

October 2026

North Shore Head Start
www.oco.org/education-services/head-start-upk

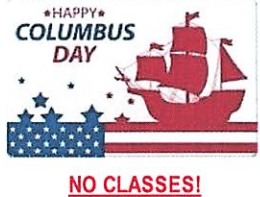


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Head Start Awareness Month 			1	2  Block Party @ Main Office 239 Oneida Street Fulton 4-6	3  Practice Name Writing	4
5	6	7	8  Parent Night @ Head Start 5-6:30	9  Bus Drill	10	11 Look for Colored Leaves 
12 Columbus Day NO SCHOOL	13 Policy Council New Member Orientation @ 10am	14 Parent Connection Meeting 1:30 @ Center	15	16	17  Family Reading Night	18
19	20	21 Harrison's Special Day 	22	23	24	25 Practice Table Setting 
26	27 Policy Council Meeting 10 am	28	29  Fall Fun Day	30	31  Happy Halloween	

North Shore HS 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 Breakfast: Apple Juice, WG English Muffin, 2% Milk Lunch: French Toast Casserole, Breakfast Sausage, Potato Puffs, Berries 2% Milk Snack: Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	2  Breakfast: Banana, WG Life, 2% Milk Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, 2% Milk Snack: Animal Crackers, 2% Milk
5 Breakfast: Pineapple Juice, WG Frosted Mini Wheats, 2% Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, 2% Milk Snack: Graham Crackers with Strawberry Cream Cheese, 2% Milk	6 Breakfast: Banana, Yogurt, 2% Milk Lunch: Spanish Rice, Tossed Salad, Peas, 2% Milk Snack: WG Kix, 2% Milk	7 Breakfast: Pears, WG Pancake w/ Lite Syrup, 2% Milk Lunch: Chicken, Baby Potatoes, Carrots, Bread, 2% Milk Snack: Snack Mix, Apples, Water	8 Breakfast: Applesauce, Choice Egg, WG Tortilla, 2% Milk Lunch: Ham & Cheese Sandwich on WG Bread, Pepper Strips & Celery Sticks w/ Dip, Fresh Melon, 2% Milk Snack: Cottage Cheese, Pineapple, Water	9 Breakfast: Mandarin Oranges, WG Toast, 2% Milk Lunch: Meatballs w/ Gravy, Com, Bread, Mashed Potatoes, 2% Milk Snack: Blended Juice, Crackers
12 	13 Breakfast: Peaches, WG Waffle with Lite Syrup, 2% Milk Lunch: Burger, Bun, Green Beans, Pears, 2% Milk Snack: WG Cheerios, 2% Milk	14 Breakfast: Banana, Homemade Muffin, 2% Milk Lunch: Ham, Scalloped Potatoes, WG Bread, Mandarin Oranges, 2% Milk Snack: Cheese Stick, WG Crackers, Water	15 Breakfast: Apples, WG Oatmeal, 2% Milk Lunch: Tuna Salad Sandwich, WG Bread, Homemade Soup, Carrot Sticks w/ Dip, Berries, 2% Milk Snack: Graham Crackers, Applesauce, Water	16 Breakfast: Blended Juice, Rice Krispies, 2% Milk Lunch: Chicken Quesadillas, WG Tortilla, Tomato & Cucumber Salad, Pineapple & Grape Halves, 2% Milk Snack: Bagel w/ Cream Cheese, 2% Milk
19 Breakfast: Pineapple, WG Kix, 2% Milk Lunch: WG Pancake w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, 2% Milk Snack: Hard-Boiled Egg, Cheese Crackers, Water	20 Breakfast: Peaches, Yogurt, 2% Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, 2% Milk Snack: Animal Crackers, Berries, Water	21 Breakfast: Apple Juice, Rice Krispies, 2% Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, 2% Milk Snack: Broccoli w/ Dip, WG Crackers, Water	22 Breakfast: Pears, Biscuit w/ Jelly, 2% Milk Lunch: Mexican Dish with Meat / Cheese / Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, 2% Milk Snack: Apples, Cheese, Water	23 Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, 2% Milk Lunch: Macaroni & Cheese, Broccoli, Applesauce, 2% Milk Snack: WG Life, 2% Milk
26 Breakfast: Blended Juice, WG Cheerios, 2% Milk Lunch: Sunflower Seed Spread & Jelly Sandwich on WG Bread, Apples, Cheese Stick, Celery & Carrot Sticks, 2% Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	27 Breakfast: Pineapple, WG English Muffin, 2% Milk Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Green Beans, 2% Milk Snack: Yogurt, Strawberries & Sliced Bananas, Water	28 Breakfast: Melon, WG Frosted Mini Wheats, 2% Milk Lunch: Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Peaches, 2% Milk Snack: Goldfish Crackers, Apple Juice	29 Breakfast: Pears, Bagel w/ Flavored Cream Cheese, 2% Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, 2% Milk Snack: Graham Crackers w/ Sunflower Seed Spread, Banana, Water	30 Breakfast: Apples, WG Cinnamon Toast, 2% Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, 2% Milk Snack: Homemade Muffin, 2% Milk

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.



