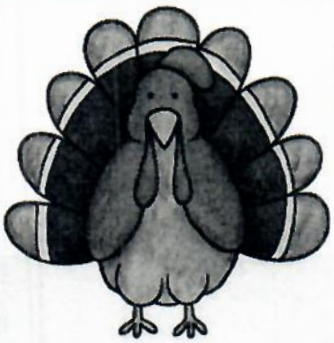


November

Oswego 3

2026

CLASSROOM NEWS

Happy November everyone! We are having a great start to the year! This month we have been working on identifying shapes, and recognizing the first letters of the children's names. We are up to letter G for our zoo-phonics letter sounds and the children get excited to learn new letters! We have also started our Child Protection Unit for personal safety and have talked about not playing with guns and not eating things that are not food. These are the "always ask first" rules.

This month we will work on number recognition and continue with shapes, and first letters. We will be having picture day on the 11/6, a flyer will be sent home with more information. On the 13th there is no class for children, instead we will be scheduling our first conferences with families on that day.

Please remember to bring your child a jacket for outside time as it gets windy on the playground ☺

EVENTS

11/6 Picture Day

11/11 Veterans Day No School

11/13 Parent/Teacher Conference Day No School

11/24 Policy Council 10am

11/25-11/27 No School Thanksgiving Break

TO-DO



IMIL Activity:
Have a dance party as a family
☺
Learning Genie Activities

Song: 5 fat turkey's

"5 fat turkeys by the barn door, one waddled off and then there were 4.
4 fat turkeys out under the tree, one waddled off then there were 3.
3 fat turkeys with nothing to do, one waddled off then there 2.
2 fat turkeys in the noonday sun, one waddled off then there was 1.
1 fat turkey better run away, soon it will be thanksgiving day!"



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School Staff Meeting	3 Coffee Hour 9am	4 Positive Solutions for Families 9:30am-Catholic Charities	5 Positive Solutions for Families 9am Oswego Center	6 Picture Day	7
8	9	10 Parent Connection Meeting 9am CPR/First Aid Training	11 Veterans Day No School	12 Personal Safety Curriculum overview 9am and 5pm	13 No Class-Parent/Teacher Conference Day	14
15	16	17	18 Positive Solutions for Families 9:30am-Catholic Charities	19 Positive Solutions for Families 9am Oswego Center Parent Connection Meeting 5pm CPR/First Aid Training	20	21
22	23	24 Policy Council 10am Coffee Hour 9am	25 No School-Thanksgiving Break	26	27	28
29	30					Oswego 3 2026

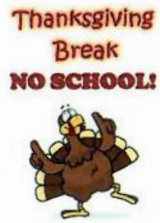
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Oswego HS Menu

(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.