

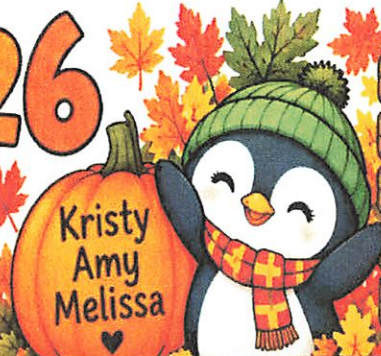
Play  
Learn  
Grow  
Together



# OCTOBER 2026

Phoenix 1  
Peaceful Penguins

Discovery Learning Center  
315-695-4838



Kristy  
Amy  
Melissa

KINDNESS  
SAFE  
RESPECTFUL  
FRIENDS  
BRIGHT FUTURES

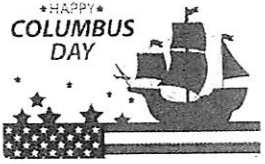
| Sunday | Monday          | Tuesday                              | Wednesday | Thursday                               | Friday                                | Saturday                  |
|--------|-----------------|--------------------------------------|-----------|----------------------------------------|---------------------------------------|---------------------------|
|        |                 |                                      |           | 1                                      | 2<br>Block Party<br>3:00 pm - 6:00 pm | 3                         |
| 4      | 5               | 6                                    | 7         | 8<br>Parent Night<br>5:00 pm - 6:30 pm | 9                                     | 10                        |
| 11     | 12<br>No School | 13<br>Parent Connection<br>with Lisa | 14        | 15                                     | 16                                    | 17                        |
| 18     | 19              | 20                                   | 21        | 22<br>Coffee Hour<br>with Lisa         | 23                                    | 24                        |
| 25     | 26              | 27                                   | 28        | 29<br>Fall Fest                        | 30<br>Character<br>Day                | 31<br>Happy<br>Halloween! |

