

Phoenix 2

Head Start/UPK

Monday-Friday

8:30a-2:45p

October 2026

HeadStart Awareness Month

www.oco.org/education-services/head-start-upk

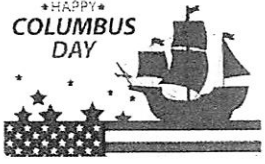


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	A look ahead... 11/2 No School- Staff Development Day 11/11 No school- Holiday 11/13 No School- P/T Conferences 11/25-11/27 No School- Holiday Break			1	2	3
4	5	6	7	8 Parent Night At HeadStart @5pm	9	10
11	12 Holiday- No School	13 Parent Connection meeting with Lisa @ 5p	14	15	16	17
18	19	20	21	22 Coffee Hour With Lisa 8:30a	23	24
25	26	27 Policy Council @10am	28 Juniper's Special Day	29	30	31

Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

October 2026

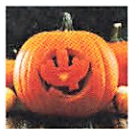
Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Your child will do what you do. Let them see you eating healthy foods & getting physical activity every day.</i>		1 Breakfast: Apple Juice, WG English Muffin, 2% Milk Lunch: Sunny Butter & Jelly Sandwich on WG Bread, Cheese Stick, Broccoli w/ Dip, Oranges, 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: Baked Chicken, Baby Potatoes, Green Beans, 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, Corn, Bread, Mashed Potatoes, 2% Milk Snack: Blended Juice, Crackers
12  NO CLASSES!	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: Hot Ham & Cheese, Bun, Beets, Applesauce, 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: Meatball Sub w/ Mozzarella, Berries, Three Bean Salad, Hot Dog Bun, 2% Milk Snack: WG Life, 2% Milk
26 Breakfast: Blended Juice, WG Cheerios, 2% Milk Lunch: Macaroni & Cheese, Broccoli, Mandarin Oranges, 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.



October Newsletter PH₂

This past month, your children have enjoyed exploring all the different areas in the classroom, from blocks to art to science. Your children have already gotten used to the routine/schedule and can tell you all about what we do each day.

This month we will focus on fall: leaves, pumpkins, and apples-and our activities during our small group time (and sensory table) will revolve around it. We will be cutting, painting, threading, mixing, exploring, and creating.

Please review our newsletter each month as it will follow along with our focus for the month here at school. Our special days and days off are also posted with this letter and calendar.

Look out for our lending library books, which will be coming home each week on Monday. Return them by Friday please.

Important Dates to remember:

October 8 @ 5:30 PARENT NIGHT (flyer to follow)

October 12th- No school (Columbus Day)

October 28 @ 10:30 FALL FEST (flyer to follow)

Apple Sensory Play

Fingerplay: Five Little Pumpkins

Five little pumpkins sitting on the gate

The first one said, "Oh my it's getting late!"

The second one said, "There are witches in the air."

The third one said, "But we don't care!"

The fourth one said, "Let's run and run and run!"

The fifth one said, "I'm ready for some fun!"

Then OHHH went the wind and OUT went the lights,

And the five little pumpkins rolled out of sight!

Squeeze bottles, sponges, tear-free bubble bath solution, and the season's delicious apples are all you need for this fun, foamy fall sensory activity from Children Approved. To keep things clean, lay down a towel or vinyl tablecloth first, or head outside if the weather is nice. Keep the apples you use for other autumn activities, or choose plastic apples or pumpkins if you'd rather use your apples for snacking on.

Thank you for your continued support. From all of us in Phoenix 2, Danielle, Adrienne, and Hope.



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

Family Specialist Lisa:

Cell:315 591-2656

Center:315 695-4838

Email:lurbach@oco.org



Phoenix Head Start would like to
celebrate the family:
Juniper for the month of October
2026!!