



HEAD START / EARLY HEAD START

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

As we welcome April, we are reminded of the beauty of growth and new beginnings all around us. The changing season brings longer days, warmer weather, and more opportunities for children to explore, learn, and play outdoors. At Head Start, we embrace this time of year as a chance to nurture curiosity and support children’s development in new and exciting ways.

Outdoor play is especially important for young children. It not only helps build strong muscles and coordination, but also supports social skills, creativity, and problem-solving. Whether its jumping in puddles, observing nature, or simply enjoying fresh air, these experiences are powerful learning moments. We encourage you to take advantage of the spring weather by spending time outside together as a family.

April is also a great time to re-establish routines. Consistent daily schedules, especially around meals and sleep, help children feel safe, secure, and ready to learn. Even small, predictable routines at home can make a big difference in your child’s behavior and overall well-being.

As always, we are grateful for your partnership. Your involvement and support are essential to your child’s success and we appreciate all that you do each day. Wishing you a joyful and refreshing spring season!

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?

Children have more taste buds than adults and they aren't just on the tongue! They can also be on the back of the throat and tonsils. This is why children are often more sensitive to strong flavors.



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.



Merrick

Room 206 learned about Chadwick Boseman during Black History Month. This included hearing his commencement speech at his alma mater, Howard University, reading biographies about him, and making a hallway display. The class also made bridges for him film, 21 Bridges, created panther necklaces for the film Black Panther, and threaded baseballs for the movie 42: The Jackie Robinson Story.



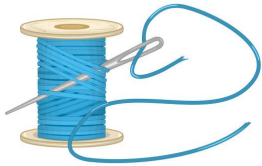
Elmcrest

Children and families celebrated healthy hearts in February. They decorated wooden hearts and heart cookies together. School-to-Home activities and resources, along with make your own playdough kits went home with families for the long weekend.



Lafayette

A family enjoyed sewing and building school-to-home activities!



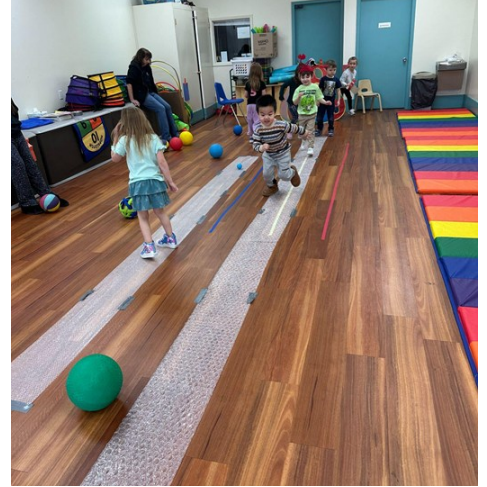
Merrick

Room 106 celebrated Dr. Seuss's birthday! The children enjoyed their hats :)



Liverpool

The children in Room 3 had a wonderful time celebrating the week of Dr. Seuss's birthday! Throughout the week they enjoyed several fun and creative activities inspired by his stories. The class celebrated Wacky Wednesday, made delicious strawberry and banana kabobs, and even explored some green goop while learning about Green Eggs and Ham. It was especially fun to have families involved in the celebration. We loved seeing everyone's creativity and enthusiasm!!



**Today you are you,
that is truer than true.
There is no one alive
who is Youer than You.
-- Dr. Seuss**



Sumner

Room 107 practiced writing their names and using scissors to help develop their fine motor skills. The children also practiced sequencing colors like in the rainbow and used the "Rainbow Song" to help decide what color came next.



Merrick

Room 203 celebrated Dr. Seuss's birthday by making paper bag hats and invited families for a One Fish, Two Fish, Red Fish, Blue Fish activity.



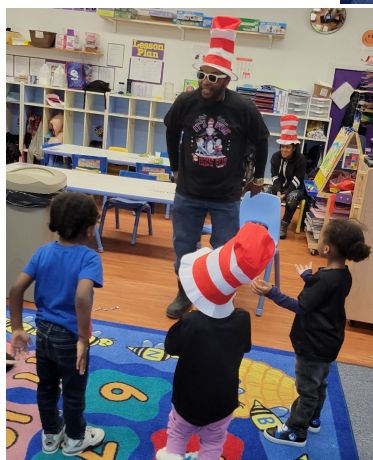
Roxboro

Room 106 has been having a great time learning about plants in the dramatic play flower shop and in centers throughout the classroom!



