

# Fulton Head Start

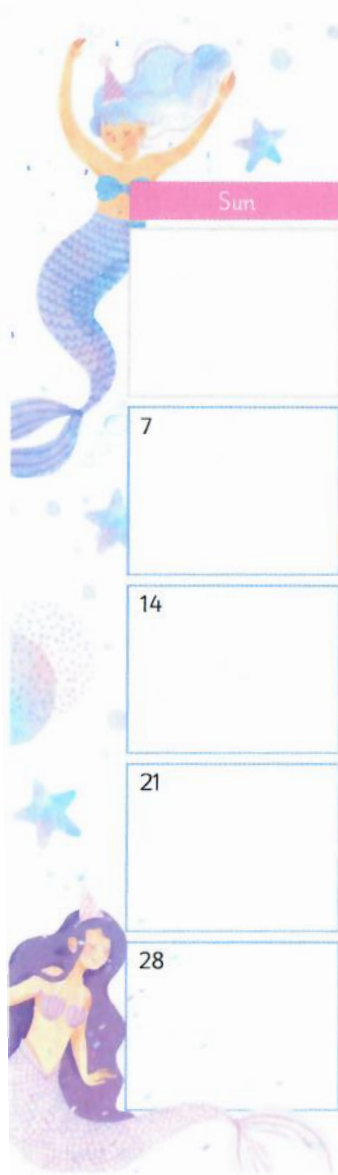
# JUNE 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 UPK Teacher-reading to class	2 Roman's Special Day	3	4 Bentley's Special Day	5	6
7	8	9 Benjamin's Special day	10	11 LAST DAY OF CLASS	12	13
14	15 UPK/Kindergarten Transition at Fairgrieve Elementary	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	WWW.OCO.ORG/EDUCATION-SERVICES/HEAD-START-UPK			

Notes

LAST DAY OF CLASS IS JUNE 11

Have a fun Summer and best of luck to those heading off to kindergarten and UPK next year!!



# Fulton HS Menu

(Menu Subject to Change) "Nut Safe"

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Breakfast:</b> 100% White Grape Juice, WG Kix, Skim Milk <b>Lunch:</b> Fish, French Fries, Roll, Mandarin Oranges, Skim Milk <b>Snack:</b> Berries & Pears, Cheese, Water	2 <b>Breakfast:</b> Peaches, WG Waffle w/ Lite Syrup, Skim Milk <b>Lunch:</b> Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk <b>Snack:</b> Yogurt, Banana, Water	3 <b>Breakfast:</b> Apples, Biscuit, Skim Milk <b>Lunch:</b> Chicken Wrap, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk <b>Snack:</b> Hard-Boiled Egg, Broccoli w/ Dip, Water	4 <b>Breakfast:</b> 100% Apple Juice, WG English Muffin, Skim Milk <b>Lunch:</b> Pulled Pork, Baby Potatoes, Pineapple, Bun, Skim Milk <b>Snack:</b> Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	5
8 <b>Breakfast:</b> 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk <b>Lunch:</b> Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk <b>Snack:</b> Graham Crackers w/ Strawberry Cream Cheese, Skim Milk	9 <b>Breakfast:</b> Banana, Yogurt, Skim Milk <b>Lunch:</b> Spanish Rice, Tossed Salad, Peas, Skim Milk <b>Snack:</b> WG Kix, Skim Milk	10 <b>Breakfast:</b> Pears, WG Pancake w/ Lite Syrup, Skim Milk <b>Lunch:</b> Chicken Alfredo Pasta, Cauliflower & Carrots, Fresh Orange, Skim Milk <b>Snack:</b> Snack Mix, Apples, Water	11 <b>Breakfast:</b> Applesauce, Choice Egg, WG Tortilla, Skim Milk <b>Lunch:</b> Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, Skim Milk <b>Snack:</b> Cottage Cheese, Pineapple, Water 	12
15	16	17	18	19 
22	23	24	25	26
29	30		<b>**Choosy Tip of the Month! **</b> <i>Plan some fun, inexpensive outings this summer like your local library, farmers market or parks with playgrounds.</i>	<b>**Menu Subject to Changes Due to Using Up Food Before the End of School Year. Cooks Will Post Changes at the Center.</b>

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.



