Phoenix 2
Head Start/UPK
Monday-Friday
8:30a-2:45p

November 2026

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Staff Development Day- No School	3	4	5	6	7
8	9	10 Parent Connection meeting with Lisa @ 5p	11 Holiday- No School	12	13 Parent/Teacher Conferences- No School	14
15	16	17	18	19 Coffee Hour With Lisa 8:30a	20	21
22	23	24 Policy Council @10am	25 Holiday Break- No School	26	27	28
29	30		A look ahead... 12/24-1/1 No School- Holiday Break			

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	13 No Classes! 
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 Thanksgiving Break NO SCHOOL! 
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.**



Phoenix 2 November Newsletter

During the month of November, we will be focusing on recognizing the letters in our names and also writing our names. We will also be practicing our counting from 1-10. The class is improving their fine motor and gross motor skills each day through: using playdough and art utensils, dancing, running and exercising. We will talk about things we are thankful for. We will talk about the weather changes and how that affects plants and animals outside. On that note, PLEASE send your child with heavy coats, gloves, and hats from now on. It is very cold at 10 am.

Parent/Teacher Conferences are scheduled for November 13th. There is NO CLASS this day. Please make sure to sign up for a time slot ASAP.

Thanks, from Danielle, Adrienne, Hope

DAYS OFF:

November 2- TOTAL STAFF Training

November 11- Veteran's Day

November 13- Parent/Teacher Conferences

November 25, 26, 27- Thanksgiving Break





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

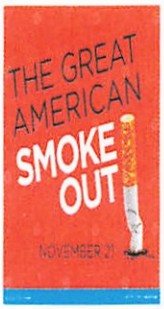
Phoenix, NY of Oswego County Last Monday of every month Canal Laundromat w? Loads of Love Laundry Mission- Call 315 720-5994

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

P: 315-695-4838 **DISCOVERYLEARNING@OCO.ORG** **F: 315-695-5279**

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.

Meet the staff:



Hello! My name is Danielle Duquette. I am the Teacher in Phoenix 2, aka Gentle Giraffes. I have worked for OCO for almost 5 years. I am a mother of 4, and my children attend Phoenix Central Schools. We love animals and have 3 cats and 2 dogs. My passion is gardening and spending time with my children. I love making connections with people and enriching the lives of children. It'll be a great year!



Hi, I'm Melissa, your child's classroom aide. I am currently helping out in another classroom, but looking forward to coming back to PH3! I am a former parent of Head Start, my daughter Savanna attended here for 2 years. She is now almost 16. I started as a volunteer in the classroom 10 years ago. I really enjoyed working with the children and decided to become an Aide 8 years ago.



Hi! My name is Hope Wallace and I am the classroom aide for Phoenix 2. I have worked at Discovery Learning Center for 4 years. I have 3 sons who are 16, 10, and 7. I have a cat named waffles. My family and I spend a lot of time traveling, going to the beach, and fishing. I am excited for this school year and getting to know your children and watching them learn and grow !