Merrick

Room 211 celebrated Dr. Seuss's birthday with lots of fun and learning! The children enjoyed listening to several Dr. Seuss books and exploring the silly rhymes and imaginative stories that make his books so special. They had a great time dressing up like Cat in the Hat, bringing the stories to life right in our classroom. One of the children's dad joined us and led a special activity, making the celebration even more exciting! It was a wonderful week full of reading, creativity, and smiles as we honored the beloved author, Dr. Seuss :)





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



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



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

Fresh Food giveaways are also on the 2nd and 4th Thursdays of each month.





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

Big Brothers Big Sisters (BBBS)
Head Start Preschool / Early Head Start
Department of Energy & Housing Services
Family Services
AmeriCorps Seniors – Foster Grandparent Program

Free Tax Prep Program
Senior Nutrition Program
Senior Supports Program
Frank DeFrancisco Eastwood Community Center



Phone (315) 470-3300 | info@peace-caa.org | www.peace-caa.org

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



KeyBank and PEACE, Inc. Bring Free Tax Prep to the Community

Mar 3, 2026 | News and Information

PEACE, Inc. and KeyBank teamed up for their annual "Super Saturday Free Tax Prep Event" at Beauchamp Library in Syracuse. Serving only walk-up...

[READ MORE](#)

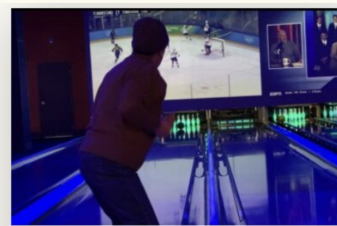


Young Learners Explore Black History Month

Feb 28, 2026 | News and Information

The children at Merrick Head Start celebrated Black History Month by learning about important African Americans who have shaped history, culture,...

[READ MORE](#)



Seniors Strike Up Fun at Destiny USA

Feb 26, 2026 | News and Information

Seniors from the Viola G. Chisholm Eastside Family Resource Center recently enjoyed a fun outing to APEX Entertainment at Destiny USA. The group...

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<https://www.facebook.com/PEACEIncSyr>

<https://www.instagram.com/PeacelncSyr>

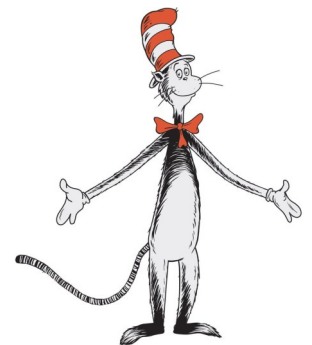
<https://x.com/PeacelncSyr>



www.peace-caa.org/news

Lafayette

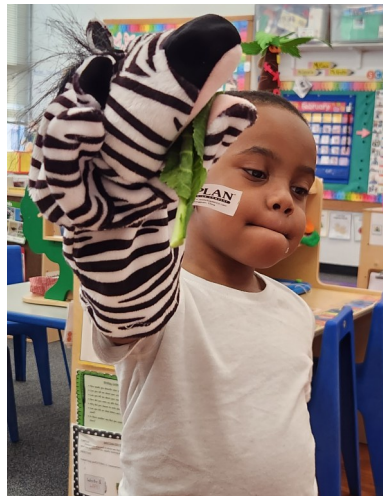
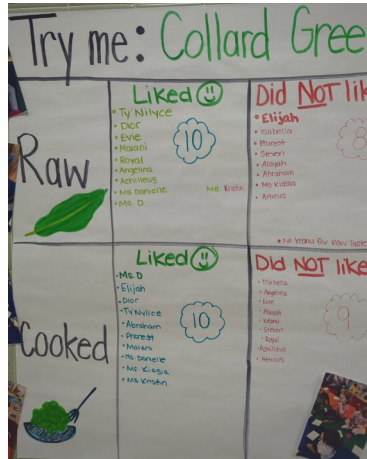
We hosted a Dr. Seuss event at the center. There were many activities for families to enjoy with their children.



Summer

Children in Room 107 created a graph with raw and cooked collard greens. We took the time to use our five senses to inspect the raw collard greens in the morning and then again with the cooked collard greens at lunch.

During center time, one of the children decided to feed the collard greens to his zebra puppet!

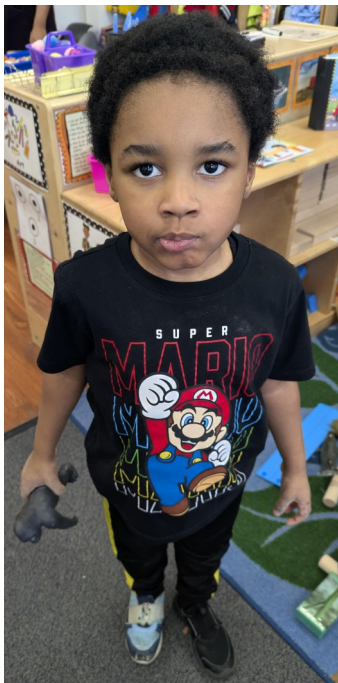


Summer

We celebrated our third day of Dr. Seuss fun with his book called Wacky Wednesday! Along with having a bunch of random wacky things happen in the classroom, we all dressed a little wacky too! It was such a fun day of learning and literacy involvement in Room 107.