North Shore Head Start

October 2026 Newsletter

Where did September go? Everyone has adjusted well to the classroom. We are continuing to learn the classroom rules and routines. Classroom rules were sent home, we hope you are able to use them and are seeing a difference at home.

We have started using our 2nd Step Curriculum focusing on eyes watching, ears listening, voices quiet and bodies calm. We sing this song everyday when we go to the rug. It helps the children focus there bodies so we can do some busy work. Ask your child about to show you these rules.

We are working very hard on recognizing our friends and teachers by putting names to faces. Children have been doing attendance everyday by counting who is at school. They have also been busy telling us shapes, colors and starting to write their names. We made a classroom book to help the children put names to faces.

This month we will be exploring different fall items such as pumpkins and what is inside them. The children will get creative and paint with acorns and pinecones. We will also be talking about the changes they will see outside with the trees, animals and the weather. They will start to explore some social and emotional skills such as the different feelings like happy, sad and mad, and what those feeling look like by looking at someones face. Also we will be learning Zoo Phonics and the sound that the letters make.

Remember to put your In-Kind on the Learning Genie. Every little bit helps the program. If you need help or have any questions, please reach out.

At Home Activities



10 Little Leaves

1 little, 2 little, 3 little leaves
4 little, 5 little, 6 little leaves
7 little, 8 little, 9 little leaves
10 little leaves falling on the
ground

Freeze Dancing

Listen to music and
have children freeze
when the music stops.





North Shore 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 second Parent Meeting will be October 14th at 9 am, here at the center (in the Sanctuary).

Unfortunately, we had to pull out of the Scarecrows in the Square competition due to several reasons. We will plan another community project for our center. Be thinking of ideas to bring to the Parent Connection Meeting!

This is an important but informal meeting where we will discuss things we want to do at our next meeting, activities we want to do, picture day for the classroom, and other important topics!

I look forward to seeing you there! 😊

♥ Ashley Mason

North Shore Family Specialist/ERSEA Specialist
Center-315-675-3398, Cell-315-591-3540
Email- amason@oco.org

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

PARENT REPRESENTATIVES

Amy Ketchum: Policy
Council Rep & Secretary for
Parent Connection
Meetings

TBD: Vice Chairperson)

TBD: Chairperson

PARENT RESOURCES

On Point for College – Great
resource for people in
college or looking to get
back into school
315-961-9919

WIC
10 George St
Oswego NY, 13126
315-343-1311

Local Events

10/2 – Community Block
Party @ 4-6, location: OCO
Main Office 239 Oneida St
Fulton NY 13069

10/13 – West Monroe
Volunteer Fire Department
Fire Prevention & Safety
Night @ 6:00

10/17-18 – Scarecrows in
the Square @ Country
Glazed Scarecrow
competition and
Craft/Vendor Show 10-2
both days



OCTOBER



Family Appreciation



Harrison F. - 10/21

Thank you for all you do and for being such an
important part of our program!

**Each month we will have a family appreciation page in the newsletter. This will
appreciate the families of the children whose special days will be in that month.*

Meet the Staff at North Shore Head Start



Name: Wendy

Title: Center Manager

Years with OCO: 24 years

Brief Description: I'm married and we have 2 grown children. I started working with OCO in 2002 as a Teaching Assistant and advanced in 2023 as the Teacher. This led me to my journey of returning to College working on my Bachelor's Degree in Early Childhood and taking on the role of Center Manager at Fairgrieve, Fulton, and North Shore centers.



Name: Ashley

Title: Family Specialist

Years with OCO: 12 years

Brief Description: I have worked for Head Start for over 12 years now and have held several positions, beginning as a substitute, Classroom/Bus Aide, Teaching Assistant, Family Specialist, Program Engagement Specialist, Lead Teacher, and now a Family Specialist/ERSEA Specialist. I am married with two children, two dogs, and three cats.



Name: Rachel

Title: Teaching Assistant

Years with OCO: 11 years

Brief Description: I'm married and we have three daughters. My journey with Head Start started in 2006 when my oldest daughter went to Head Start. My other daughters also went through the program. While my children were enrolled, I was on Policy Council as a parent and after as a Community Member. In 2015, I started working as a substitute then became the Classroom Aide/Cleaner. I am currently the Teaching Assistant at North Shore.



Name: Trish

Title: Classroom Aide

Years with OCO: 17 years

Brief Description: Hello, I'm Trish the Classroom Aide here at North Shore Head Start. This is my 6th year working in the Head Start program. I look forward to working with all the kids this year.



Name: Carlee

Title: Cook

Years with OCO: 1 month

Brief Description: I started as a Head Start parent from 2018- 2021. Then returned in 2025 as a parent where I joined Policy Council. Cooking has always been a favorite hobby of mine. I look forward to providing healthy balanced meals for all the kiddos!



Name: Pam

Title: Nurse

Years with OCO: 10 years

Brief Description: I started OCO in 2016, working with D.S.P. Five years ago, I took the opportunity to come to work with the Head Start program as their nurse. I look forward to meeting each family and getting to know the children.