

November Fulton Head Start 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School Staff Training	3	4 Positive Solutions	5	6	7
8	9	10 Mia's Special Day Tyson's Special Day	11 No School Veterans Day	12 No Class Parent Teacher conferences	13 No Class P/T Conferences	14
15	16	17	18 Clair's Special Day Jahmari's Special Day	19 Parent Connection 8:45 am	20	21
22	23	24 Policy Council	25 No School	26 No School 	27	28
29	30					

11/2-NO CLASS
 11/4-POSITIVE
 SOLUTIONS
 11/18-POSITIVE
 SOLUTIONS
 11/12-11/13 NO CLASS
 P/T CONFERENCES
 11/19-PARENT
 CONNECTIONS@8:45
 11/24- POLICY
 COUNCIL
 11/25-11/27
 NO SCHOOL
 HAPPY
 THANKSGIVING

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

Fulton HS Menu

(Menu Subject to Change) "Nut Safe"

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Breakfast: Peaches, Yogurt, 2% Milk Lunch: Scrambled Eggs & Cheese, Potato Puffs, Fresh Oranges, WG Tortilla, 2% Milk Snack: Cucumber Slices w/ Dip, WG Crackers, Water	Breakfast: Banana, WG Oatmeal, 2% Milk Lunch: Spaghetti w/ Sauce & Meatballs, Tossed Salad, Peaches, 2% Milk Snack: Apple Wedges, Sunflower Spread, Raisins, Water	Breakfast: Applesauce, WG Pancake With Lite Syrup, 2% Milk Lunch: Ham, Peas, Fresh Melon, Brown Rice Pilaf, 2% Milk Snack: Bagel w/ Cream Cheese, 2% Milk	
9	10	11	12	13
Breakfast: 100% White Grape Juice, WG Kix, 2% Milk Lunch: Fish, French Fries, Roll, Mandarin Oranges, 2% Milk Snack: Berries & Pears, Cheese, Water	Breakfast: Peaches, WG Waffle w/ Lite Syrup, 2% Milk Lunch: Pasta with Sauce & Meat/Cheese, Tossed Salad, Green Beans, 2% Milk Snack: Yogurt, Banana, Water		No Classes! 	
16	17	18	19	20
Breakfast: 100% Pineapple Juice, WG Frosted Mini Wheats, 2% Milk Lunch: Macaroni & Cheese, Stewed Tomatoes, Peaches, 2% Milk Snack: Graham Crackers w/ Strawberry Cream Cheese, 2% Milk	Breakfast: Banana, Yogurt, 2% Milk Lunch: Spanish Rice, Tossed Salad, Peas, 2% Milk Snack: WG Kix, 2% Milk	Breakfast: Pears, WG Pancake w/ Lite Syrup, 2% Milk Lunch: Chicken Alfredo Pasta, Broccoli, Oranges, 2% Milk Snack: Snack Mix, Apples, Water	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	
23	24	25	26	27
Breakfast: 100% Orange Juice, WG Life, 2% Milk Lunch: Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, 2% Milk Snack: Pretzel's, 2% Milk	Breakfast: Peaches, WG Waffle w/ Lite Syrup, 2% Milk Lunch: Burger, Green Beans, Pears, Bun, 2% Milk Snack: WG Cheerios, 2% Milk	No Classes Staff Report	HAPPY THANKSGIVING! 	
30				
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			**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.**



Fulton Classroom News

Hello! What a fun month we had. The children have been using their investigating skills by examining apples, pumpkins and what is found under leaves.

Please sign up for our Wednesday Special Person Reading Corner. We have had some volunteers and the children love meeting new people. 😊

TIME TO LEARN

- Everyday we are learning about our numbers, letters and colors.
- We continue to work on name recognition & practicing tracing/writing our names
- We have been working on using scissors. Below is a little rhyme to help remember proper placement of fingers.



sung to Baa Baa Black Sheep

CELEBRATE!

This month we will be celebrating sharing, caring and family. Be on the look out for some fun activities to do at home.

Important

Please contact the center if your child will be out on any given day via Learning Genie, phone call or message.

Reminder

No school on:

- Nov 2
- Nov 12 & 13
- Nov 25, 26 & 27.

Our Favorite Song



Second Step

This month's theme : Caring & Helping and Fair Ways to Play.

- Every day we work on strategies to calm our bodies when frustrated.

Try at Home.



Pretzels
Peanut butter
crackers
candy google eyes

Spread peanut butter on one cracker with a knife.
Place three pretzel sticks on each side of the cracker in the peanut butter.
Place another Ritz cracker on top making it a sandwich.
Dip the candy eyeballs in cream cheese and place them on top of the cracker sandwich.



Always Be Happy

Miss Christine, Miss Sabine, Miss Michelle, Miss Tena & Miss Missy



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. In-kind is so important to our program.

Please sign up with the teachers for P/T conferences!!!

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 Fulton Head Start Family Specialist

Cell-315-591-3529

Center-315-598-4765

Email- jrahrle@oco.org



HEALTHY CORNER !

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

11-12 and 11-13 no class P/T conferences

11/19 - parent connection @ 8:45

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 Hotline

315-342-1600 (free confidential support services)

Food and other resources please call 211

November

AM



Mia G. 11-10



Claire E. 11-18

PM



Tyson D. 11-10



Jahmari B. 11-18

*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.