Why **fit in** when
you were born to
stand out?
Dr. Seuss



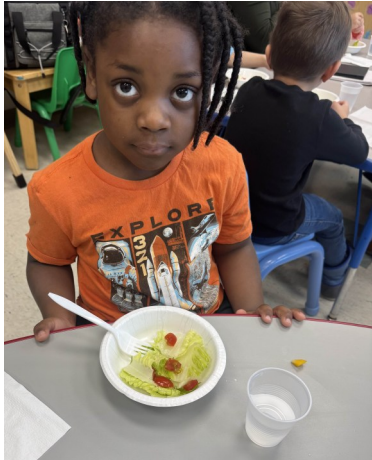
Atonement

The preschoolers made their own playdough during Dr. Seuss week! Children measured flour, salt, oil, and warm water, as well as added some red coloring. This activity was a fun way to learn about math, science, and to use their creativity. Mixing and playing with the dough was a great way to develop hand and finger strength for fine motor skills that are needed to be able to hold a pencil, secure buttons, and operate zippers. Everyone was able to take their playdough home, along with the recipe!



Genesee

Room 4 has been enjoying the Eat Well, Play Hard program that the site is participating in. The children have been participating in lessons that teach and introduce them to healthy new foods. Our friends may have, or may not have, enjoyed trying some new foods. They tried different salad foods, along with snap peas, to see who liked them and who did not. We are looking forward to participating in the other lessons, activities, and food that we will try throughout this program.



Baldwinsville JE

The Jordan Village Historian came to teach the children about where maple syrup comes from. She read stories and made pretend campfire pancakes. She also presented a great counting activity with the pretend pancakes, counting the dots from 1-10 both forwards and backwards. The children each made a pretend pancake and their own paper placemat as an art activity.



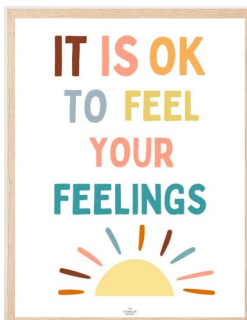
Merrick

Room 106 made Earth Day paper plates and handprint shamrocks!



Genesee

Children enjoyed a special performance from Syracuse Stage! All of our classrooms enjoyed the interactive production of "Tiny Martians, Big Emotions". Even though we don't understand Martian language, we certainly could tell the different emotions. We appreciated this special treat!



Sumner

Children in Room 105 had fun painting and using watercolors.



They also took advantage of the first signs of spring. Children were excited to be outside, enjoying the warm weather!

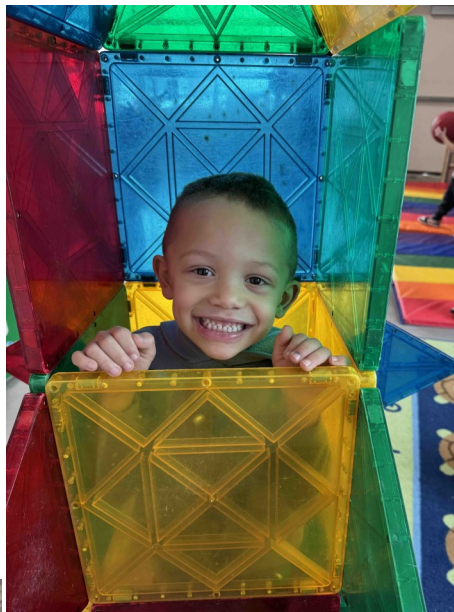
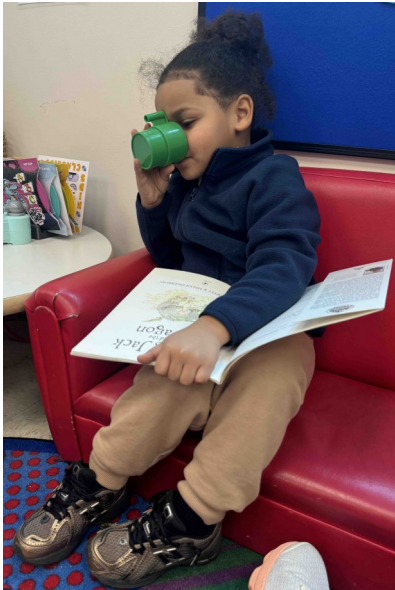


SPRING



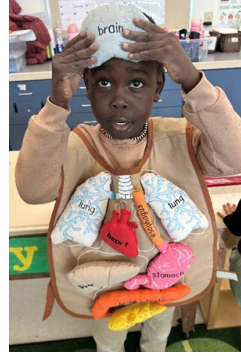
Genesee

Room 4 has been enjoying a wide variety of fun, new activities in their classroom. The children are making the best of a snowy situation and enjoy being out on our playground this winter. Some of the children even tried drawing on the ceiling (under a table) like the painter, Michelangelo. The class will begin a new study focused around music this month. We will hear some wonderful melodies coming from this classroom!





