

Oswego 1 News

45 East Schuyler 315-342-0629

The leaves are finally changing and Fall has started in our classroom. The children love exploring all that the season brings including; gourds, leaves, seed pods, and pumpkins! We will read non-fiction books about the Fall season, visit leaf mountain (a hill by our school☺), and add Fall words to our letter wall.

We hope you are enjoying lots of reading time at home! Reading to your child each day is very important. The more words they hear, the more their vocabulary grows😊 We are also working on rhyming words, letter sounds, and writing our names. Please remember to log it into learning genie.

Parent/Teacher conferences will on November 13th. This is a great opportunity for you to see how your child is doing and set goals for the upcoming months. Watch your child's mailbox and backpack for more info about conferences.

Sincerely,

Rory, Lauren and Amber



Leaves are Falling

Leaves are falling
Leaves are falling
From the trees
From the trees
Red and Yellow
Orange and Brown
In the breeze
In the breeze.

Nature Walk

Take a nature walk (maybe at Fallbrook). Collect fall items When you get home, get creative. You and your child could : make leaf monsters, stack pinecones, glue things together, create Fall "soup" Send the teachers a picture!!!

NOVEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School!	3 Coffee hour@9	4 Positive Solutions@ 9:30 am at catholic charities	5 Isaiah's Special Day! Positive Solutions at Oswego at 9:00 am	6 Picture day!	7
8	9	10 Parent connection at 9:00 am CPR training	11 No School	12 Personal safety at 9:00 am and 5:00 pm curriculum	13 Parent/Teacher Conferences No School	14
15	16	17	18 Positive Solutions@ 9:30am at catholic charities	19 Positive solutions at 9 am at Oswego at 5 pm CPR	20	21
22	23	24 Angel's Special Day! Policy Council at 10:00 am coffee hour at 9	25 Thanksgiving Break! No School	26 Thanksgiving! No School!	27 No School	28
29	30 Elijah's Special Day!	OSWEGO 1 2026	315-342-0629			

Oswego HS Menu

(Menu Subject to Change) "Nut Safe"

