

# OCTOBER



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Oswego 1  
2026  
315-342-  
0629

1

2  
Head Start  
Block Party  
3-6 PM

3

4

5

6

7

8

Parent's  
Night@Head  
Start 5-6:30 PM

9

10

11

12

NO  
SCHOOL

13

Parent  
Connection  
Meeting 9 am

14

15

16

17

18

19

20

Family  
Specialist  
Coffee hour  
9 am

21

22

Parent  
Connection  
Meeting 5 pm

23

24

25

26

27

Family Specialist  
coffee hour 9 am  
Policy Council 10  
am

28

29

30

31

# News from Oswego 1-October 2026

45 East Schuyler 315-342-0629

During the month of October, the children will be enjoying a full month of exciting activities. We will explore the area around our school. Taking nature walks and playing in our playground are two of our favorite things to do.

We will continue to work on being kind friends and following classroom rules ☺ Personal Safety lessons, science experiments, and fun crafts will happen each week. The children will be introduced to letter sounds and names using our Zoophonics Curriculum. We have also started practicing writing and labeling the letters in our names.

## Song of the Month

Way up high in the  
apple tree.

Two little apples  
smiled at me.

I shook that tree  
as hard as I could.

And down came the apples,  
MMM, were they good!



## At Home Activity

Blender Applesauce:

2 cups of sliced apples

2 Tablespoons honey

$\frac{3}{4}$  cup of water

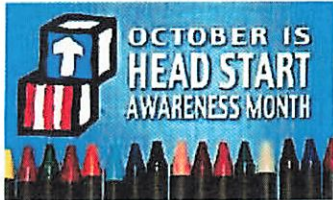
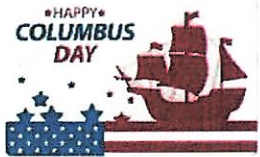
Blend and enjoy!

