



Fairgrieve Head Start/UPK October 2026



Sun

Mon

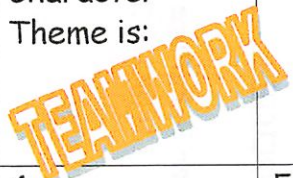
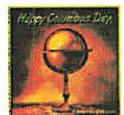
Tue

Wed

Thu

Fri

Sat

October's Character Theme is: 	Fairgrieve: 315-598-0612 M-F: 8:30-3:15 www.oco.org/education			1	2 	3
4	5	6	7	8 Weston's Special Day 	9 Picture Day 	10
11	12 NO SCHOOL 	13	14 Serenity's Special Day 	15	16	17
18 Rake up leaves and jump 	19	20	21	22 Montgomery's Special Day 	23	24 Carve out Pumpkins as a family 
25	26	27	28	29	30 Fall Fun in the Classroom	31 

Fairgrieve Classroom News

It's hard to believe we've already completed our first month of school! We have learned so much and made many new friendships. We spent much of September learning the rules and daily routines of school. The children are adjusting well to our classroom. We are all recognizing our symbols, our name's and those of our peers.

We will be working on counting, color recognition, matching, sorting, and identifying our body parts as well as the 5 senses. We will be spending a lot of time talking about families, homes and feelings.

Picture Day is on **October 9th**. Columbus Day on 10/12: No School.

As a REMINDER: Anything you see and/or hear about any child or family in this classroom is confidential. If you are concerned, please talk to a staff person. Everyone in this center will be treated, by both staff and other families, with kindness and respect for confidential information. Hopefully, we will be able to open up to having a volunteer, soon.

Robin, Alicia & Sam



Any questions you can call the Classroom: 315-598-0612

Songs We Sing:



2 Little Apples

Way up high in the apple tree
Two little apples smiled at me
I shook that tree as hard as I could
Down came the apples
Mmmmmm.....were they good!

Things to Try At Home:



Apple Bugs

Ingredients:

Apples
Peanut Butter or Cream Cheese
Raisins

Directions:

Cut apples into wedges
Have child spread peanut butter or cream cheese onto apples.
Then add raisins to peanut butter/cream cheese.
Enjoy!!

Important Dates:

October 9-Picture Day
October 12- NO SCHOOL



Meet The Staff in your Child's Classroom



Hi, My name is Robin France. I have 4 grown children, 8 grandchildren ages from 19 months-22 years, along with a 2 year old great grandson, a 1 month old great granddaughter and a BF: Brett, for over 23 years. I am the Lead Teacher/Center Director and have been with the Head Start Program for almost 34 years. I hold a Masters in Special Education and my teaching certification is in Early Childhood. In my spare time, I enjoy camping, gardening, and canning, reading and spending time with my family. I love laying the foundation of education for your child(ren) and working with their families. I look forward to this school year, with You and Your Child!! 😊



Hi everyone! My name is Ms. Sam, and I'm so excited to be joining the HS/UPK Team as an aide. I love working with children and look forward to getting to know each of your little ones, to help them learn, grow and have lots of fun throughout the school year!

FAIRGRIEVE HS/UPK

315-598-0612

Feel free to call anytime, and leave a message after hours.



My name is Jeremy Rahrle I started working for OCO in 2024. However I have been with Head Start since 2008. I started as a parent became a classroom aid, then I was an Assistant, I was Acting teacher a few times. I am a Family Specialist, and am here for you. I am married and have 2 grown children.



Hi, My name is Alicia Graham. I have been married for 26 years. We have 2 boys: Matt is 27 and Brandon is 25. I enjoy out door time: going to the beach and have picked up golfing. I am the Teaching Assistant and have worked with Head Start for over 19 years and I love working with your children.



Hi, My name is Aaron Meyer I will be subbing as a Classroom aide, when needed. I am excited to start this school year at Fairgrieve and with your child!



Hi, My name is Pam Brown. I started with OCO in 2016, working with D.S.P. Two years ago, I took the opportunity to come work with the Head Start program as their nurse. I look forward to meeting each family and getting to know the children.



Fairgrieve Head Start / UPK

Family Appreciation

We appreciate our families so much!!

