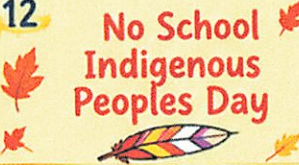


Phoenix 3 Fireflies

OCTOBER 2026

Little
Learners...
Big
Dreams!

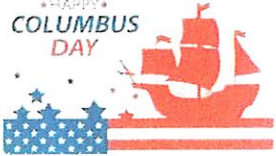
♥ Head Start Awareness Month ♥

Monday	Tuesday	Wednesday	Thursday	Friday	
1  Together we shine brighter! ♥	2  Lending Library (Tuesday each week)	3 	4 	5  Keep learning, keep growing! ♥	
5  Be kind Be safe Be you! ♥	6  Lending Library (Tuesday each week)	7 ♥ Positive Solutions 9:00 – 11:30 am ♥	8 ♥ Parent Night 5:00 – 6:30 pm ♥	9  Small steps make big progress! ♥	
12  No School Indigenous Peoples Day	13  Lending Library (Tuesday each week)	14 ♥ Positive Solutions 9:00 – 11:30 am ♥	15  You got this! ♥	16  Coffee Hour with Lisa ♥ 8:30 am	
19  Shine bright, be kind! ♥	20  Lending Library (Tuesday each week)	21 ♥ Positive Solutions 9:00 – 11:30 am ♥	22  Believe in yourself! ♥	23 	
26  Crazy Sock Day (Wear your craziest socks!)	27   Policy Council 10:00 am	28   Crazy Colour Day Fall Fest 11:00 – 12:00	29  Crazy Flannel & PJ Day	30  Dress as Your Favorite Super Hero Day	
31  Happy Halloween! ♥ Small Steps... Bright Futures!	 School Hours Monday – Friday 9:15 am – 2:15 pm ♥		 ♥ Important Dates at a Glance: • Lending Library – Every Tuesday • Parent Night – Oct. 8th (5:00 – 6:30 pm) • No School – Indigenous Peoples Day – Oct. 12th • Policy Council New Member Orientation – Oct. 13th @ 10 am • Coffee Hour with Lisa – Oct. 16th @ 8:30 am • Policy Council – Oct. 27th @ 10 am • Fall Fest – Oct. 28th (11:00 – 12:00) • Crazy Spirit Week – Oct. 26th – 30th • Positive Solutions – Oct. 7th, 14th, 21st, 28th (9:00 – 11:30 am)		 Together we can make a difference! ♥

Phoenix 3 UPK 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>			
5	6	7	8	9
Breakfast: Pineapple Juice, WG Frosted Mini Wheats, 2% Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, 2% Milk	Breakfast: Banana, Yogurt, 2% Milk Lunch: Spanish Rice, Tossed Salad, Peas, 2% Milk	Breakfast: Pears, WG Pancake w/ Lite Syrup, 2% Milk Lunch: Baked Chicken, Baby Potatoes, Green Beans, Bread, 2% Milk	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	Breakfast: Banana, WG Life, 2% Milk Lunch: Pulled Pork, Baked Beans, Bun, Applesauce, 2% Milk
12	13	14	15	16
 NO CLASSES!	Breakfast: Peaches, WG Waffle with Lite Syrup, 2% Milk Lunch: Burger, Bun, Green Beans, Pears, 2% Milk	Breakfast: Banana, Homemade Muffin, 2% Milk Lunch: Hot Ham & Cheese, Bun, Beets, Applesauce, 2% Milk	Breakfast: Apples, WG Oatmeal, 2% Milk Lunch: Tuna Salad Sandwich, WG Bread, Homemade Soup, Carrot Sticks w/ Dip, Berries, 2% Milk	Breakfast: Blended Juice, Rice Krispies, 2% Milk Lunch: Chicken Quesadillas, WG Tortilla, Tomato & Cucumber Salad, Pineapple & Grape Halves, 2% Milk
19	20	21	22	23
Breakfast: Pineapple, WG Kix, 2% Milk Lunch: WG Pancake w/ Lite Syrup, Breakfast Sausage, Fruit Sauce, Potato Puffs, 2% Milk	Breakfast: Peaches, Yogurt, 2% Milk Lunch: Turkey Sandwich, WG Bread, Cucumber Slices & Carrot Sticks, Clementine, 2% Milk	Breakfast: Apple Juice, Rice Krispies, 2% Milk Lunch: Chicken, Carrots, Brown Rice, Mandarin Fruit Salad, 2% Milk	Breakfast: Pears, Biscuit w/ Jelly, 2% Milk Lunch: Mexican Dish with Meat / Cheese / Beans & WG Tortilla, Shredded Lettuce, Mild Salsa, Banana, 2% Milk	Breakfast: Mandarin Oranges, WG Waffle w/ Lite Syrup, 2% Milk Lunch: Meatball Sub w/ Mozzarella, Berries, Three Bean Salad, Hot Dog Bun, 2% Milk
26	27	28	29	30
Breakfast: Blended Juice, WG Cheerios, 2% Milk Lunch: Macaroni & Cheese, Broccoli, Mandarin Oranges, 2% Milk	Breakfast: Pineapple, WG English Muffin, 2% Milk Lunch: Pizza with Meat/Cheese & Pizza Crust, Tossed Salad, Green Beans, 2% Milk	Breakfast: Melon, WG Frosted Mini Wheats, 2% Milk Lunch: Grilled Cheese Sandwich, Bread, Tomato Soup, Broccoli w/ Dip, Peaches, 2% Milk	Breakfast: Pears, Bagel w/ Flavored Cream Cheese, 2% Milk Lunch: Roast Turkey Breast, Carrots, Mashed Potatoes, WG Bread, 2% Milk	Breakfast: Apples, WG Cinnamon Toast, 2% Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Fresh Oranges, 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.