Rory, Lauren and Amber

# Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

October 2026

| Monday                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                       | Thursday                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                 | <p><i>Your child will do what you do. Let them see you eating healthy foods &amp; getting physical activity every day.</i></p>                                                                          |                                                                                                                               | <p><b>Breakfast:</b> Applesauce, WG Muffin, 2% Milk</p> <p><b>Lunch:</b> Chicken Parm, Pasta, Capri Vegetable Blend, Pears, 2% Milk</p> <p><b>Snack:</b> Goldfish Crackers, 2% Milk</p>        |  <p><b>Breakfast:</b> White Grape Juice, WG Life, 2% Milk</p> <p><b>Lunch:</b> Cheeseburger on Bun, Beets, Peaches, 2% Milk</p> <p><b>Snack:</b> Pretzels, 2% Milk</p> |
| <p><b>Breakfast:</b> Apple Juice, WG Frosted Mini Wheats, 2% Milk</p> <p><b>Lunch:</b> Crispy Fish, Baked Potato, Broccoli with Cheese, Dinner Roll, 2% Milk</p> <p><b>Snack:</b> Graham Crackers, 2% Milk</p>   | <p><b>Breakfast:</b> Banana, Yogurt, 2% Milk</p> <p><b>Lunch:</b> Ham, Scalloped Potatoes, Carrots, Rye Bread, 2% Milk</p> <p><b>Snack:</b> Cucumbers w/ Dip, WG Crackers, Water</p>                    | <p><b>Breakfast:</b> Orange Juice, WG Cheerios, 2% Milk</p> <p><b>Lunch:</b> Autumn Chicken, Wild Rice, Green Beans, Mandarin Oranges, 2% Milk</p> <p><b>Snack:</b> Fresh Apples, Cheese Stick, Water</p>       | <p><b>Breakfast:</b> Peaches, WG Muffin, 2% Milk</p> <p><b>Lunch:</b> Goulash, Tossed Salad, Italian Blend Vegetables, 2% Milk</p> <p><b>Snack:</b> Cheese Crackers, Banana, Water</p>         | <p><b>Breakfast:</b> Pears, Rice Krispies, 2% Milk</p> <p><b>Lunch:</b> Cheddar Omelet, Broccoli, Breakfast Potatoes, Bread, 2% Milk</p> <p><b>Snack:</b> WG Snack Mix, Pineapple, Water</p>                                                              |
|  <p><b>NO CLASSES!</b></p>                                                                                                      | <p><b>Breakfast:</b> Berries, Yogurt, 2% Milk</p> <p><b>Lunch:</b> Beef Stroganoff, Noodles, Winter Blend Vegetables, Pineapple, 2% Milk</p> <p><b>Snack:</b> WG Triscuits Crackers, Cheese, Water</p>  | <p><b>Breakfast:</b> Banana, Rice Krispies 2% Milk</p> <p><b>Lunch:</b> Sloppy Joe on Bun, Squash, Garlic Red Potatoes, 2% Milk</p> <p><b>Snack:</b> Celery Sticks w/ Dip, WG Wheat Thins Crackers, Water</p>   | <p><b>Breakfast:</b> Applesauce, WG Muffin, 2% Milk</p> <p><b>Lunch:</b> Chicken &amp; Biscuit, Mashed Potatoes, Mixed Vegetables, 2% Milk</p> <p><b>Snack:</b> Goldfish Crackers, 2% Milk</p> | <p><b>Breakfast:</b> White Grape Juice, WG Life, 2% Milk</p> <p><b>Lunch:</b> Meatball Sub on Bun, Beets, Catalina Blend Vegetables, 2% Milk</p> <p><b>Snack:</b> Pretzels, 2% Milk</p>                                                                   |
| <p><b>Breakfast:</b> Apple Juice, WG Frosted Mini Wheats, 2% Milk</p> <p><b>Lunch:</b> Pork Chop, Baked Potato, Italian Blend Vegetables, Dinner Roll, 2% Milk</p> <p><b>Snack:</b> Graham Crackers, 2% Milk</p> | <p><b>Breakfast:</b> Banana, Yogurt, 2% Milk</p> <p><b>Lunch:</b> Spanish Rice, Cauliflower, Applesauce, 2% Milk</p> <p><b>Snack:</b> Cucumbers w/ Dip, WG Crackers, Water</p>                          | <p><b>Breakfast:</b> Orange Juice, WG Cheerios, 2% Milk</p> <p><b>Lunch:</b> Turkey &amp; Cheese on Roll, Pears, Butternut Squash Soup, 2% Milk</p> <p><b>Snack:</b> Fresh Apples, Cheese Stick, Water</p>      | <p><b>Breakfast:</b> Peaches, WG Muffin, 2% Milk</p> <p><b>Lunch:</b> Turkey Tetrazzini Pasta, Carrots, Peaches, 2% Milk</p> <p><b>Snack:</b> Cheese Crackers, Banana, Water</p>               | <p><b>Breakfast:</b> Pears, Rice Krispies, 2% Milk</p> <p><b>Lunch:</b> Glazed Meatloaf, Sweet Potatoes, Green Beans, Bread, 2% Milk</p> <p><b>Snack:</b> WG Snack Mix, Pineapple, Water</p>                                                              |
| <p><b>Breakfast:</b> Pineapple Juice, WG Kix, 2% Milk</p> <p><b>Lunch:</b> Turkey &amp; Gravy, Bread, Mashed Potatoes, Green Beans, 2% Milk</p> <p><b>Snack:</b> Animal Crackers, 2% Milk</p>                    | <p><b>Breakfast:</b> Berries, Yogurt, 2% Milk</p> <p><b>Lunch:</b> Chicken Parm, Pasta, Capri Blend Vegetables, Mandarin Oranges, 2% Milk</p> <p><b>Snack:</b> WG Triscuits Crackers, Cheese, Water</p> | <p><b>Breakfast:</b> Banana, Rice Krispies 2% Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Broccoli, Stewed Tomatoes, 2% Milk</p> <p><b>Snack:</b> Celery Sticks w/ Dip, WG Wheat Thins Crackers, Water</p> | <p><b>Breakfast:</b> Applesauce, WG Muffin, 2% Milk</p> <p><b>Lunch:</b> Sausage Gravy, Biscuit, Hash Brown, Warm Fruit, 2% Milk</p> <p><b>Snack:</b> Goldfish Crackers, 2% Milk</p>           | <p><b>Breakfast:</b> White Grape Juice, WG Life, 2% Milk</p> <p><b>Lunch:</b> Cheeseburger on Bun, Beets, Applesauce, 2% Milk</p> <p><b>Snack:</b> Pretzels, 2% Milk</p>                                                                                  |

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.

