



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

As we enter the month of November, I want to take a moment to express my gratitude for each of you. This time of year reminds us how important it is to come together as a community and to celebrate all that we have accomplished so far this school year. Your partnership and involvement play such an important role in your child's learning and growth, and we truly appreciate the support you show every day.

This month we encourage you to take a few moments at home to talk with your child about what they are thankful for. It's a wonderful way to build language skills and strengthen family connections.

As the weather gets colder, please remember to send your child to school with weather appropriate clothing for outdoor play. We look forward to a month filled with learning, laughter, and gratitude!

Reminders:

November 4th—Early Dismissal (Parent/Teacher Conferences)

November 11th—Closed (Veteran's Day)

November 26-28th—Closed (Thanksgiving 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,

Rebecca L. Frank

Did You Know?

A child's brain reaches about 90% of its adult size by age five, making early learning experiences especially important! Play isn't just fun, it helps children develop social skills, problem-solving abilities, and creativity that they will use throughout life.



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.

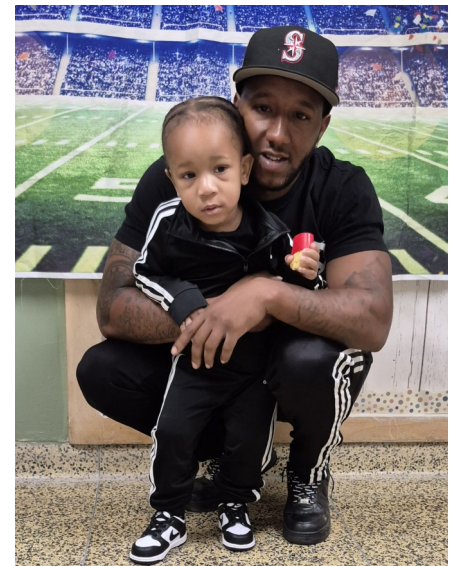
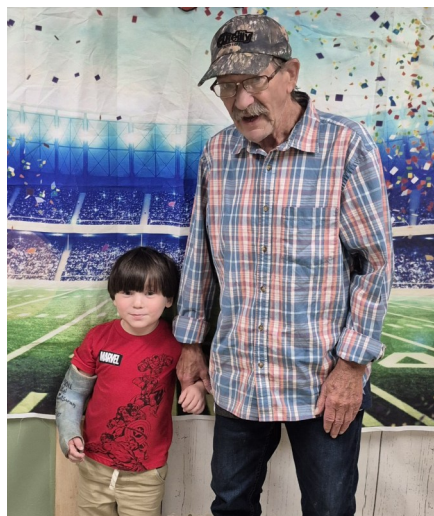
James St.

The “Men In the Lives of Children” day was a huge success! The children were so excited that the special men in their lives and their moms came to school to spend time with them in the classroom. Thank you to everyone who took the time to attend. In the future, we will have to move events to a larger area in the building!



Sumner

Dads and other male role models posed for a picture with their loved one(s) to show their support and participation in our program!



Hawley Youth Organization

Hawley celebrated Men In the Lives of Children by inviting dads and other important male role models into the classroom and have a special picture taken together.



Elmcrest

We celebrated Men In the Lives of Children on September 19th. Children picked out a book with their dad/important male role model and took a photo together to start the day :)



Genesee

Students and staff enjoyed a visit from some of our local firefighters and one of their fire trucks. This went right along with October being fire prevention month. The firefighters read us a story, talked about fire prevention, and let the children enjoy a visit inside of the truck. All of our students went home with a sticker and a firefighter hat. It was a great event!



Merrick

Room 211 has been All About Me for the last few weeks. We have been busy in our dramatic play doctor's office, tracing our bodies, drawing self-portraits, and making all about me books!



James St.

The Syracuse Fire Department visited both classrooms to discuss fire safety. The children interacted with them and then had an opportunity to climb aboard the truck!



Genesee

Room 2 had fun using our five senses during an experiment! We made a volcano apple and used our eyes, ears, and nose to describe what we saw, heard, and smelled.



