PEACE INC
EMPOWERING PEOPLE TO THRIVE | EST. 1968

HEAD START / EARLY HEAD START



A message from the Director of Head Start Preschool / Early Head Start

December brings a sense of warmth and reflection as we look back on all of the growth and learning that has taken place so far this year. Our children have been busy exploring new ideas, strengthening routines, and building meaningful connections with their teachers and classmates.

The winter season can also become busy for families, so I encourage you to take time to pause and enjoy simple routines at home—reading together, talking about your child's day, or sharing family traditions. These small moments make a big difference in your child's learning and development.

As we look ahead to a new year, we remain committed to providing a nurturing, high-quality early childhood experience for every child. Thank you for being such an essential part of our program. We wish you a peaceful, safe, and joyful holiday season!

Reminders:

December 22nd—January 2nd—Closed (Holiday Break)

As always, my door is open to hear any concerns you may have.

Please feel free to contact me at (315) 470-3300.

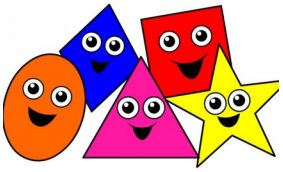
Sincerely,

Rebeccah L. Frank

Did You Know?



Simple activities like counting snacks, sorting socks while folding laundry, or noticing shapes help build early math understanding. This early math exposure is linked to later academic success!



Please make sure your family worker or home visitor is up to date with all of your current contact information; mailing address, mobile numbers, and e-mail addresses as we now email and/or text to your mobile number information about the program.

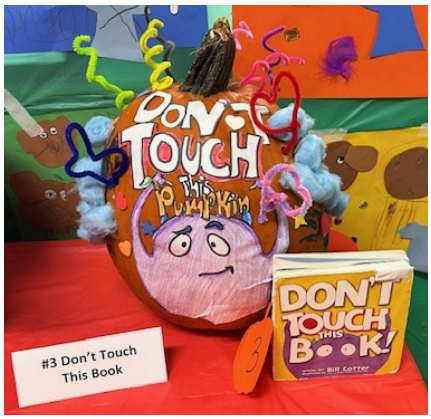
GoEngage

Merrick

We had a pumpkin contest at Merrick! Each classroom decorated a pumpkin to go along with a book. Children and families will vote to pick a winner.





















Home Base

Children and families enjoyed fun activities during their visits and spending time with each other during socializations :)

















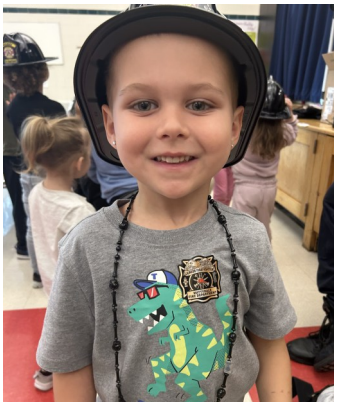


Roxboro

Children learned about fire safety from the Mattydale Fire Department. We learned about the equipment firefighters use to stay safe and how to remain safe if there is a fire in our home.











We hosted our Pumpkins and Poisons parent engagement event. Families were invited to join their children in the classroom to paint a pumpkin, donated by Tim's Pumpkin Patch, and to learn about the difference between candy and medication from Nurse Ryan.

















Sumner

Room 104 explored the inside and outside of a pumpkin and then together they made pumpkin dip!













Family Workers, Bobbi Jo and Jazmine, went to Pumpkin Hollow to pick pumpkins and gourds for Sumner's Fall Festivities center event. Thank you Pumpkin Hollow for your very generous donation and to Bobbi Jo and Jazmine for your hard work and dedication to our students!







