














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  Return Library Book	3	4  Aluna's Special Day	5  Culann's Special Day	6
7	8	9  Last Day to Return Library Book	10	11  Class Picnic No School 11:00-1:30	12	13
14  Happy FLAG DAY	15	16	17  Ashton's Special Day	18	19  JUNETEENTH No School	20
21  Happy Father's Day	22	23 Early Dismissal 12:00 Policy Council 10:00 am	24 Early Dismissal 12:00	25 Early Dismissal 12:00	26  LAST DAY OF SCHOOL Early Dismissal 12:00	27
28	29	30	 Have a great Summer Vacation!			

Phoenix 3 UPK Menu

(Menu Subject to Change) "Nut Safe"

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast: 100% White Grape Juice, WG Kix, Skim Milk Lunch: Fish, French Fries, Roll, Mandarin Oranges, Skim Milk	2 Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, Skim Milk	3 Breakfast: Apples, Biscuit, Skim Milk Lunch: Chicken Wrap, Shredded Lettuce, Mild Salsa, WG Tortilla, Clementine, Skim Milk	4 Breakfast: 100% Apple Juice, WG English Muffin, Skim Milk Lunch: Sunny Butter & Jelly Sandwich on WG Bread, Cheese Stick, Broccoli w/ Dip, Fresh Oranges, Skim Milk	5 Breakfast: Banana, WG Life, Skim Milk Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, Skim Milk
8 Breakfast: 100% Pineapple Juice, WG Frosted Mini Wheats, Skim Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, Skim Milk	9 Breakfast: Banana, Yogurt, Skim Milk Lunch: Spanish Rice, Tossed Salad, Peas, Skim Milk	10 Breakfast: Pears, WG Pancake w/ Lite Syrup, Skim Milk Lunch: Chicken, Au Gratin Potatoes, Green Beans, Bread, Skim Milk	11 No Classes! 	12 Breakfast: Mandarin Oranges, WG Toast, Skim Milk Lunch: Meatballs w/ Gravy, Mashed Potatoes, Corn, Bread, Skim Milk
15 Breakfast: 100% White Grape Juice, WG Kix, Skim Milk Lunch: Breaded Fish, Potato Puffs, Mandarin Oranges, Roll, Skim Milk	16 Breakfast: Pineapple, Egg, WG Tortilla, Skim Milk Lunch: Turkey & Cheese Sandwich, Cucumbers w/ Dip, Applesauce, WG Bread, Skim Milk	17 Breakfast: 100% Orange Juice, WG Life, Skim Milk Lunch: Meatballs Sub on Hot Dog Bun, Corn, Pears, Skim Milk	18 Breakfast: Peaches, WG Waffle w/ Lite Syrup, Skim Milk Lunch: Turkey Kielbasa, Broccoli, Fresh Apples, Buttered Noodles, Skim Milk	19 No Classes! 
22 Breakfast: 100% Blended Juice, WG Kix, Skim Milk Lunch: Pasta w/ Meat & Cheese, Green Beans, Fresh Oranges, Skim Milk	23 Breakfast: Applesauce, WG Pancakes w/ Lite Syrup, Skim Milk 	24 Breakfast: Mandarin Oranges, Bagel w/ Cream Cheese, Skim Milk 	25 Breakfast: Fresh Apples, WG English Muffin, Skim Milk 	26 Breakfast: Banana, Yogurt, Skim Milk 
29	30	 <p>This Summer. Be Choosy Outside!</p>	**Choosy Tip of the Month! ** <i>Plan some fun, inexpensive outings this summer like your local library, farmers market or parks with playgrounds.</i>	**Menu Subject to Changes Due to Using Up Food Before the End of School Year. Cooks Will Post Changes at the Center.

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

June 2026

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

The Sharks in the Sea

(to the tune of "The Wheels on
the Bus")

The sharks in the sea go chomp, chomp,
chomp.

Chomp, chomp, chomp.
Chomp, chomp, chomp.

The sharks in the sea go chomp, chomp,
chomp.
All day long!

The lobsters in the sea go pinch...

The fish in the sea go swim...

The clams in the sea go open and shut...

The octopus in the sea goes wiggle...

The seahorse in the sea rocks back and
forth...

The kids in the waves jump up and down...

What We Are Learning:

The year is coming to an end! It has been a busy and fun filled year filled with educational learning adventures! We have enjoyed being a part of your child's first step in their educational journey!

May was a busy month, getting ready for kindergarten! Thank you all for participating in home visits and kindergarten screenings!

Last month the children were able to watch how a caterpillar turns into a butterfly. They loved watching the butterflies spread their wings to find a new home!

This month we will be finishing up end of the year projects, finishing up assessments and home visits.



MAKE YOUR OWN ICE CREAM!

Cool off with some kitchen chemistry
by making ice cream!

WHAT YOU'LL NEED:

- 1 cup half & half (you can also try this experiment with milk, or a non-dairy substitute)
- 3 tablespoons sugar
- ½ teaspoon vanilla extract
- Ice cubes
- 8 tablespoons rock salt
- 1 pint size and 1 gallon plastic baggie
- Mixing bowl



HOW TO DO IT:

1. Combine the half & half (or other liquid) with the sugar and vanilla in the mixing bowl.
2. Take this mixture and pour into the pint sized plastic baggie - close tightly!
3. Fill the gallon baggie halfway with ice and then pour the salt on top.
4. Place the bag with your ice cream mixture on top of the ice and salt. Close the large bag - make sure there are no leaks.
5. Shake for about 5 minutes or until the ice cream mixture freezes. This works because the salt makes the ice melt and get colder. The ice cream mixture also transfers some of its heat to the ice, which speeds up the melting and chilling process.
6. Carefully remove the bag with the frozen ice cream and enjoy your cold treat on a hot day! You can experiment by adding other flavors to your ice cream or changing ratios of ingredients to see if you can get your ice cream to freeze faster or slower.



Find more fun activities like this one for free at www.abcology.animaljam.com

IMPORTANT DATES:

June 11TH – Thurs.

NO SCHOOL - Class Picnic

June 19th – Fri.

NO SCHOOL – Juneteenth Day

June 23rd

Policy Council

June 23-26th Tues- Fri.

Early Dismissal at 12:00

June 26th – Fri.

Last Day of School!!!!

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!



June 2025 Phoenix Head Start/UPK

Hello Families,

I just want to take the time and thank everyone for taking your child to school every day. A special thank you to all the parents who participated in the parent connections meetings and activities throughout the year. I will be having my last coffee hour on June 4 @8:30.

This year has flown by so fast. During this school year we have had some great weather, so the children have been able to go outside almost daily.

If you have any family or friends with 3- & 4-year-old children. I am still accepting applications for the fall 2025-2026 school year.

Oswego County Opportunities has job opening part-time and full-time, also SUB positions throughout the agency.

www.oco.org

If you have any questions or need resources, please give me a call. Have a great summer!

Your Family Specialist,

Lisa



June is recognized as Post-Traumatic Stress Disorder (PTSD) Awareness Month, a time dedicated to raising awareness and understanding of this condition, which can affect anyone who has experienced or witnessed a traumatic event.

PURPOSE: The month aims to increase awareness about PTSD, reduce stigma and encourage individuals to seek help if they are struggling with the conditions.

The Phoenix Head
Start/UPK program would
like to celebrate the
families: Aluna, Jenson,
Culann and Ashton for the
month of June 2026!!