Room 4 is enjoying the start to their school year. They have been exploring new toys, enjoying the outdoors, and trying some fresh basil from our garden! While we learn during playing, we even got some time to practice the spelling of our names. It's been a fun couple of months!



Our site has had a delightful outdoor upgrade since the new school year has started. A big shout-out to Tim Gardner (Teacher Assistant in Room 4) for the wonderful idea and implementation of a new walkway leading to our front door. Each of the four classrooms created a stepping stone to add to the project. Mr. Tim filled the walkway in with some additional stone and topped off the project with a special stepping stone in remembrance of our beloved friend, co-worker, and work mom, Ms. Toni Blackmon. We love looking at the creative work from our students. On the other side of the building, in our parking lot, you can catch a glimpse of Roscoe, our friendly snake. Thank you Samantha Olson (Teacher in Room 4) for this great activity and gathering all of the rocks over the summer. This snake was created during our September Male Involvement event. Students painted rocks with their special visitors to add to Roscoe's body. This was a great activity and everyone enjoyed participating. Next time you're headed to Genesee Head Start, take a quick peek and feel free to add your own painted rock to our friend Roscoe. We are hoping to watch him grow!



Liverpool

Beth Chiasson, Child Behavior Specialist, has introduced Baby Doll Circle Time to the Liverpool classrooms. The children naturally took their babies under their wings, holding, caring, and loving them. Baby Doll Circle Time helps to build attachment skills in young children.



Sumner

Leo the Lion from the Onondaga Health Department visited Sumner. The children loved interacting with Leo while their families were able to receive valuable information regarding lead testing.

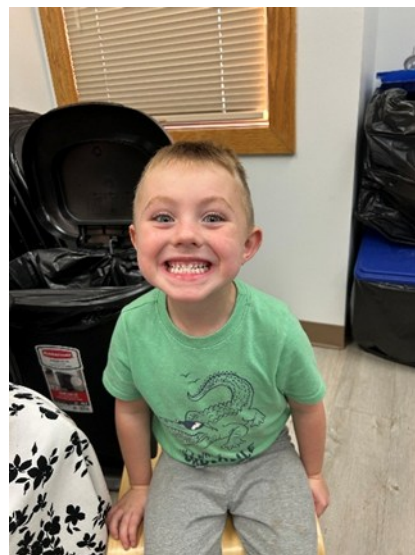




Chompers Dental Clinics at the PEACE, Inc. locations are under way. Dr. Shivanand will do an exam and fluoride varnish for the children. If you did not sign up for this free dental clinic offered twice per school year, please ask your family worker for the Chompers permission form. If your child is at a collaboration site and you do not have a dentist, another free clinic is through Emmaus Ministry. The dentist will do an exam, cleaning, fluoride varnish, x-rays, and minor treatment, if needed. Please call to schedule an appointment—see flyer below.



If your child was determined to need dental treatment based on the exam by the Chompers dentist, the site nurse/health advocate will contact you and send home the exam form. If your child does not have a dentist, you may use the Syracuse Community Health Center as your child's primary dentist. The nurse/health advocate can also send you a list of local dentists for you to choose from. A dental exam is a requirement of the Head Start program. If your child did not participate in the Chompers Dental Clinic, please bring a copy of a current dental exam for the site nurse/health advocate as soon as possible.





PEACE, Inc. Head Start centers are now stocking emergency Narcan nasal spray for treatment of an opioid overdose. 166 staff have been trained in recognizing the signs and symptoms of an opioid overdose and administering Narcan. The Office of Children and Family Services has approved all New York State licensed childcare programs to stock Narcan. Any staff person, volunteer, visitor, and/or child suspected of experiencing an opioid overdose can now be treated on site while an ambulance is in route. It is very important that parents/guardians, or any caretaker of a child, safely store any prescription opioids out of the reach of children. If you need a locking medication container or locking medication bag that holds multiple containers, please talk to your center nurse to get either of these items.



Cold and flu season, as well as COVID-19, is upon us. If your child is ill, please follow up with your doctor to discuss symptoms and for an evaluation, if needed, and keep your child home until he/she is feeling well again. Flu, RSV, and COVID-19 are all very contagious and spread through classrooms. The children will be learning about germs this month with Jumpy the Germ and Jayden—Germ Fighter. Protect yourself and children against flu, RSV, and COVID-19. Talk to your Health Care Provider about vaccination.