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Helping people in the community realize their potential for becoming self-sufficient











Programs and Services:

Big Brothers Big Sisters (BBBS)

Head Start / Early Head Start

Department of Energy & Housing Services

Family Services

AmeriCorps Seniors – Foster Grandparent Program

Frank DeFrancisco Eastwood Community Center

Free Tax Prep Program

Senior Nutrition Program

Senior Supports Program

People's Equal Action and Community Effort, Inc. (PEACE, Inc.)
217 S. Salina St., 2nd Floor, Syracuse, NY 13202
Phone (315) 470-3300 | Fax: (315) 688-0309
info@peace-caa.org
www.peace-caa.org

Food Pantries

The food pantries provide emergency food to eligible individuals and families in need. Food pantry items are distributed through the four Family Resource Centers (FRC) listed below:

Viola G. Chisholm Eastside Family Resource Center
202 South Beech Street
Syracuse, NY 13210
Phone: 315.470.3325
Mondays from 9 am- 12 pm

Westside Family Resource Center
200 Wyoming Street
Syracuse, NY 13204
Phone: 315.470.3352
Every third Thursday of the month from 10 am-1 pm

Emma L. Johnston Southside Family Resource Center
136 Martin Luther King West
Syracuse, NY 13205
Phone: 315.470.3342
Mondays and Wednesdays from 10 am to 2 pm
Fresh Food giveaways are also on the 2nd and 4th Thursdays of each month.

County West Family Resource Center
93 Syracuse Street
Baldwinsville, NY 13027
Phone: 315.638.1051
Wednesdays from 10 am- 1 pm



To learn more, visit:
www.peace-caa.org/food-pantries



PEACE, Inc. Senior Nutrition Lunches

The Senior Nutrition Program provides hot and nutritious meals at 29 senior centers throughout Onondaga County.

Centers serve lunch daily at Noon, and are open to everyone age 60 and over (spouses under 60 are welcomed)

The suggested contribution is $3.50

Please sign the reservation form if you plan to attend.

Questions call PEACE, Inc. **315-470-3331** or visit **www.peace-caa.org/senior-nutrition**

SCAN TO LEARN MORE

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Keep up with all of the News, Events and Programs at PEACE, Inc.!



Westcott Seniors Gather for Festive Halloween Lunch

Oct 30, 2025 | News and Information

Senior Nutrition brought the Halloween spirit to Westcott Community Center with a lively celebration filled with creativity, connection, and...

READ MORE



Pumpkin Fun at PEACE, Inc. Head Start: Families Create, Learn, and Celebrate

Oct 28, 2025 | News and Information

This October, children and families at PEACE, Inc. Head Start had fun with pumpkins. They painted, carved, and learned together. At Roxboro Head...

READ MORE



Fall Fun for The Golden Age Social Club

Oct 28, 2025 | News and Information

In October, the Golden Age Social Club from the Viola G. Chisholm Eastside Family Resource Center enjoyed a delightful fall outing to Beak and Skiff...

READ MORE

https://www.facebook.com/PEACEIncSyr
https://www.instagram.com/PeaceIncSyr
https://x.com/PeaceIncSyr

www.peace-caa.org/news

Hawley

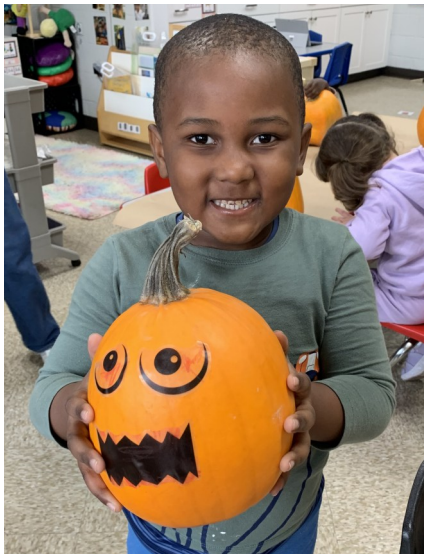
Families were invited into the classroom to decorate pumpkins and learn about “Stop, Ask First!” - a program that teaches about safe and unsafe things to eat or touch. The pumpkins were generously donated by Tim’s Pumpkin Patch that the children were able to take home with them :)





















Merrick

Room 211 students had fun with their families carving pumpkins!































