

FULTON HEAD START

OCTOBER 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

4

5

6

7

POSITIVE SOLUTIONS
9:30-11

8

PARENT NIGHT@HEAD
START 5-6:30

9

10

11

12

CENTER CLOSED

13

POLICY COUNCIL NEW
MEMBER ORIENTATON
10:00 AM

14

P.O. SO. 9:30-11
PARENT CONNECTION FG 4:30
ZION K. SPECIAL DAY

15

PARENT CONNECTION
@FULTON 8:45

16

17

18

19

20

21

POSITIVE SOLUTIONS
9:30-11

22

23

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27

POLICY COUNCIL 10:00
AM

28

POSITIVE SOLUTIONS
9:30-11

29

30

31

[HTTPS://WWW.OCO.ORG/SERVICES/EDUCATION/HEAD-START/](https://www.oco.org/services/education/head-start/)

Fulton 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>		Breakfast: Apple Juice, WG English Muffin, 2% Milk Lunch: Pulled Pork, Baby Potatoes, Bun, Pineapple, 2% Milk Snack: Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	
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	Breakfast: Banana, Yogurt, 2% Milk Lunch: Spanish Rice, Tossed Salad, Peas, 2% Milk Snack: WG Kix, 2% Milk	Breakfast: Pears, WG Pancake w/ Lite Syrup, 2% Milk Lunch: Chicken Alfredo Pasta, Broccoli, Oranges, 2% Milk Snack: Snack Mix, Apples, Water	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	
 NO CLASSES!	Breakfast: Peaches, WG Waffle with Lite Syrup, 2% Milk Lunch: Burger, Bun, Green Beans, Pears, 2% Milk Snack: WG Cheerios, 2% Milk	Breakfast: Banana, Homemade Muffin, 2% Milk Lunch: Hot Ham & Cheese Sandwich, Bread, Baked Beans, Pineapple, 2% Milk Snack: Cheese Stick, WG Crackers, Water	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	
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	Breakfast: Peaches, Yogurt, 2% Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, 2% Milk Snack: Animal Crackers, Berries, Water	Breakfast: Apple Juice, Rice Krispies, 2% Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, 2% Milk Snack: Broccoli w/ Dip, WG Crackers, Water	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	
Breakfast: Blended Juice, WG Cheerios, 2% Milk Lunch: Meatball Sub w/ Mozzarella Cheese, French Fries, Hot Dog Bun, Corn, 2% Milk Snack: Cucumbers w/ Dip, WG Crackers, Water	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	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	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	

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.



Fulton Classroom News

Hello! Goodness what a busy first month of school we have had. Our students have adjusted really well to their new school, following the routine and making new friends. Our Dad's/Special Person Day was a great success. Thank you for all who participated. Keep a look out for future days to join in on the fun. 😊

TIME TO LEARN

- Everyday we are learning about our numbers, letters and colors.
- We have been working on name recognition and the sound of the first letter.
- Songs/Music and books are a major part of our daily routine. A list of the childrens favorites will be sent home once a month.

CELEBRATE!

During the last two weeks of October, our Farmers Market will be up and ready for our students. Students will be learning how to count, measure, matching and color recognition.

Important

Please contact the center if your child will be out on any given day via Learning Genie, phone call or message.
Reminder: No school on 10/12.

Our Favorite Song



I think You're Wonderful
Red Grammar

<https://youtu.be/xFC6kAyLk5A?si=H37mhi3NBpgUUtWy>

Try at Home.



GERMAN APPLE CRISP

Ingredients:

3/4 c. apples, peeled and sliced
8 oz. apple juice
1/2 c. brown sugar, firmly packed
2 Tbsp. lemon juice
3 Tsp. cinnamon

Topping

2 c. Quaker Oats (quick or old fashioned)
1/4 c. brown sugar, firmly packed
1/4 c. margarine, melted

Directions:

1. Combine first five ingredients; toss lightly to coat apples. Spread apple mix. Turn on bottom of greased baking pan.
2. Combine topping ingredients and mix well. Sprinkle over apples.
3. Bake at 375 deg. F for 30-35 minutes until apples are tender and topping is lightly browned. Serve warm or cold.

Yield: 28-34c. servings

Second Step

This month's theme discussing following directions & asking for directions. Everyday we work on strategies to calm our bodies when frustrated.



Always Be Happy

Miss Christine, Miss Sabine, Miss Michelle, Miss Tena & Miss Missy

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



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](http://SafeKids.org)

Parent Officers

Chair – Jennifer M.

Vice Chair – Tiffany P

Secretary – Jennifer and Tiffany

Policy council - Tiffany P

Policy council alternate – Jennifer M

PARENT RESOURCES

Catholic Charities

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

OCTOBER



Family Appreciation



Zion K. - 10/14

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 Fulton Head Start



Teacher



Hi my name is Christine. I have a Bachelor's in Childhood Education. I have 20 years of experience working with inclusive preschools with 7 months in our Head Start program with OCO.



Teaching Assistant

Hi, my name is Sabine. I have 34 years of experience working with children. I started working with Fulton Head Start in November of 2022. I have an Associate's Degree in early childhood. I am a past Head Start parent.



Classroom Aide

Hello, my name is Michelle, I am the Classroom Aide at Fulton Head Start. I am a past Head Start parent and have been with Head Start for 5 years. I'm working on my Associates Degree in Applied Science.



**Bus Aide-
Classroom Aide**

Hello, my name is Tina, and I am the Fulton Head Start Classroom/Bus Aide. I have many years of experience working with children.



Family Specialist

My name is Jeremy, I started working for OCO in 2024. However, I have been with Head Start since 2008. I started as a parent and became a classroom aid, then I was an Assistant. I filled in as Acting Teacher a few times as well. As of July 2025, I am a Family Specialist. I am married and have 2 grown children.



Bus Driver

Hi my name is Billy, I am the bus driver for Fulton Head Start. I began my journey helping families in OCO 4 years ago with transportation. I started driving the bus for Head Start last year.



Nurse



Hi there, my name is Pam, everyone calls me Nurse Pam. I will be your child's nurse at school. I have been working for Head Start for 16 years. I am a Licensed Practical Nurse (LPN).



Cook

Hello, my name is Missy, and I am the cook at Fulton Head Start. I have cooked for Head Start for 7 years. I enjoy interacting with the children and teaching them about healthy foods and learning cooking skills.



Center Manager

Hello, my name is Wendy. I started working with OCO in 2002 as a Teaching Assistant and then became a teacher in 2023. This journey sent me to began college working on my Bachelor's Degree in Early Childhood Education leading me to now the Center Manager for Fairgrieve, Fulton, and North Shore centers. I am married and Have 2 grown children.