In October, we will be recognizing the families of:



Serenity

7/13 Celebrate 10/14

Weston

8/9 Celebrate 10/8

Montgomery

8/24 Celebrate 10/22

Thank you for all
you do for your
child at home and at
school!



October

Family News

Yay! We did it, hooray! We have officially made it through the first month of school. It has definitely been an adjustment for some, and others welcomed it with ease. Thank you so much for being so understanding and getting in the required paperwork for your children. It is greatly appreciated! I am very excited to partner with you as we help your child grow and learn!

Our next Parent connection meeting @ Fairgrieve will be October 14th at 4:30 pm, @ Fairgrieve. The next Parent Connection at Fulton Head Start will be Oct. 15th @ 8:45 am at the Fulton Head Start site (in a conference room). Just a reminder both meetings are open to Parents from either center. Reminder, this is a kid free meeting.

These are important but informal meetings where we will get to meet each other and discuss upcoming events. This is also where we will discuss our parent activity.

I look forward to seeing you there! 😊

We are also starting our Parent Workshop – Positive Solutions for families, for a great experience learning ways to help support our children's challenging behaviors. Come enjoy this 7-session course with us and build a support system with fellow parents and Family Specialists who may be experiencing challenges like you! Dates of the meeting will be announced soon.

Thank you,

Jeremy Rahrle

Your Fulton/Fairgrieve family Specialist.

315-591-3529 Cell, 315-598-4765 Fulton, 315-598-0612 Fairgrieve



Parent Officers

Chair – Vacant

Vice Chair – Vacant

Secretary – Vacant

Policy council - Vacant

Policy council alternate – Vacant

PARENT RESOURCES

808 West Broadway

Fulton, NY 13069

315-598-3980

*Transportation help, food pantry, thrift store, etc.

On Point for College – Great resource for people in college or looking to get back into school

315-961-9919

WIC

808 W. Broadway

Tuesdays

315-343-1311

Local Events

Pumpkin Fest – Oswego @ Washington Sq Park (Saturday, October 3, 11am to 6pm, and Sunday, October 4, 11am to 5pm)

Trunk or treat @ Fairgrieve

Date: 10/26

Time: 1-3 pm

HEALTHY CORNER



Tips for a fun and safe Halloween:

Halloween can be one of the most fun nights of the year-but it is important to keep safety top-of-mind. Before your little ghouls and goblins take to the streets, make sure that they understand basic safety tips and will be accompanied by a responsible adult!

1. Help your child choose a safe costume: flame-resistant, lighter colors appropriate shoes for the weather and no sharp accessories like sword/wands etc.

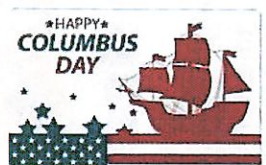
2. Accompany your kids and/or know their route: Go in groups in well-lit, well-traveled familiar areas.

3. Maximize visibility: Have your child carry glow sticks or flashlights or use reflective tape on costume or goody bag. For more safety tips visit SafeKids.org

Fairgrieve PM Snack Menu

(Menu Subject to Change) "Nut Safe"