Baldwinsville JE

Eat Well, Play Hard—The children have been engaging in this program, presented by Cornell University. Their focus is to introduce healthy eating habits and exercise. We made our own applesauce and fruit kabobs.






The Baldwinsville Fire Station came to talk to us about fire safety.






Families came in for a picture day photo shoot!










Grant

Families were invited into Classroom 2 to decorate pumpkins that were generously donated by Tim's Pumpkin Patch. They also learned about things that are safe and unsafe to eat or touch through the "Stop, Ask First!" program.















James St.

Room 202 invited families into the classroom to paint pumpkins. Fun was had by all!








Autumn



Merrick

Room 106 invited families to join them and paint leaves with their children.





Genesee

Room 3 had a great time picking and painting pumpkins. Each child went to the gym with some classroom money where there were a variety of different pumpkins to buy. The pumpkins were all different shapes, sizes, and colors. After the children purchased their pumpkins, they invited their families back the next day to help decorate them!














Grant

Families were invited into Room 1 to learn about poison look-a-likes and to decorate pumpkins, generously donated by Tim's Pumpkin Patch! The children also made "Stop Ask First" signs and watched a video about poison safety.



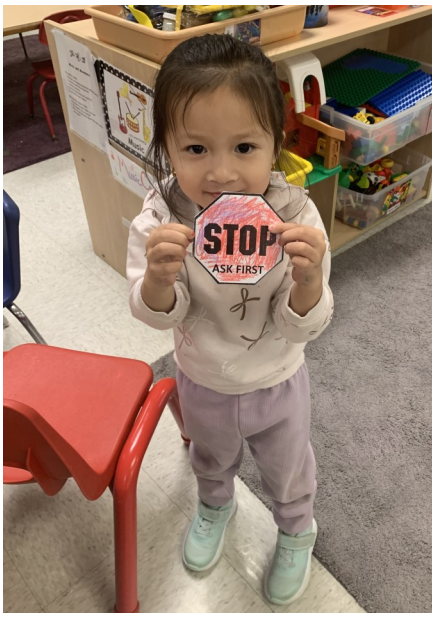
















Home Base

Children and their families were very busy building skills and sparking creativity! Every moment of play is a moment of learning :)











Liverpool

Room 2 has been busy exploring fall! Our class made a pumpkin patch, discovered the similarities/ differences between apples and pumpkins, and had lots of fun painting pumpkins with our families. We also have been working on our fine motor skills. These are important for independence and kindergarten readiness. A quick 8 minutes can do a lot in our fine motor Friday activities when families join in.







The PEACE, Inc. Head Start centers have completed all of the fall dental clinics. Collaboration sites will finish up in December and January. Lead testing will begin in December. NYS requires medical providers to perform lead testing on all children aged 1 and 2. If your child missed lead testing during his/her 1 and 2 year well child exam, this is the perfect opportunity to have them tested right at school. The center nurse/health advocate will let you know if your child needs testing. The Lead Department has a permission form for you to complete. You can be present during the testing or the nurse/health advocate can be there for your child during the test. The test is done by a finger stick and the results are available within a few minutes of testing. The children tested will all receive a goodie bag from the Lead Department. If you are not present for the testing with your child, the Lead Department will mail you the results card in January.





If this is the first time your child is receiving the flu shot, he/she will need two doses given one month apart. From then on it will only be one shot every year. This two-dose schedule is for all children under nine years old, getting the flu shot for the first time. Your children are learning all about germs and good handwashing, including covering their mouth when they sneeze or cough to prevent the spread of germs. Adults should also get the flu and Covid-19 vaccine. If you are pregnant, ask your doctor about getting these vaccines, in addition, you can ask about the RSV vaccine. We are still experiencing cases of Covid-19 mixed in with RSV and flu. Take every precaution to protect your child by getting him/her vaccinated. All children six months and older are eligible for these two vaccines.



Nurse Christina teaching the children to cover a cough/sneeze to prevent the spread of germs using Granny Sneeze.









