



MAY

at-a-glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pheonix1 head start DLC – 315-695-4838	Miss Kristy Miss Amy				1	2
3	4	5 Cinco de Mayo! Book return	6 Malachi Mooney Special day!	7 parent connect meeting with Lisa 5pm	8	9
10 Mothers day	11	12 Book return	13	14	15	16
17	18	19 Coffee hour with Lisa -fs @ morning drop off 830 am Book return	20 Ashton Cornish Special day!	21	22	23
24	25 No School !!	26 Policy council 10am Book return	27	28 Kindergarten field trip 10 am	29	30
31						

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Choose Your Fruit</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>		<p>1</p> <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>
<p>4</p> <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>5</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>6</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>7</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>8</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>
<p>11</p> <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>12</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>13</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>14</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>	<p>15</p> 
<p>18</p> <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>19</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>20</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>21</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>22</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>
<p>25</p>  <p>NO SCHOOL TODAY! SEE YOU TOMORROW!</p>	<p>26</p> <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>27</p> <p>Breakfast: Banana, WG Oatmeal, Skim Milk</p> <p>Lunch: Beef, Potatoes, Mixed Vegetables, Bread, Skim Milk</p> <p>Snack: Apple Wedges, Sunflower Seed Spread, Raisins, Water</p>	<p>28</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>29</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.



What's Happening in **MAY**

What We're Learning

Dear Peaceful Penguin Families,

I can't believe this school year is winding down already. We did a lot of new activities this month like finger painting, planting grass ((hair) tomato seeds, reusing recyclable materials, and making our own musical instruments. We are almost finished with the Second Step curriculum. We will revisit personal safety rules before the school year ends. In May we will practice our cutting, counting, and writing, as well as do some fun art activities, discuss living vs. non-living, and finally get to watch the metamorphosis of caterpillars right before our eyes. We plan to spend a lot of time outside as the weather gets nicer. Please make sure your child has appropriate footwear for running around (open toed shoes are not safe for outdoor play). If you want your child to wear sun screen for outside time you will need to fill out a consent form and provide the sunblock as well.

The final round of home visits/conferences will be this month. We will discuss your child's development and skills they should work on over the summer months, and you will receive all of the things they have been working so hard on throughout the year. Be mindful that while the end of the school year is exciting, it may also cause some big feelings to emerge, as little ones arnt sure what to expect next and will have a new routine to adjust to over the summer.

Contact Info

DLC 315-695-4838
Phoenix 1 thanks for all
you do! -Kristy and Amy

Important Dates

- May 6th Malachi's special day!
- May 7th parent connect meeting
- May 10th Mothers day
- May 19th coffee hour with lisa
- May 20th Ashton's special day!
- May 26th policy council
- May 28th Kindergarten field trip

Other News

Here is a Beehive

Here is the beehive, where are the bees?
(clench fist and bring out fingers one by one)
Hidden away where nobody sees.

Watch and you will see them come out of their hives.

One, two, three, four, five,
Buzz, Buzz, Buzz!





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.



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



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