CLASSROOM NEWS

POENIX 3 UPK

OCTOBER 2026

Your child's classroom Teachers:
Tracy, Sue, Melissa & Chelsea

IMPORTANT DATES:

Oct. 8 Thur. – Parent Night
Oct. 12, Mon. – No School, Indigenous Peoples Day
Oct. 13, Tues. – Parent Connection Mtg.
Oct. 22, Tues. - Policy Council Orientation
Oct. 22, Thurs. – Parent Coffee Hour
Oct. 27, Tues. - Policy Council
Oct. 29, Thurs. - Fall Fest



"Five Little Pumpkins" Lyrics

Five little pumpkins
Sitting on a 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!"
OOOOOOOH, went the wind
And OUT went the light (clap on "out")
And the five little pumpkins
Rolled out of sight.

What We are Learning

September came and went very quickly! The children have transitioned very well into the classroom. We are looking forward to Parent Night, and sharing all the fun activities we will be doing and learning.

Each day we focus on our kindergarten readiness goals. Our main focus for September has been working on safety inside and outside of the classroom, following the rules and routines, communicating our needs and feelings, and our self-help skills.

We have also started working with Zoo Phonics, counting, number recognitions, shapes and colors.

This month we will start lending library.

Family Fun Cooking

Recipe:

Crockpot Applesauce

6 apples, peeled and cut into pieces

½ cup sugar

½ cup brown sugar

Teaspoon of cinnamon

Place apples in crockpot on low. Approx. 1-2 hours (depending on type of apple) when apples are soft, mash them and add remaining ingredients to taste! Serve warm and enjoy!

Don't Forget: Submit any in-kind (volunteer) time on Learning Genie! Bring Back lending library books on Fridays. Let us know if your child will be late or absent! And have FUN reading together! GET OUTSIDE AND ENJOY THE FALL SEASON!!!!



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



Meet the staff!



I have been with Head Start for 20 years. 4 years ago, I moved to UPK/HS and last year accepted the position of Lead Teacher in my classroom. I am currently working on my Bachelor's Degree at SUNY Empire. My husband of 37 years and I have 3 grown children and 1 granddaughter. I am excited for this upcoming year and getting to know your children!



I started with OCO in August of this year. I have been with the Head Start program for 20 years, mostly in Syracuse. I have my Associates Degree through Cayuga Community College and my bachelor's Degree through SUNY Oswego. I am a proud grandma of 2 wonderful grandson ages 2 & 5!



Hi, I'm Melissa, your child's classroom aide. I am currently helping out in another classroom, but looking forward to coming back to PH3! I am a former parent of Head Start, my daughter Savanna attended here for 2 years. She is now almost 16. I started as a volunteer in the classroom 10 years ago. I really enjoyed working with the children and decided to become an Aide 8 years ago.

Sheldonn Griffin



Discovery Learning Center- Center Manager

I am a dedicated early childhood education professional with 12 years of experience working in the field. I earned my Bachelors Degree in Early Childhood Education from The College of Saint Rose. Throughout my career, I have developed a strong passion for supporting children's growth, development, and learning while building positive relationships with families and staff.

I also have 8 years of experience as a Site Supervisor, where I have gained extensive experience in program leadership, staff supervision, family engagement, and maintained a safe, nurturing, and high-quality learning environment for children.



My name is Lisa and I am the Family Specialist with OCO Head Start /UPK program. I have been with the agency for 26 years.

I have been married for 38 years and have two grown children with a granddaughter on the way.

I love working out, walking and doing Yoga!



As Center Assistant I get to see all of the things happening here at Discovery Learning Center! I even get to be creative in my role by creating a monthly newsletter for our daycare families and making other assets to help the classrooms and our center. Staying busy is what I do best! I have a few other part time jobs that keep me going each week and I add in some fun by playing trivia with my friends! I always look forward to welcoming families every morning and seeing the kids ready to take on a new day of learning and adventures!

