UPK Phoenix 3 Fireflies

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends	2 No School Staff Training	3 Don't Forget to VOTE	4	5	6	7
8	9 1st Day in Phoenix 2	10 Parent Connection Meeting with Lisa	11 No School Veterans Day	12	13	14
15	16	17	18	19	20 Coffee Hour with Lisa 8:30 am	21
22	23	24 Policy Council	25 No School Thanksgiving Break	26	27	28
29	30					

Happy November!

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	4 **Breakfast:** Banana, WG Oatmeal, 2% Milk **Lunch:** Beef w/ Gravy, Mixed Vegetables, Mashed Potatoes, Bread, 2% Milk	5 **Breakfast:** Applesauce, WG Pancake With Lite Syrup, 2% Milk **Lunch:** Ham, Peas, Fresh Melon, Brown Rice Pilaf, 2% Milk	6 **Breakfast:** Clementine, Frosted Mini Wheats, 2% Milk **Lunch:** Baked Chicken, Veggie Pasta Salad, Pineapple, 2% Milk
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.**

Classroom NEWS

Phoenix 3 UPK

NOVEMBER 2026

IMPORTANT DATES:

Nov. 2nd – No School – Staff Training
Nov. 9th – Transition to Phoenix 2
Nov. 11th – No School – Veterans Day
Nov. 13th – P/T Conferences
Nov. 19th – Parent Coffee Hour
Nov. 24th – Policy Council
Nov. 25-26th – Thanksgiving Break

WHAT WE ARE LEARNING

October has been an engaging and busy month for us. The children are doing very well with their self-help skills. They have been working hard to master putting on their coats and zipping up independently. They have also been serving themselves during mealtimes, including pouring their own milk. We have introduced the job chart and the children are enjoying their new jobs each week. They are developing their community skills and learning to work as a team in our classroom helping one another. We have made great progress in learning our Zoo Phonics letters, letter sounds and have covered letters A, T, G, S, M, N, E and A. Please help them practice at home. The children have just started writing their first names to sign in each morning. When practicing at home please make sure they start each letter at the top.

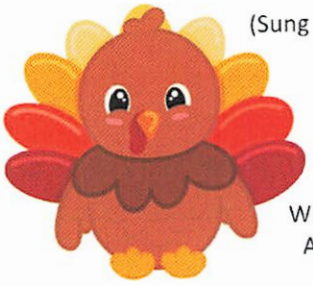
We have greatly enjoyed getting to know and work with your children. We will miss seeing them everyday but will pop into their new classroom often! We know they will do amazing as they transition into PH2!



Add a layer of fresh or canned chunk pineapple to the bottom of a clear cup.
Add a layer of seedless orange slices or chunked mango on top of the pineapple.
Add whip cream or vanilla yogurt to the top.
Add orange sprinkles and an orange spoon.
Optional: add 2 candy corn to the top

Hello Mr. Turkey

(Sung to: If Your Happy & You Know It)



Hello Mr. Turkey
How are you? (clap, clap)
Hello Mr. Turkey
How are you? (clap, clap)
With a wobble, wobble, wobble
And a gobble, gobble, gobble
Hello Mr. Turkey
How are You? (clap, clap)

Don't Forget: Submit any in-kind (volunteer) time on Learning Genie! GET OUTSIDE AND ENJOY THE FALL SEASON!!!!!

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

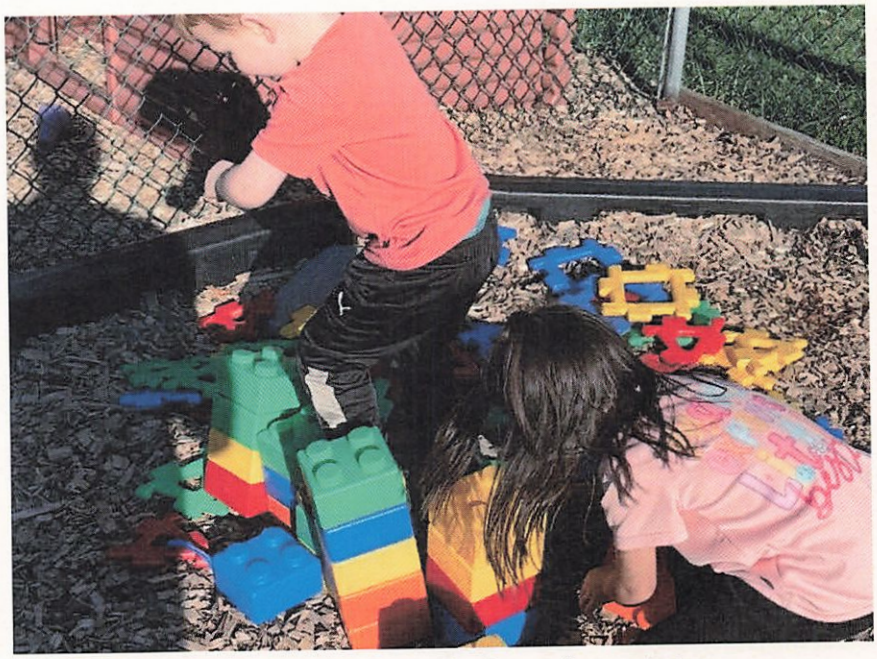
NOV. 13TH PARENT TEACHER CONFERENCES

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.