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 **Breakfast:** Pineapple, Yogurt, 2% Milk **Lunch:** Ham, Scalloped Potatoes, Carrots, Rye Bread, 2% Milk **Snack:** Cucumbers w/ Dip, WG Wheat Thin Crackers, Water	4 **Breakfast:** Orange Juice, WG English Muffin w/ Sunflower Spread, 2% Milk **Lunch:** Chicken, Wild Rice, Green Beans, Mandarin Oranges, 2% Milk **Snack:** WG Cheerios, 2% Milk	5 **Breakfast:** Peaches, WG Waffle w/ Lite Syrup, 2% Milk **Lunch:** Crispy Fish, Baked Potato, Broccoli with Cheese, Dinner Roll, 2% Milk **Snack:** Fresh Apples, Cheese Stick, Water	6 **Breakfast:** Banana, Rice Krispies, 2% Milk **Lunch:** Cheddar Omelet, Breakfast Potatoes, Mixed Vegetables, 2% Milk **Snack:** WG Muffin, Blended Juice
9 **Breakfast:** Pineapple Juice, WG Kix, 2% Milk **Lunch:** Chicken & Biscuit, Mashed Potatoes, Mixed Vegetables, 2% Milk **Snack:** Animal Crackers, 2% Milk	10 **Breakfast:** Fresh Oranges, Bagel w/ Cream Cheese, 2% Milk **Lunch:** BLT Sandwich, Broccoli Cheddar Soup, Fresh Apples, Green Beans, 2% Milk **Snack:** WG Triscuit Crackers, Sliced Cheese, Water	11  **No Classes!**	12 **Breakfast:** Applesauce, WG Muffin, 2% Milk **Lunch:** Sloppy Joe on Bun, Squash, Garlic Red Potatoes, 2% Milk **Snack:** Yogurt, Berries, Water	**No Classes!** 13 
16 **Breakfast:** Apple Juice, WG Frosted Mini Wheats, 2% Milk **Lunch:** French Toast w/ Berries, Sausage, Potato Puffs, 2% Milk **Snack:** Graham Crackers, 2% Milk	17 **Breakfast:** Pineapple, Yogurt, 2% Milk **Lunch:** Pork Chop, Baked Potato, Italian Blend Veggies, Dinner Roll, 2% Milk **Snack:** Cucumbers w/ Dip, WG Wheat Thin Crackers, Water	18 **Breakfast:** Orange Juice, WG English Muffin w/ Sunflower Spread, 2% Milk **Lunch:** Turkey & Gravy, Mashed Potatoes, Squash, Bread, 2% Milk **Snack:** WG Cheerios, 2% Milk	19 **Breakfast:** Peaches, WG Waffle w/ Lite Syrup, 2% Milk **Lunch:** Spanish Rice, Cauliflower, Applesauce, 2% Milk **Snack:** Fresh Apples, Cheese Stick, Water	20 **Breakfast:** Banana, Rice Krispies, 2% Milk **Lunch:** Glazed Meatloaf, Bread, Sweet Potatoes, Green Beans, 2% Milk **Snack:** WG Muffin, Blended Juice
23 **Breakfast:** Pineapple Juice, WG Kix, 2% Milk **Lunch:** Sausage Gravy, Biscuit, Hash Brown Potatoes, Warm Fruit, 2% Milk **Snack:** Animal Crackers, 2% Milk	24 **Breakfast:** Fresh Oranges, Bagel w/ Cream Cheese, 2% Milk **Lunch:** Macaroni & Cheese, Broccoli, Stewed Tomatoes, 2% Milk **Snack:** WG Triscuit Crackers, Sliced Cheese, Water	25 **No Classes Staff Report**	26 	27 
30 **Breakfast:** Apple Juice, WG Frosted Mini Wheats, 2% Milk **Lunch:** Ham, Scalloped Potatoes, Carrots, Rye Bread, 2% Milk **Snack:** Graham Crackers, 2% Milk			***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.**



Family Specialist Newsletter
Oswego Head Start
2026

Hello Families:

As the weather is changing, from fall into winter, please remember to dress your children accordingly. You may send them in layers or leave extra hoodies/sweatshirts here. Remember that they go outside daily, weather permitting. Therefore, please make sure you remember hats, mittens and even boots if necessary. The wind here makes a big difference in the temperature when on the playground.

I would like to remind all of our families that your child/ren automatically qualifies for WIC because they are enrolled in the Head Start Program. The fresh fruits and vegetables that are now allowed, really can make a difference with food budgets and feeding your family healthy. If you do not have your acceptance letter still, let me know and you will be provided with another copy. Any questions, reach out at any time!

If you are looking for employment, check out our website www.oco.org. We have various job openings within the agency.



🗓️ **Date:** Thursday, November 19, 2026
🎯 **Theme:** Start with Day One!
Quitting doesn't have to happen all at once.

The GREAT AMERICAN SMOKEOUT

Parent Connection Officers:

Chairperson: TBA
Vice Chairperson: Hailey L
Secretary: TBA

Policy Council Reps:

Rep: Mia C.
Rep: TBA
Alternate Rep: TBA

RESOURCES:

Food Pantries:

Oswego Salvation Army
Tues*Thurs*Fri
10-11:30 & 12:30-2
315-342-7301

Human Concerns Center
Monday-Friday
12pm-2:45pm
315-342-7301

Citi BOCES

Want your GED? Contact
315-963-4283 or at
www.citiboces.org

Family Specialist Becki
Cell: 315-591-3527
Center: 315-342-0629 x124
Email: rwittmann@oco.org



Family Appreciation

Thank you for all you do and for being such an important part of our program!

- Onyx D.- 11/3
- Isaiah R.- 11/5
- Angel T.- 11/24
- Elijah S.- 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.