Same Little Penguins ♥ Brighter Days ♥ BIG Adventures

# Phoenix 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> Apple Juice, WG English Muffin, 2% Milk</p> <p><b>Lunch:</b> Sunny Butter &amp; Jelly Sandwich on WG Bread, Cheese Stick, Broccoli w/ Dip, Oranges, 2% Milk</p> <p><b>Snack:</b> Celery Sticks &amp; Cucumbers w/ Dip, WG Crackers, Water</p> |  <p><b>Breakfast:</b> Banana, WG Life, 2% Milk</p> <p><b>Lunch:</b> Pulled Pork, Baked Beans, Bun, Applesauce, 2% Milk</p> <p><b>Snack:</b> Animal Crackers, 2% Milk</p> |
| <p><b>Breakfast:</b> Pineapple Juice, WG Frosted Mini Wheats, 2% Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Stewed Tomatoes, Peaches, 2% Milk</p> <p><b>Snack:</b> Graham Crackers with Strawberry Cream Cheese, 2% Milk</p> | <p><b>Breakfast:</b> Banana, Yogurt, 2% Milk</p> <p><b>Lunch:</b> Spanish Rice, Tossed Salad, Peas, 2% Milk</p> <p><b>Snack:</b> WG Kix, 2% Milk</p>                                                                                   | <p><b>Breakfast:</b> Pears, WG Pancake w/ Lite Syrup, 2% Milk</p> <p><b>Lunch:</b> Baked Chicken, Baby Potatoes, Green Beans, Bread, 2% Milk</p> <p><b>Snack:</b> Snack Mix, Apples, Water</p>                          | <p><b>Breakfast:</b> Applesauce, Choice Egg, WG Tortilla, 2% Milk</p> <p><b>Lunch:</b> Ham &amp; Cheese Sandwich on WG Bread, Pepper Strips &amp; Celery Sticks w/ Dip, Fresh Melon, 2% Milk</p> <p><b>Snack:</b> Cottage Cheese, Pineapple, Water</p>             | <p><b>Breakfast:</b> Mandarin Oranges, WG Toast, 2% Milk</p> <p><b>Lunch:</b> Meatballs w/ Gravy, Corn, Bread, Mashed Potatoes, 2% Milk</p> <p><b>Snack:</b> Blended Juice, Crackers</p>                                                                    |
|  <p><b>NO CLASSES!</b></p>                                                                                                                        | <p><b>Breakfast:</b> Peaches, WG Waffle with Lite Syrup, 2% Milk</p> <p><b>Lunch:</b> Burger, Bun, Green Beans, Pears, 2% Milk</p> <p><b>Snack:</b> WG Cheerios, 2% Milk</p>                                                           | <p><b>Breakfast:</b> Banana, Homemade Muffin, 2% Milk</p> <p><b>Lunch:</b> Hot Ham &amp; Cheese, Bun, Beets, Applesauce, 2% Milk</p> <p><b>Snack:</b> Cheese Stick, WG Crackers, Water</p>                              | <p><b>Breakfast:</b> Apples, WG Oatmeal, 2% Milk</p> <p><b>Lunch:</b> Tuna Salad Sandwich, WG Bread, Homemade Soup, Carrot Sticks w/ Dip, Berries, 2% Milk</p> <p><b>Snack:</b> Graham Crackers, Applesauce, Water</p>                                             | <p><b>Breakfast:</b> Blended Juice, Rice Krispies, 2% Milk</p> <p><b>Lunch:</b> Chicken Quesadillas, WG Tortilla, Tomato &amp; Cucumber Salad, Pineapple &amp; Grape Halves, 2% Milk</p> <p><b>Snack:</b> Bagel w/ Cream Cheese, 2% Milk</p>                |
| <p><b>Breakfast:</b> Pineapple, WG Kix, 2% Milk</p> <p><b>Lunch:</b> WG Pancake w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, 2% Milk</p> <p><b>Snack:</b> Hard-Boiled Egg, Cheese Crackers, Water</p>              | <p><b>Breakfast:</b> Peaches, Yogurt, 2% Milk</p> <p><b>Lunch:</b> Turkey Sandwich, WG Bread, Cucumber Slices &amp; Carrot Sticks, Clementine, 2% Milk</p> <p><b>Snack:</b> Animal Crackers, Berries, Water</p>                        | <p><b>Breakfast:</b> Apple Juice, Rice Krispies, 2% Milk</p> <p><b>Lunch:</b> Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, 2% Milk</p> <p><b>Snack:</b> Broccoli w/ Dip, WG Crackers, Water</p>                  | <p><b>Breakfast:</b> Pears, Biscuit w/ Jelly, 2% Milk</p> <p><b>Lunch:</b> Mexican Dish with Meat / Cheese / Beans &amp; WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, 2% Milk</p> <p><b>Snack:</b> Apples, Cheese, Water</p>                                 | <p><b>Breakfast:</b> Mandarin Oranges, WG Waffle w/ Lite Syrup, 2% Milk</p> <p><b>Lunch:</b> Meatball Sub w/ Mozzarella, Berries, Three Bean Salad, Hot Dog Bun, 2% Milk</p> <p><b>Snack:</b> WG Life, 2% Milk</p>                                          |
| <p><b>Breakfast:</b> Blended Juice, WG Cheerios, 2% Milk</p> <p><b>Lunch:</b> Macaroni &amp; Cheese, Broccoli, Mandarin Oranges, 2% Milk</p> <p><b>Snack:</b> Cucumbers w/ Dip, WG Crackers, Water</p>                             | <p><b>Breakfast:</b> Pineapple, WG English Muffin, 2% Milk</p> <p><b>Lunch:</b> Pizza with Meat/Cheese &amp; Pizza Crust, Tossed Salad, Green Beans, 2% Milk</p> <p><b>Snack:</b> Yogurt, Strawberries &amp; Sliced Bananas, Water</p> | <p><b>Breakfast:</b> Melon, WG Frosted Mini Wheats, 2% Milk</p> <p><b>Lunch:</b> Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Peaches, 2% Milk</p> <p><b>Snack:</b> Goldfish Crackers, Apple Juice</p> | <p><b>Breakfast:</b> Pears, Bagel w/ Flavored Cream Cheese, 2% Milk</p> <p><b>Lunch:</b> Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, 2% Milk</p> <p><b>Snack:</b> Graham Crackers w/ Sunflower Seed Spread, Banana, Water</p>                         | <p><b>Breakfast:</b> Apples, WG Cinnamon Toast, 2% Milk</p> <p><b>Lunch:</b> Spaghetti w/ Sauce &amp; Meatballs, Tossed Salad, Fresh Oranges, 2% Milk</p> <p><b>Snack:</b> Homemade Muffin, 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.