October 2026

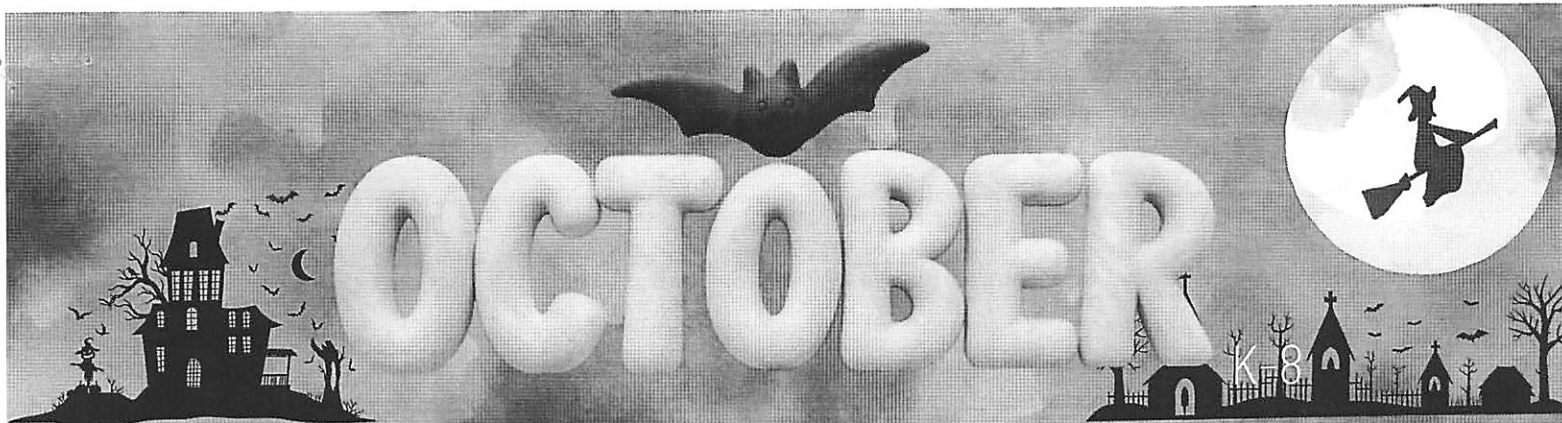
Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Your child will do what you do. Let them see you eating healthy foods & getting physical activity every day.</i>		1 <i>Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water</i>	2 <i>Animal Crackers, 2% Milk</i> 
5 <i>Graham Crackers with Strawberry Cream Cheese 2% Milk</i>	6 <i>WG Kix 2% Milk</i>	7 <i>Snack Mix Apples Water</i>	8 <i>Cottage Cheese Pineapple Water</i>	9 <i>Blended Juice Crackers</i>
12  NO CLASSES!	13 <i>WG Cheerios 2% Milk</i>	14 <i>Cheese Stick WG Crackers Water</i>	15 <i>Graham Crackers Applesauce Water</i>	16 <i>Bagel w/ Cream Cheese 2% Milk</i>
19 <i>Hard-Boiled Egg Cheese Crackers Water</i>	20 <i>Animal Crackers Berries Water</i>	21 <i>Broccoli w/ Dip WG Crackers Water</i>	22 <i>Apples Cheese Water</i>	23 <i>WG Life 2% Milk</i>
26 <i>Cucumbers w/ Dip WG Crackers Water</i>	27 <i>Yogurt Strawberries & Sliced Bananas Water</i>	28 <i>Goldfish Crackers Apple Juice</i>	29 <i>Graham Crackers w/ Sunflower Seed Spread Banana Water</i>	30 <i>Homemade Muffin 2% Milk</i>

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.



Monday

Tuesday

Wednesday

Thursday

Friday

			1 Chili w/Breadstick Broccoli Carrots	2 WG Pizza Romaine Salad Cauliflower
5 Crispy Chicken Sandwich SW Potato Fries Green Beans	6 Beef Taco Rice Corn Black Beans	7 Chicken Spiedie Wrap Potato Fries Broccoli	8 WG Pasta w/Meatballs Peas Carrots	9 WG Pizza Romaine Salad Cauliflower
12 Columbus Day	13 Walking Tacos Corn Black Beans	14 Mini Corndogs Potato Fries Green Beans	15 Chicken Alfredo Broccoli Carrots	16 WG Pizza Romaine Salad Cauliflower
19 Chicken Tenders Sw Potato Fries Peas	20 Chicken Tacos Rice Corn Black Beans	21 Meatball Hoagie Potato Fries Broccoli	22 Shepherds Pie w/Biscuit Green Beans Carrots	23 WG Pizza Romaine Salad Cauliflower
26 Bbq Chicken Dinner Roll Mashed Potatoes Green Beans	27 Chicken Quesadilla w/ Salsa Corn Black Beans	28 Cheeseburger Sw Potato Fries Peas	29 Rosé Chicken Pasta Broccoli Carrots	30 WG Pizza Romaine Salad Cauliflower

Fulton City SD is an equal opportunity provider and employer.

All students enrolled are eligible to receive one complete BREAKFAST and LUNCH per day at no cost. PBJ's, assorted fruit and milk offered daily. Menu is subject to change. FCDS aims to accommodate all student dietary needs including food allergies and religious restrictions. Please contact the Director of School nutrition to make those accommodations.

**HAPPY
HALLOWEEN**