December health topics in the classroom include home, fire, and poison safety. Your children are learning about smoke detectors and how they sound when they alarm by using Sammy the Smoke Detector. They are also learning how to stop, drop, and roll and how important it is to have an evacuation plan in place as a family. Children understand fire drills at school; when a very loud alarm sounds off, they know we have to get out of the building immediately. Please have practice fire drills at home too. Push the "test" button on your home fire alarm so your children know what it sounds like, should it ever go off. There is always a rise in home fires during the winter months. The Health Team will be sending home fire drill handouts for you to create your own family plan. Some sites have had the Fire Departments come visit.





Never use your oven for heating your house as this is very dangerous. Many house fires happen each winter due to a family heating their home with the oven on and the oven door open.







Make sure to have working smoke detectors and carbon monoxide detectors in your home. If you rent a home and do not have any, please check with your landlord.





To find out if you qualify for HEAP, call Social Services at 315.435.8295.
This will help with heating costs during the winter months.
Apply for HEAP online: www.mybenefits.ny.gov



Our new Chompers Dentist, Dr. Shivanand, from the Syracuse Community Health Center with our Genesee and Liverpool friends.





A child at Merrick with her new glasses! She has a Maribel doll who also wears glasses, just like her :) Glasses open a whole new world for your child to see. If your child did not pass the vision screening, please follow up with his/her doctor.



Sumner

Room 107 was outside collecting leaves to build a leaf pile to jump and play in! We practiced teamwork and patience while we were building our leaf pile.





Try Me Corner

Beets

Pears



Beets are a root vegetable, meaning that they grow in the ground. They grow beautiful dark green and bright purple leaves that are edible! The greens and the root itself can be used in salads, soups, stir-fry's, or even blended with fruits in a smoothie. Beets are a natural source of folate and potassium. Folate is an important B vitamin for pregnant moms, as it helps in growth and development of babies. Potassium is an essential electrolyte like salt, which helps in hydrating the body and muscle movement.

The average cost of 1 large beet is around $2-3 (2025, via Wegmans). Beets should be stored loosely in your refrigerator and make a great winter vegetable as they are always in season and can last in the fridge for up to 3 weeks, if stored properly.



Pears are a stone fruit, or a fruit with a pit or "stone", belonging to a similar family as a peach or cherry. There are many different colors or pears, including red, yellow, green, and many more. Pears are a great source of fiber, which is a nutrient that is great for our digestive health. It helps to improve our bowel health and exercise our GI tract. Fiber also helps with lowering cholesterol.

The average cost of pears is about $1 per pear, or $4-5 per a three pound bag of pears (2025, via Wegmans and Aldi). Pears should be stored cold in a refrigerator or cold environment (35-40 degrees Fahrenheit). If stored like this, pears can last up to 2 -3 months!

Roasted Beets & Pear Salad



Ingredients:

* 2 medium beets, peeled & cut into wedges
* 2 pears, sliced
* 2 tbsp. oil (divided)
* 1 tbsp. butter/margarine
* 1 tbsp. honey or maple syrup (plus 1 tsp. for dressing)
* 1/4 tsp. salt
* 1/4 tsp. black pepper
* 1/2 cup crumbled feta (or shredded cheese)
* 3 cups mixed greens
* 1 tbsp. lemon juice
* 1/4 tsp. Dijon mustard
* Pinch of salt/pepper (for dressing)

Instructions:

* Preheat oven to 400 degrees
* Toss beet wedges with 1 tbsp. oil, salt, and pepper. Roast for 30-35 minutes, flipping halfway
* In a skillet, melt butter/margarine over medium heat or use 1 tbsp. oil. Add pears and honey. Sauté for 6-8 minutes, until golden brown, but not mushy
* Whisk 1 tbsp. oil, lemon juice, 1 tsp. honey, Dijon mustard, and a pinch of salt/pepper to make the dressing
* In a large bowl, combine mixed greens, roasted beets, and carmalized pears.
* Top with crumbled cheese