a white rectangular area containing text.

**The Phoenix Head
Start/UPK program
would like to
celebrate the
families: of Callum,
Amelia and Lucette
for the Month of
May 2026!!**