PRIMARY SYMPTOMS OF COVID-19



Allergy & Asthma NETWORK

What is RSV?

RSV is a common respiratory virus. By the time children are 2 or 3 years old, most have been infected by RSV at least once, with few problems. However, for some, the virus can be life-threatening – and the infection sends more babies to the hospital than any other condition.

Who are high-risk people for RSV?

For some, the virus can be life-threatening. High-risk groups include:

- Premature babies in first year of life
- Infants under 6 months
- Children with asthma
- Patients of any age with a weakened immune system or underlying lung or heart problems

Infants

are most severely affected by RSV. Signs and symptoms of severe RSV infection in infants include:

- Short, shallow, and rapid breathing
- Struggling to breathe – chest muscles and skin pull inward with each breath
- Cough
- Poor feeding
- Unusual tiredness
- Irritability
- Fever – (temperature above 100 degrees Fahrenheit). Fever may not always be present

Adults/Older Children:

- Congested or runny nose
- Dry cough
- Low-grade fever
- Sore throat
- Sneezing
- Headache

RSV infection can spread to the lower respiratory tract, causing inflammation of the small airway passages entering the lungs. These signs include:

- Fever
- Severe cough
- Wheezing
- Rapid breathing or difficulty breathing
- Bluish color of the skin due to lack of oxygen (cyanosis)

www.allergyasthmanetwork.org

FLU

signs and symptoms

SORE THROAT

DRY COUGH

RHINITIS

FEVER

CHILLS

HEADACHE

Nutrition Corner



Sweet potatoes are a root vegetable, meaning they grow under the soil. They belong to a different plant family than regular white potatoes and can be orange, purple, or yellow on the inside. Sweet potatoes are super healthy! They are packed with Vitamin A, which helps keep your eyes and skin healthy, Vitamin C to help fight off colds, and fiber to help with digestion and energy to keep children active and strong. Sweet potatoes can be baked, mashed, roasted, or made into fries, and contain natural sugars to make them a tasty treat that even toddlers will love! When choosing a sweet potato at the grocery store, look for ones that feel solid with no soft/squishy spots and with smooth skin that is free from cracks or cuts. If you see little sprouts growing, that means the potato is getting old. Keep sweet potatoes in a cool, dry place (not in the refrigerator) so that they stay fresh longer.

Sweet Potato Cranberries

Cranberries are a fruit that grow on small vines in special wetlands called bogs and are harvested in the fall. These small fruits are full of Vitamin C and antioxidants to help keep our bodies healthy. Fresh, ripe cranberries are so firm that they actually bounce when dropped! Raw cranberries are very tart, so most people cook or sweeten them before eating. Fresh cranberries should be rinsed under cool water before cooking. They can be simmered in a little water and sugar for about ten minutes to make cranberry sauce or added to muffins, bread, or oatmeal for a burst of flavor and color! Dried cranberries are also great sprinkled on salads, yogurt, or cereal. They freeze well so you can keep them on hand for months.



Cranberry Sweet Potato Bake

Ingredients:

- * 1 1/2 lbs. peeled sweet potatoes, cut into cubes
- * 1 cup fresh cranberries
- * 1 apple, peeled and cut into cubes
- * 1/4 cup melted butter
- * 1/2 cup sugar
- * 1 1/2 tsp. cinnamon
- * 1/2 tsp. nutmeg
- * 1/2 cup cranberry juice
- * 1/3 cup pecan halves, toasted

Directions:

- * Preheat oven to 350 degrees
- * Combine sweet potatoes, cranberries, and apples in a large mixing bowl
- * In separate bowl, combine melted butter, sugar, and spices. Add to sweet potato mixture, tossing to coat
- * Place in a shallow, 2-quart casserole dish. Pour cranberry juice over top of casserole
- * Cover and bake for 50 minutes or until sweet potatoes are almost soft, stirring occasionally
- * Stir in pecans and cook, uncovered, for 10 more minutes, or until sweet potatoes are tender
- * Let casserole sit 10 minutes before serving