November 2026

Phoenix 1 ~ Penguins

Discovery Learning Center
315-695-4838
Kristy - Teacher
Amy
Melissa

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School	3	4 Positive Solutions with Lisa	5	6	7
8	9	10 Parent Connection with Lisa	11 Veterans Day No School	12	13 Parent Teacher Conferences	14
15	16	17	18 Positive Solutions with Lisa	19 Coffee Hour with Lisa	20	21
22	23	24	25 Thanksgiving Break No School	26 Thanksgiving Break No School	27 Thanksgiving Break No School	28
29	30					



Phoenix HS Menu

(Menu Subject to Change) "Nut Safe"

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 **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	4 **Breakfast:** Banana, WG Oatmeal, 2% Milk **Lunch:** Beef w/ Gravy, Mixed Vegetables, Mashed Potatoes, Bread, 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	11  No Classes!	12 **Breakfast:** 100% Apple Juice, WG English Muffin, 2% Milk **Lunch:** Sunny Butter & Jelly Sandwich on WG Bread, Cheese Stick, Broccoli, Oranges, 2% Milk **Snack:** Celery Sticks & Cucumbers w/ Dip, WG Crackers, Water	No Classes! 13 
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:** Baked Chicken, Baby Potatoes, Green Beans, 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.**

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Hello, Penguin Families!

November is here, bringing chilly weather, colorful leaves, and a season of thankfulness! We are excited for another month of learning, growing, and making wonderful memories together.

What We're Learning

This month, our little Penguins will be focusing on:

Zoo-phonics
Exploring letters, sounds, and movements through fun activities.

Shapes & Colors
Identifying and recognizing different shapes and colors in our everyday environment.

First Name Recognition
Learning to recognize our own names and the letters in them.

Using Our Manners
Practicing kind words such as please, thank you, and excuse me, along with taking turns and showing kindness.

Mealtime Independence
Building confidence by practicing serving ourselves at the meal tables, making choices, and cleaning up after ourselves.

Every little step helps our Penguins become more confident and independent learners!

Important Dates

Nov 2	No School
Nov 4	Positive Solutions with Lisa
Nov 10	Parent Connection with Lisa
Nov 11	Veterans Day **No School**
Nov 13	Parent-Teacher Conferences
Nov 18	Positive Solutions with Lisa
Nov 19	Coffee Hour with Lisa
Nov 25 - 27	**Thanksgiving Break No School**

Brrr... Colder Weather Is Coming!

As temperatures continue to drop, please make sure your child comes to school dressed appropriately for the weather. Warm coats, hats, mittens, and comfortable outdoor shoes are important as we continue enjoying outdoor play.

Please check your child's cubby and replace summer clothing with weather-appropriate extra clothes.

Please include extra pants, shirts, socks, and underwear.

Friendly Family Reminders

Please continue checking your child's folder in the hallway every day for important information, classroom updates, and special projects.

We also ask that families clean out cubbies daily and take home any artwork, extra belongings, or soiled clothing. Thank you for helping keep our classroom organized!

Classroom Update

As many of you know, I recently sent home a letter discussing changes in staffing. Although the original letter stated that Ms. Kristy would be transferring to Fulton, plans have changed!

I am happy to share that Ms. Kristy will now be joining the Phoenix 2 classroom, right next door!

While I will be moving to a different classroom, I am so thankful that I will still be close enough to see those sweet, familiar faces. It has been such a joy being part of your children's days, and I look forward to continuing to see them grow!

Thank you for your kindness, understanding, and continued support!

Easy Sweet Potato Pie

Ingredients:
- 1 unbaked 9-inch pie crust
- 2 cups cooked, mashed sweet potatoes
- ½ cup melted butter
- ¾ cup brown sugar
- ½ cup milk
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg

Directions:
1. Preheat oven to 350°F.
2. In a large bowl, mix mashed sweet potatoes, butter, sugar, milk, eggs, vanilla, cinnamon, and nutmeg until smooth.
3. Pour mixture into the pie crust.
4. Bake for approximately 50-60 minutes, until the center is set.
5. Allow to cool before slicing and enjoying!

