

**HEAD START / EARLY HEAD START**

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

February is a month that reminds us of the importance of connection, kindness, and community. As we continue through the winter season, colder weather, and changing conditions can bring additional challenges for families. We appreciate your continued partnership in helping keep our children healthy and safe during this time.

To help prevent the spread of illness, we encourage families to remember the importance of regular handwashing, covering coughs and sneezes, and keeping children home when they are not feeling well. Dressing children appropriately for cold weather—such as wearing warm coats, hats, and gloves—also helps ensure they can safely enjoy outdoor play, which remains an important part of the Head Start day whenever the weather allows. If you need assistance getting any of these warm weather clothing items, please check with your Family Worker for resources.

As always, our staff is here to support you and your family. Thank you for being such an important part of our Head Start community—we are grateful to learn and grow together.

**Reminders:**

February 16th –20th—Closed (Winter 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?



Infant, toddler, and preschool aged children are developing the part of the brain responsible for managing emotions. When adults label feelings (like happy, sad, frustrated, etc.) and model calm responses, it helps children learn how to understand and manage their emotions over time.

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.

# Roxboro

Room 106 has been having fun playing in the dramatic play farm and taking care of all of the animals, as well as exploring the classroom!



# Baldwinsville JE

As part of the Building Study, Room 2 had a special guest from the community visit the classroom. The children learned about real tools, measuring, and safety precautions that builders take while using tools.



# Roxboro

Room 107 hosted a Winter Wonderland family event! The children also enjoyed taking care of animals at the Vet Clinic, having an animal dance party, discovering fossils, and reading to our friends.





February is Dental Health Month! Our spring Chompers dental clinics will begin in April and May. If your child is at Baldwinsville JE, Genesee, James St., Lafayette, Liverpool, Merrick, Cab Horse, Sumner, or in the home base program, and you have not signed the Chompers permission form, please contact your Family Worker/Home Base Visitor. This permission only needs to be signed once and then each

time Chompers comes to a Peace Inc. location, your child will automatically get an exam, cleaning, and fluoride varnish. You will receive the exam form, which will tell you if your child needs additional dental treatment. A dental exam is a requirement of the program for ALL children. If your child does not have a dentist, your nurse, health advocate, family worker, or home visitor can give you a list of dental providers. If you signed up for Chompers, your child will be registered at Syracuse Community Health Center and you may make appointments for routine exams and cleanings.

By introducing dental hygiene at an early age, you are helping set your child up for oral health success. You can be confident that you have helped your child create a health routine that will grow with them for the rest of their life.

PROVIDED BY: Emmaus Ministry

**FREE DENTAL CLINIC!**

FOR EARLY HEAD START AND HEAD START CHILDREN

**TIMES:**  
1:00 - 4:00 PM  
ON SELECTED MONDAYS

**INCLUDES:**

- ☑ DENTAL EXAM
- ☑ DENTAL CLEANING
- ☑ FLUORIDE VARNISH
- ☑ X RAYS
- ☑ DENTAL TREATMENT IF NEEDED

**WHERE?**  
ST. MARIANNE COPE  
HEALTH SERVICES  
DENTAL AND MEDICAL CLINIC  
4335 SOUTH SALINA STREET  
SYRACUSE, NY, 13205

CONTACT  
PHONE: 315-928-5191  
EMAIL: INFO@EMMAUSMINISTRY.ORG

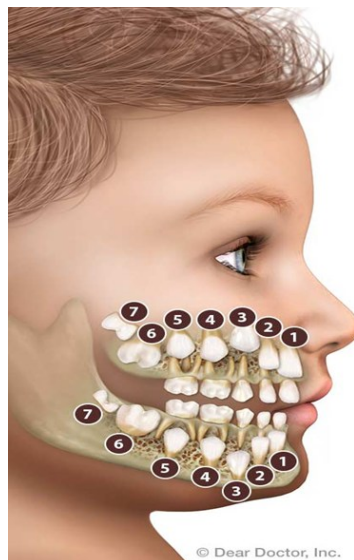
**TO SCHEDULE AN APPOINTMENT CALL:**  
315 - 928 - 5191

\*HEAD START REQUIRES A DENTAL EXAM FOR ALL CHILDREN. PLEASE BRING IN A COPY OF THE EXAM FOR YOUR CENTER NURSE\*

If your child is at a partnership location 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 treatment if needed. Please call to schedule an appointment.

