November North Shore Head Start 2026

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set your clocks back Daylight Saving Time	2 NO CLASS Total Staff	3 Election Day NO CLASS Parent Teacher Conferences	4 Positive Solutions 9:30-11:30 @ Cathloic Charities	5	6	7 Read a book
8	9	10	11 Vertan's Day NO CLASS	12	13	14
15 Draw a person	16 Picture Day	17 CPR & Parent Connection 9:30-11:30	18 Positive Solutions 9:30-11:30 @ Cathloic Charities	19	20 Friendsgiving 2:15-3:00	21 Practice Name Writing
22	23	24 Policy Council 10 am	25 Thanksgiving Break NO CLASS	26	27	28
29 Sing Songs	30 Class Resumes					

Hello November

North Shore Family News

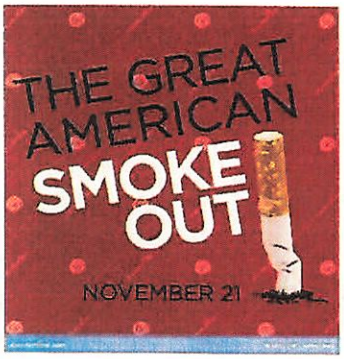
Hello North Shore Head Start families! I hope you are all adjusted to the school year and your new routines nicely. Our October Parent Connection Meeting went well. We had 4 parents in attendance! We are hoping for more this month. During our parent meeting, the attendees voted on Picture Day, and everyone had a great conversation about various topics. You can read more about them in the Parent Connection Meeting Minutes that were sent home last month. There is also an extra copy in the binder located on the shelf behind the door. I can also print another copy if you like.

At our next meeting, we have lots of things happening. CPR class to start then Erin Price - Education Supervisor, coming back to the parent connection meeting to talk about the upcoming Personal Safety Curriculum the teachers teach the children about safe/unsafe touches, etc. She will discuss how this is taught and be there to help with any concerns or questions.

Thank you for all you do for our program and your children!! I look forward to seeing you at our next meeting...

November 17th @ 9:00 AM
Please RSVP on Learning Genie!

Ashley Mason
North Shore Family Specialist
Center-315-675-3398, Cell-315-591-3540
Email- amason@oco.org



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.

HEALTHY CORNER !

IMPORTANT UPDATES & DATES TO REMEMBER

Parent Committee Officers
Chairperson: Open
Vice Chairperson: Open
Secretary: Amy

Policy Council Representative
Amy K.

Alternate Rep
TBD

Important Dates
11/2 – No class
11/3 - Go Vote! & Parent/Teacher Conferences
11/4 & 11/18– Positive Solutions
11/16 – Picture Day
11/11 – Veteran's Day – No school
11/24 - Policy Council
11/25-27 - No School-Happy Thanksgiving

RESOURCES

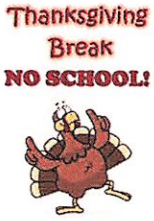
HEAP (Open November 2nd)
Department Of Social Services
M-F 8:30 -4:00
Phone: 315-963-5021
Apply Online @ myBenefits.ny.gov
For more information: https://otda.ny.gov/programs/heap/

Citi BOCES
Want your GED? Contact 315-963-4283 or on the website @ www.citiboces.org
To Enroll: GEDPREP@CiTiboces.org

North Shore HS Menu

(Menu Subject to Change) "Nut Safe"

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 	**P/T Conference!** 3 	4 **Breakfast:** Banana, WG Oatmeal, 2% Milk **Lunch:** Goulash, Green Beans, Grape Halves, 2% Milk **Snack:** Apple Wedges, Sunflower Spread, Raisins, Water	5 **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	6 **Breakfast:** Clementine, Frosted Mini Wheats, 2% Milk **Lunch:** Baked Chicken, Veggie Pasta Salad, Pineapple, 2% Milk **Snack:** Pretzel's w/ Dip, Apple Juice
9 **Breakfast:** 100% White Grape Juice, WG Kix, 2% Milk **Lunch:** Fish, French Fries, Roll, Mandarin Oranges, 2% Milk **Snack:** Berries & Pears, Cheese, Water	10 **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!** 11 	12 **Breakfast:** 100% Apple Juice, WG English Muffin, 2% Milk **Lunch:** French Toast Casserole, Berries, Breakfast Sausage, Potato Puffs, 2% Milk **Snack:** Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	13 **Breakfast:** Banana, WG Life, 2% Milk **Lunch:** Pulled Pork, Baked Beans, Bun, Applesauce, 2% Milk **Snack:** Animal Crackers, 2% Milk
16 **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	17 **Breakfast:** Banana, Yogurt, 2% Milk **Lunch:** Spanish Rice, Tossed Salad, Peas, 2% Milk **Snack:** WG Kix, 2% Milk	18 **Breakfast:** Pears, WG Pancake w/ Lite Syrup, 2% Milk **Lunch:** Chicken Baby Potatoes, Carrots, Bread, 2% Milk **Snack:** Snack Mix, Apples, Water	19 **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	20 **Breakfast:** Mandarin Oranges, WG Toast, 2% Milk **Lunch:** Meatballs w/ Gravy, Corn, Mashed Potatoes, Bread, 2% Milk **Snack:** 100% Blended Juice, Crackers
23 **Breakfast:** 100% Orange Juice, WG Life, 2% Milk **Lunch:** Turkey Kielbasa, Broccoli, Buttered Noodles, Fresh Oranges, 2% Milk **Snack:** Pretzel's, 2% Milk	24 **Breakfast:** Peaches, WG Waffle w/ Lite Syrup, 2% Milk **Lunch:** Burger, Green Beans, Pears, Bun, 2% Milk **Snack:** WG Cheerios, 2% Milk	25 **No Classes Staff Report**	26 	27 
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.**

North Shore Head Start
November 2026 Newsletter

We have a very busy, but short month. We have Parent Teacher Conferences on November 3. There will be No Class that day, but our center will be busy with people voting. You will be able to come in the classroom door, I will have a sign posted on it. Please make sure that you see Rachel to schedule a time to come in for your conference.

We have been busy learning our Zoo Phonics, we are up to the letter Gg. We are continuing to put names to faces by using our classroom book. We will be be learning about fair ways to play by asking our friends to take turns, share or trade when using toys or books. We started our Lending Library this month. The kids were very excited to pick out books. If you have any questions, please ask a staff member.

Remember to continue to submit In-Kind. Reading books, singing songs, working on name writing, folding clothes, practice setting the table is just some of the different things that you are able to submit. If you have any questions or need ideas of what you can do, you can refer to the Partnet Handbook that was given to you in the beginning of the year, look on the Learning Genie App or ask Ashley or Rachel for some ideas.

Five Little Turkeys.

Five little turkeys sitting in the hay,
The first one said, "It's Thanksgiving Day!"
The second on said, "What's that I spy?"
The third one said, "It's pumpkin pie!"
The fourth one said, "Oh, what a treat!"
The fifth one said, "Let's eat! Let's eat!"
Then they went to the table,
With a wobble, wobble, wobble.
And they ate their pie,
With a gobble, gobble, gobble!

Leaf People

Go out and collect some different leaves. Make sure they are dried off and create some people with them. Talk about the differnt parts of the body as you do this activity. You can glue them to paper or just lay them down to make a person.