# Phoenix 1 Peaceful Penguins

Discovery Learning Center  
315-695-4838

OCTOBER  
NEWSLETTER

KIND  
SAFE  
RESPECTFUL  
FRIENDS  
BRIGHT  
FUTURES

Can you believe  
we've been here a month already!?

Our little penguins are doing such an amazing job settling in, learning our routines, and becoming familiar with our classroom. We are so proud of their growth and kindness each day!

## What We Are Learning

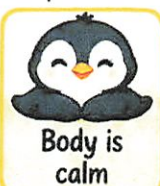
- We are learning to be safe in the classroom.
- We are following our carpet rules:



Eyes are  
watching



Ears are  
listening



Body is  
calm



Voice is  
quite

- We are counting, learning colors, and exploring our classroom.
- We are making new friends.
- We are learning and following our routine.

## Weather is Changing!

Please send appropriate clothing in with your child, such as jackets or sweatshirts. We go outside every day, so we want to make sure everyone stays warm and comfortable!

## Cold & Cough Season

As cold and cough season approaches, please talk to your children at home about germs and covering their cough. Let's work together to keep our classroom healthy!

Be Well  
Little Penguins

## Upcoming Events

Oct 2 Block Party  
3:00 pm - 6:00 pm

Oct 8 Parent Night  
5:00 pm - 6:30 pm

Oct 12 No School

Oct 13 Parent Connection  
with Lisa

Oct 22 Coffee Hour  
with Lisa

Oct 29 Fall Fest

Oct 30 Character Day

## Please Remember...

Check your child's cubby  
and folders daily.

Thank you for your  
continued support!  
We are so lucky to have  
such wonderful families!

Kristy ♥ Amy ♥ Melissa

A  
BRIGHTER  
DAY  
TOGETHER

Discovery Learning Center ♥ 315-695-4838



## October 2026-Family News Phoenix Head Start/UPK

Hello Families,

Can you believe that we have already Completed a month of school. I hope you all are doing well, staying happy and healthy. This is my first complete newsletter of the year. You will find important dates and information on parent connections meetings and resources each month.

I will be posting resources on the Learning genie app. If you are interested in something that I have not posted. Let me know and I will try and find the resource.

The weather is getting cold outside so remember to dress your children according to the weather as they go outside daily.

**Your Family Specialist, Lisa**

**Next two Parent meetings: October 13 @ 5pm—We will be working on using apps to save money.**

**November 10 @5pm Personal safety**

**Coffee hour: October 22 and November 19 @8:30**

RSVP: Parent Connection meeting for food count and childcare. Information on upcoming meeting to follow. Your presence and input are very important to this program. **Dinner and door prize!!**

### 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](https://www.safekids.org)

#### Parent Connection Officers:

Chairperson: Tom Mills

Vice Chairperson: Jessica Mills

Secretary: Tasheena Wilcox

#### Policy Council Representative:

Jessica Mills

Tasheena Wilcox

#### Alternate Rep:

Tom Mills

#### Positive Solutions:

Catholic Charities-

Fulton 9:30-11am

Oct 7,14,21,28.

Nov 4,18

Dec 2

#### Phoenix Food Pantry:

43 Bridge St.

315 934-0023

#### WIC PROGRAM

315 343-1311

#### Mobile food truck:

October 6 @4pm

Central Square Middle school

48 US Rt 11

Central Square

#### Mobile food truck

October 16@4pm

Oswego Alliance Church—Oswego

#### Mobile food truck

Oct 19 @4pm

Palermo United Methodist Church

Fulton

#### My Contact Info

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