Baby teeth are important for:

- Proper chewing and eating
- Providing space for the permanent teeth and guiding them into the correct position
- Normal development of facial bones and muscles
- Development of normal speech
- Child's appearance and feeling confident!



### An inside look at a 4-year-old's developing jaws and teeth

The permanent tooth buds are located below the baby teeth and are starting to form. As they erupt, they remove the roots of the baby teeth.

Permanent Teeth	
①	Central Incisors
②	Lateral Incisors
③	Canines (Cuspids)
④	First Premolars (Bicuspid)
⑤	Second Premolars (Bicuspid)
⑥	First Molars
⑦	Second Molars

**Note:** Wisdom teeth have not yet started to form (calcify).



Winter has arrived! Please make sure your child wears boots, hats, mittens, coat, and snow pants each day. As long as the weather is nice, the children will go outside to play and get fresh air. If you are in need of anything, please talk to your Family Worker.

**When going outside be sure to wear:**

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

**NOSE EARS TOES CHEEKS CHIN FINGERS**

# WINTER STORMS

## What Can I Do?

### Prepare Your Home



Make your home winter ready. Buy needed supplies before the storm arrives. Have a plan in case you lose power or are unable to leave your home.

### Monitor Your Forecast



Stay up to date with the latest forecast information as the storm approaches, monitor your favorite source for weather information.

### Prepare Your Vehicle



Make your vehicle weather ready. Be sure to include a safety kit, cold weather gear, and all the necessities you may need to deal with the storm ahead.

### Have A Plan



Before weather threatens, be sure to have a communications plan, change travel plans, and prepare for the impacts to your routine.

## Know The Terms

**Winter Storm Watch:** There is potential of a significant winter weather event. Conditions are possible but not imminent.

**Winter Weather Advisory:** Winter weather is imminent and may cause inconveniences.

**Winter Storm Warning:** A significant winter storm is imminent and is a danger to life and property.

**Blizzard Warning:** A significant winter storm with strong winds, snow, and low visibility is imminent and is a danger to life and property.

**Ice Storm Warning:** Dangerous ice accumulations are imminent



[www.weather.gov/winter](http://www.weather.gov/winter)

## Request Installation of Smoke Detectors

Smoke detectors that are properly installed and maintained play a vital role in reducing fire deaths and injuries. Smoke detectors save lives. If there is a fire in the home, smoke spreads fast and the occupants need smoke detectors to give them time to get out. Having a working smoke detector cuts the chances of dying in a reported fire by half. Members of the Syracuse Fire Department will come install smoke detectors in 1 and 2 family dwellings.

Pick your preferred method of submitting the request below for further instructions.

ONLINE

PHONE

## Contact Us

### Phone

[315-448-4777](tel:315-448-4777)

### Email

[FirePrevention@syr.gov](mailto:FirePrevention@syr.gov)

If you would like to request smoke detectors for your home, contact:

<https://www.syr.gov/Departments/Fire/Fire-Prevention-Bureau/Smoke-Detector-Installation-Program>

If you are in need of outdoor clothing, please reach out to your Family Worker, who may be able to help. Peace, Inc. has several Family Resource Centers throughout Onondaga County, some of which have clothing pantries that can assist too.

**County West Family Resource Center**

93 Syracuse Street #700  
Baldwinsville, NY 13027  
Phone: (315) 638-1051  
Fax: (315) 638-3154  
Monday – Friday 8:30 a.m. – 4:30 p.m.

**Westside Family Resource Center**

200 Wyoming Street  
Syracuse, NY 13204  
Phone: (315) 470-3352  
Fax: (315) 470-3385  
Monday – Friday 8:30 a.m. – 4:30 p.m.