May was a quick month! Thank you for all you have done to help us with your children's education this year. Please check Learning Genie for the few activities we have for this month. We appreciate all of your support in helping us continue to get funding by doing work with your children at home.

Thank you for the families that have signed up for home visits. It is always a bittersweet time for us to do conferences and see the children at their homes one last time.

During our personal safety in May, we reviewed more of our Personal Safety curriculum. We emphasized a lot on street and school safety. We talked about making sure we always hold hands in the parking lot and look both ways, and how to be safe on the bus next year when they go to "big kid school". In June we plan to emphasize a lot on their kindergarten transitions.

### Down By The Shore

Tune: Down By The Stream

Down by the Seashore  
In the sand and sunshine.

I like to dive,  
and splash and run.  
Jumping in the waves  
Rolling in and out.

It's so much fun  
I want to shout!




In May we made Salsa


for our cooking activity. The children did amazing with measuring their own ingredients. In June the children will make "Fish in the River".






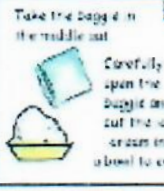
If you need help with anything for next year, please do not hesitate to reach out. We are going to miss our children who are leaving us so much! We cannot wait to see our returners!! Enjoy your summer!

Miss Christine, Miss Sabine  
& Miss Michelle ♡



## Baggie Ice Cream



<p><b>Put</b></p>  <p>1/2 cup milk and salt into a zip-lock sandwich baggie</p>	<p><b>Add</b></p>  <p>1/2 teaspoon vanilla and 1 Tablespoon sugar</p>	<p><b>Zip-lock</b> the baggie tightly. Try to get most of the air out.</p>  <p>Put the baggie into another zip-lock sandwich baggie and seal it tightly.</p>	
<p><b>Put</b> the sandwich baggie into a gallon sized zip-lock bag. Add ice to fill the large bag.</p> 	<p><b>Put</b> 2 Tablespoons of salt in the large bag.</p>  <p>Seal the large bag tightly.</p> <p>Shake the bag for 8 minutes.</p>	<p><b>Take</b> the baggie in the middle out.</p>  <p>Carefully open the baggie and cut the ice cream into a bowl to eat.</p>	

© 2008, www.cook4kids.com #28/08



# FAMILY NEWS

## Hello Families,

WE DID IT! We made it to June! This is a very exciting and bittersweet month. Our kiddos are moving on to kindergarten. Our time with each child has been such a joy and a year of growth! I would like to thank all the parents/guardians and extended family members for helping their little loved ones have such a successful year at Fairgrieve UPK/Head Start. I am also thankful to everyone who participated in Learning Genie with in-kind. You are all appreciated! We hope you have enjoyed your year with us, and we wish you the best summer!



## Some fun important things coming up this month:

6/9 - Bird Houses at Fulton Head Start if you signed up

Always Your Family Specialist,

**Jeremy** 

### Contact Info:

Family Specialist-Jeremy  
Cell—315-591-3529  
Center—315-598-0612  
Email- [Jrahrle@oco.org](mailto:Jrahrle@oco.org)

## Resources

### School District Information

Fulton 315-593-5500  
Hannibal 315-564-8100  
Oswego 315-341-2045  
Phoenix 315-695-1573

OCO SAF Crisis Hotline- 315-342-1600 (free confidential support services)

## Local Events

Daily - Free After-School Meals and Activities. -children 18 and under living in Oswego County 4PM-6:30PM Monday-Friday for the remainder of the school year. @ Fulton War Memorial

Saturday's - Fulton Farmers' Market @ Canal view Mall Parking Lot 8-12

June 7<sup>th</sup> - Fulton Public Library 3<sup>rd</sup> Annual Book Fest 10-3

June 13<sup>th</sup> - CAC Bike Rodeo and Family Fun Day @ Fulton War Memorial 12-4





# June Family Appreciation Day's



-Ronan- 2th



-Bentley - 4th



-Benjamin- 9th