



Fairgrieve Head Start/UPK November 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
November's Character Theme is: Gratitude	Fairgrieve: 315-598-0612 M-F 8:30-3:30 www.oco.org/education		Positive Solutions For Families 9:30-11:00 NOV. 4, 18,			
1 Change your CLOCK	2 NO SCHOOL Staff Dev. Day	3 Melanie's Special Day 	4	5	6	7
8	9	10	11 NO SCHOOL 	12	13	14
15	16	17	18	19	20 Picture Retake Day 	21
22	23 EARLY DISMISSAL: CONFERENCES Dismissal at 11:15 Call Center to Sign Up 1-6:30pm	24 Policy Council Dismissal at 11:15 Call Center to Sign Up 1-3:45pm	25 Thanksgiving 	26	27 Break	28
29	30 Oliver's Special Day 11/25 					

FAIRGRIEVE HS/UPK NEWS

Can you believe it is already November? We have accomplished so much: learning the rules and routines, making new friends, learning names and symbols of ourselves and classmates and started on our letter names/sounds. We are finishing our first ELA module: "All About Me" and are starting our second module: "Families and Communities". We continue our Math Modules, which focuses on shapes, matching and sorting, counting 0-5.

November is a busy month, and to add to that, we have several days off of school. There will be Early release days and NO SCHOOL Days. (See Important Dates below and Refer to the Calendar)

Our conferences are scheduled: November 23rd and 24th. We will be talking with you about your child's transition and the progress your child has made, so far, this school year. This will be our time to set some goals for your child, together. Conferences will be in person or by phone. Please let us know what would work best for you.

With the cold weather upon us please start sending your child to school with warm gear (layers). We try to go outside every day (even when there is snow on the ground), so hats, mittens and boots are essential. If you need help in obtaining these items for your child, please ask a staff member.

Robin, Alicia

And Sam



Songs We Sing

I'm A Turkey



I'm a little turkey,
big and fat.
I spread my tail
And I walk like that.
Each day's corn I will not miss,
And when I talk, I sound like this:
GOBBLE! GOBBLE! GOBBLE!

Things To Do At Home

Pumpkin Yogurt



$\frac{1}{2}$ cup vanilla yogurt
2 Tablespoons canned pumpkin puree
Sprinkle of cinnamon

Mix all the ingredients together, in individual bowls

Milk Allergies ? :

You can substitute the yogurt for applesauce/soy yogurt. Store in an airtight container.

IMPORTANT DATES:

11/2: NO SCHOOL : Staff Mtgs

11/11: NO SCHOOL : Veterans Day

11/20: Picture Retake

11/23 -24: Early Dismissal: 11:15
Conferences 1-6:30 (23rd) and 1-4 (24th)

11/25-27 : THANKSGIVING BREAK



Family News

Hello Fulton Head Start families! I hope you are all adjusted to the school year and your new routines nicely. The positive solutions group is going well with parents attending from some of the other head start sites. If you would like to join us for the last few, please feel free to reach out to me.

Thank you for all the in-kind you guys and getting put in.

Thank you to the couple of parents that are showing up to the parent connections. Because of them we will be having Fall pictures on Thursday Nov. 5th. I look forward to seeing some new faces at our next meeting...

November 19th @ 8:45 AM at Fulton Head Start in the Catholic Charities building.

Jeremy Rahrle

Your Fairgrieve UPK/HS Family Specialist

Cell-315-591-3529

Email- jrahrle@oco.org



HEALTHY COLLEGE

Quit for a Day. Quit for Life.

The Great American Smoke out is an opportunity for people who smoke to commit to healthy smoke-free lives. Not just for a day, but for life! To find out more, visit cancer.org/smokeout or call 1-800-227-2345.



Important Dates

11/2 – no class!

11/4, 11/18, – Positive Solutions

11/11 – Veteran's Day – No school

11/19 – Parent connection @ 8:45

11/23 – 11/24 - early release day's 11:15 dismissal

11/24-Policy Council

11/25,26,27 - No School-

Happy Thanksgiving



RESOURCES

HEAP (Open Nov 2nd)

Department Of Social Services

M-F 8:30 -4:00

Phone: 315-963-5021

Apply Online @

myBenefits.ny.gov

Citi BOCES

Want your GED? Contact

315-963-4283 or on the

website @

www.citiboces.org

OCO SAF Crisis Hot line

315-342-1600 (free confidential support services)

Food and other resources

please call 211



Melanie P. 11-1

Celebrating 11-3



Oliver E. 11-25

Celebrating 11-30

**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. Special days aren't always on or near their actual birthdays, although we try to schedule them as close as possible.*

Fairgrieve PM Snack Menu

(Menu Subject to Change) "Nut Safe"

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Cucumber Slices w/ Dip WG Wheat Thin Crackers Water	Apple Wedges Sunflower Spread Raisins Water	WG Bagel With Cream Cheese 2% Milk	Apple Juice WG Snack Mix
9	10	11	12	13
Berries & Pears Cheese Water	Yogurt Mandarin Oranges Water		Celery Sticks & Cucumbers w/ Dip WG Triscuit Crackers Water	WG Animal Crackers 2% Milk
16	17	18	19	20
WG Bagel w/ Strawberry Cream Cheese 2% Milk	WG Kix 2% Milk	WG Snack Mix Fresh Apples Water	Cottage Cheese Pineapple Water	Blended Juice WG Wheat Thin Crackers
23	24	25	26	27
Early Dismissal! 	Early Dismissal! 	No Classes Staff Report	HAPPY THANKSGIVING! 	Thanksgiving Break NO SCHOOL! 
30				
Hard-Boiled Egg Clementine Water			**Choosy Tip of the Month!!** Teach your child to choose water when thirsty. Serve them milk with meals and skip the sweet drinks.	

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.

Breakfast

9-12

Monday



Breakfast Pizza

Tuesday



Ham, Egg & Cheese
Sandwich

Wednesday



Scrambled Eggs,
Sausage & Biscuit

Thursday



Sausage Egg &
Cheese sandwich

Friday



Breakfast Burrito
or Pastry

Breakfast is provided at no cost. WG cereal, fruit and milk offered daily.
Fulton City SD is an equal opportunity employer.

November

9-12

				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Staff Development Day No School	3 Beef Hard Taco Rice Corn Black Beans	4 Grilled Cheese Tomato Soup Green Beans	5 Chili w/Baked Potato Corn Bread Broccoli Sw Fries	6 WG Pizza Romaine Salad Cauliflower
9 Crispy Chicken Sandwich Sw Fries Green Beans	10 Walking Taco Corn Black Beans	11  VETERANS DAY	12 Sweet & Sour Chicken Fried Rice Broccoli Carrots	13 WG Pizza Romaine Salad Cauliflower
16 Chicken Tenders Bread Stick Sw Fries Green Beans	17 Chicken Soft Tacos Corn Black Beans	18 Cheese Burger Fries Broccoli	19 Turkey Dinner Mashed Potatoes Stuffing Carrots WG Dessert	20 WG Pizza Romaine Salad Cauliflower
23 Early Release Bag Lunch	24 Early Release Bag Lunch	25  Happy Thanksgiving	26	27
30 BBQ Chicken Mashed Potatoes Roll Green Beans				

All students enrolled are eligible to receive one complete BREAKFAST and LUNCH per day at no cost. PBJ's, assorted fruit and milk offered daily. FCSD aims to accommodate all student dietary needs including food allergies and religious restrictions. Please contact the Director of School Nutrition to make those accommodation.