**County South Family Resource Centers**

12 Clinton Street  
Tully, NY 13159  
Phone: (315) 696-8203  
Fax: (315) 696-8663  
Fridays by appointment only

**Emma L. Johnston Southside Family Resource Center**

136 Dr. Martin Luther King West,  
(formerly W. Castle Street)  
Syracuse, NY 13205  
Phone: 315.470.3342  
Fax: 315.472.1955  
Monday – Friday 8:30 a.m. – 4:30 p.m.

**Viola G. Chisholm Eastside Family Resource Center**

202 South Beech Street  
Syracuse, NY 13210  
Phone: (315) 470-3325  
Fax: (315) 470-3328  
Monday – Thursday 8:30 a.m. – 4:30 p.m.  
Friday by appointment only – 8:30 a.m. – 4:00 p.m.

**Others include:**

**University United Methodist Clothing Closet—open 9am—Noon every Thursday**

1085 East Genesee Street 315-475-7277  
Syracuse, NY 13210  
Website: [www.uumcsyracuse.org](http://www.uumcsyracuse.org)

**First Baptist Church Clothing Ministry- open 2pm - 8pm every Thursday**

30 Clinton Street 315-689-6560  
Jordan, NY 13080

**Mary and Joseph’s Pantry -Any day by appointment: 315-451-5070**

425 Beechwood Avenue  
Liverpool, NY 13088

**Keep yourself and whole family safe from viruses like Flu, Covid-19, and RSV—Vaccination is our best protection!! The flu is on the rise this season.**



# Try Me Corner



Butternut squash is a “winter fruit” in the squash family because it grows from a seed and flowers, as does a fruit. It is rich in many nutrients and is a good source of fiber, which is great for heart health and helps to lower cholesterol. Fiber also makes meals hearty and keeps us full. Butternut squash is a great source of Vitamin A and the pro-vitamin, Betacarotene, which makes fruits and vegetables orange in color and are essential for our immune system and vision. It is also a good source of Vitamin C that helps up to heal from wounds and protects us from infections. Squash is also a source of magnesium and potassium, necessary for our heart and blood pressure management. It is an economical food with an average cost of \$2.75 (based on Wegmans and Aldi prices). It can be stored for up to 3 months in the right environment. All winter squashes should be stored in a cool, dark location (like a cellar or pantry), not refrigerated.

## Butternut Squash Collard Greens

Collard greens are a cruciferous vegetable and part of the same vegetable family as kale, broccoli, and cabbage.



They are a great source of Vitamin K, which studies have linked to lower rates of heart disease. Dark leafy greens, like collard greens, contain a good amount of iron which is essential for many body functions, such as oxygenating the organs and tissues in the body and keeping your immune system running. It also helps your to avoid anemia, which can cause things like aches, pains, and hair loss. They are also a source of calcium, folate, and Vitamins A and C. Collard greens are around \$3 in the store (per Wegmans) for a large bushel and can be used in many recipes such as soups, stir fry, or as a side with meals. They are easily stored in the vegetable drawer of your refrigerator and can last about 1 week this way. They can also be blanched (lightly boiled) and then stored in a freezer for many months.

### Vegan Butternut Squash, Collard Green, & Chick Pea Soup

#### Ingredients:

- \* 5 cups collard greens
- \* 1 (15.5oz can) chickpeas, drained
- \* 1 (15.5oz can) small white beans, drained
- \* 1 butternut squash, chopped
- \* 2 1/2 cups mushrooms, sliced
- \* 1 onion, chopped
- \* 3 cloves garlic, minced
- \* 1/2 tsp dried rosemary
- \* 2 tbsp. cooking oil
- \* 3 cups water
- \* 1 tsp dried thyme
- \* 1 tsp Cajun seasoning (optional)
- \* Salt/pepper, to taste

#### Directions:

- \* In a large pot, over med/high heat, add oil, onions, garlic, and rosemary. Cook until fragrant and until onions are translucent.
- \* Reduce heat to low, add water and the rest of the ingredients. Cover and simmer for about 20 minutes or until collard greens are tender.
- \* Season with salt and pepper to taste
- \* Serve and enjoy!