Little Penguin Helper Tip:
Let your child help mash the cooled sweet potatoes, pour ingredients, and stir! Cooking together is a wonderful way to practice counting, measuring, and following directions.

Little Hands, Thankful Hearts

Little hands and little feet,
So many things make life so sweet.
For hugs and friends and skies so blue,
For all the kind things people do.

For yummy food and time to play.
We give our thanks this special day.
With happy hearts, we laugh and say,
Happy, happy Thanksgiving Day!

November 2026--Family News

DLC/ Phoenix

Hello Families,

I want to Thank everyone for getting their children to school daily. As a team we are trying to keep the sickness down in the building, please remember to wash your hands often.

It's getting very cold outside. The teachers do try and get the children out daily, dress according to the weather.

The holidays are getting closer, and we all have some stress. If anyone wants to set up a home visit or coffee break. Contact me on my cell or center.

Next two Parent Meetings:

November 10 @ Personal Safety with Erin Price. Head Lice with Nurse Pam

December 2 @ Making holiday cards for the seniors.

RSVP's a must for food count and childcare. Information on the upcoming meeting will follow. Your presence and input are very important to this program.

Door Prize and Dinner!

If you have any questions or concerns, contact your Family Specialist.

Lisa

Parent Connection Officer:

Chairperson: Tom Mills

Vice Chairperson: Jessica Mills

Secretary: Tasheena Wilcox

Policy Council Representative:

Jessica Guyer and Tasheena Wilcox

Alternate Rep:

Tom Mills

Resources

Phoenix, NY of Oswego County Last Monday of every month Canal Laundromat w? Loads of Love Laundry Mission- Call 315 720-5994

CITI Boces GED program.
315 963-4283
Adultofferings@citiboces.org

Phoenix Food Pantry
315 934-0023

My Contact information:
Family Specialist Lisa
Cell: 315-591-2656
Center 315 695-4838
Email lurbach@oco.org

Positive Solutions for Families: Catholic Charities, Fulton November 4, 18-December 2,2026---9:30-11:30



Quit for a Day. Quit for Life.

The Great American Smokeout 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!

DLC NEWS

Directors Cut

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UPCOMING DATES

NOV 4TH. POSITIVE SOLUTIONS

NOV 9TH PHX3 TRANSITION

NOV. 11TH VETERANS DAY

NOV. 13TH PARENT TEACHER CONFERENCES

NOV. 18TH POSITIVE SOLUTIONS

NOV. 19TH SHELTER IN PLACE

"IF YOU CAN'T FLY, THEN RUN. IF YOU CAN'T RUN, THEN WALK. IF YOU CAN'T WALK, THEN CRAWL. BUT, WHATEVER YOU DO, YOU HAVE TO KEEP MOVING FORWARD." — MARTIN LUTHER KING JR.





Building the foundation of our future

DLC News Overview

October was a full month of involvement and opportunities during Head Start Awareness month, from parent night at Head Start, to our friends at Citi Boces visiting our location and our Fall fest. Thank you for all of you were able to volunteer your time and if you haven't there are pleanty more opportunities coming. This month we will celebrate giving thanks, please look out for opportunities and activities in your child's classroom. We will be conducting a shelter in place drill this month, please check learning genie/bright wheel for updates.

PROGRAM TRANSITIONS

During the week of November 9th, we will transition our Phoenix 3 UPK classroom and submerging them with our Phoenix 2 classroom. We are excited for the opportunities our Phoenix 3 kiddos will experience in a larger setting as they prepare for kindergarten. With this transition also comes some staffing transitions to support in our Head Start classrooms. As always if you have any questions, please do not hesitate to reach out to the Center Manager.