# October 2026

## Family Specialist's Events

| MON       | TUE                                                                                                              | WED                                                                               | THU                                                          | FRI          | SAT | SUN |
|-----------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------|--------------|-----|-----|
|           |                                                                                                                  | 1                                                                                 | 2                                                            | 3            | 4   |     |
|           |                                                                                                                  |                                                                                   | BLOCK PARTY<br>Fulton                                        |              |     |     |
| 5         | 6                                                                                                                | 7                                                                                 | 8                                                            | 9            | 10  | 11  |
|           |                                                                                                                  | Positive Solutions for<br>Families: Session 1<br>Catholic Charities<br>9:30-11:30 | PARENT NIGHT<br>5-6:30                                       |              |     |     |
| 12        | 13                                                                                                               | 14                                                                                | 15                                                           | 16           | 17  | 18  |
| NO SCHOOL | Parent Connection<br>Meeting w/ Erin:<br>Learning Genie @ 9am<br>Policy Council<br>Orientation 10-1<br>in person | Positive Solutions for<br>Families: Session 2<br>Catholic Charities<br>9:30-11:30 |                                                              |              |     |     |
| 19        | 20                                                                                                               | 21                                                                                | 22                                                           | 23           | 24  | 25  |
|           | Coffee Hour w/ Sydney:<br>Parental Resilience @<br>9am                                                           | Positive Solutions for<br>Families: Session 3<br>Catholic Charities<br>9:30-11:30 | Parent Connection<br>Meeting w/ Erin<br>Learning Genie @ 5pm |              |     |     |
| 26        | 27                                                                                                               | 28                                                                                | 29                                                           | 30           | 31  |     |
|           | Coffee Hour w/ Sydney:<br>Social Connections @<br>9am<br>Policy Council @ 10am                                   | Positive Solutions for<br>Families: Session 4<br>Catholic Charities<br>9:30-11:30 |                                                              | Fall Fun Day |     |     |



October 2026

## Oswego Head Start

Hello Families,

I want to send a big shout out to all the families who get their child/children to school daily, even through all of your challenges! Showing up everyday is important for your child's success and learning from pre-school forward. The school year has started out strong, with a lot of In-Kind and participation from all of you! If you have any questions about entering In-Kind, or what it is, please reach out! I am happy to assist you with it at any time!

This month is Head Start Awareness!! There is a Block Party in Fulton to celebrate this with the community on October 2nd. Fire Safety is also a big topic through out October! Practice a fire drill with your family and set up a meeting point! Even at these young ages, it is important to expose your little ones to what to do in case of a fire.

If you are looking for employment, check out our website [www.oco.org](http://www.oco.org). We have various job openings within the agency.

Reminders:

Positive Solutions for Families workshop will start October 7th- if you have not signed up and are interested, please let me know by 10/5/2026.

Parent Connection Meeting October 13th @ 9am & October 22nd @ 5pm- I will be offering the same content during the morning meetings and the evening meetings :) Please RSVP for which meeting you plan on attending and if childcare is needed (childcare is only available for the pm sessions)

Policy Council Orientation is October 13th @ 10am

Policy Council monthly meeting is October 27th @ 10am

There will be coffee hour on October 20th and 27th @ 9am. During these coffee hours we will have a parenting presentation by Early Childhood Alliance.

If you have any questions or need assistance, please reach out at any time!

Your Family Specialist,

Becki



**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)**

### Policy Council Reps:

Representatives: TBA

Alternate: TBA

Parent Connection Meeting  
Officers:

AM:

Chairperson: TBA

Vice Chairperson: Hailey L.

Secretary: Zoey P.

### RESOURCES

\*Literacy and GED

(315)342-8834

\*SAF- Abuse & Assault Hotline

(315)342-1600

\*Substance Abuse Hotline

1-800-662-4357

\*Scriba Food Pantry

(315)343-9475

\*Mexico Food Pantry

(315)963-3117

### My contact info:

Family Specialist Becki

Cell: 315-591-3527

Center: 315-342-0629x122

Email: [rwittmann@oco.org](mailto:rwittmann@oco.org)



shutterstock.com • 1845108718

## Family Appreciation

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



Dalilah R.- 10/1



Xyleigha S.- 10/6



Aaliyah P.- 10/16



Maximus M.- 10/21

\*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.