April is Healthy Body Month—This month, children are learning about all of the amazing body parts inside their bodies. Nurse Ryan’s health education in the classrooms included using the body organ apron. The children were able to see the heart, lungs, brain, stomach, and more! They all loved putting this apron on. It’s amazing to see their expressions when they see what their body looks like from the inside.



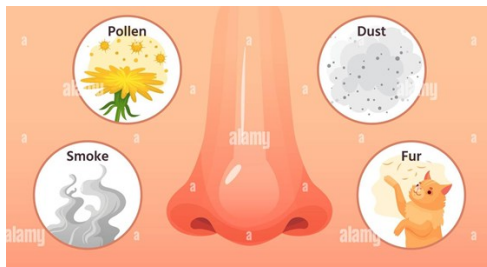
Spring dental clinics at the PEACE, Inc. Head Start locations are underway. If you have signed your child up for the Chompers Dental Clinic, you will receive an exam form completed by Dr. Shivanand. If your child needs dental treatment, please call your child’s regular dentist for an appointment. If your child does not have a dentist, you may call the Syracuse Community Health Center for an appointment. When you call, let the receptionist know your child attends Head Start and had a dental exam with Dr. Shivanand. If you would like a list of local dentist, your Family Worker or center Nurse/Health Advocate can provide you with a list. Baby teeth are very important. If it is determined your child needs dental treatment, do not delay. Baby teeth hold a space for the adult teeth, aide in speech development, healthy nutrition, eating, and self confidence in having a beautiful smile. A dental exam is required for all Early Head Start and Head Start Preschool children.



The children learned about what foods help them grow strong and healthy. Also, which foods are good and not so good for their teeth!



Spring is here and so is allergy season! If your child has seasonal allergies, it's very important to give them their allergy medication if prescribed by the doctor. Giving allergy medication helps to control the allergic reaction that causes runny nose, sneezing, itchy and watery eyes, and coughing too. As the weather is getting warmer, certain allergy triggers start. This includes pollen in the air, flowers blooming, and changes to the weather too. Many children with allergies also have asthma. It's very important to give your child asthma medication as prescribed. If your child's doctor has prescribed a maintenance inhaler/nebulizer medication, use as directed. Common maintenance medications are Flovent and Pulmicort. These maintenance asthma medications are types of steroids. The inhaled steroid helps to control any swelling (also called inflammation) in the lungs from triggering an asthma attack. Most commonly used emergency rescue medication is Xopenex or Albuterol, either in an inhaler or nebulizer solution. If your child uses one of these medications frequently, please follow up with the doctor right away to discuss other treatment options to control asthma. If your child has an inhaler, make sure to ask the doctor for a mask and spacer. The spacer used with a mask makes it easier for the children to inhale the medicine from the inhaler. Young children do not understand how to take a deep breath and hold. Using a spacer with the mask allows children to breath normally while receiving puffs from the inhaler. All children with asthma will have an Individualized Health Care Plan at school. This plan tells the teachers what signs and symptoms to look for and understand if your child will need to use their inhaler or nebulizer while at school.



Knowing what triggers your child's asthma and allergies will help control symptoms and help keep your child healthy.



ASTHMA RISK FACTORS



Young children need a spacer and a mask when using an inhaler. This helps make sure they inhale all of the medication

It's not too late! Keep yourself and whole family safe from viruses like flu and Covid-19. Vaccination is our best protection!





HEAD START PRESCHOOL / EARLY HEAD START

ENROLL YOUR CHILD!



PEACE, Inc. Head Start Preschool - Early Head Start Program is accepting applications for the 2026-2027 school year!



Serving Onondaga County

Home-Based and Center-Based

Pregnant Women, and Children from birth to 4 years old before December 1



The services are available at no cost.

APPLY NOW!

To learn more about the Head Start Preschool - Early Head Start Program or to enroll your child, visit

www.peace-caa.org/hs

SPRING



Try Me Corner



Pineapple is a fruit that grows on a plant close to the ground, not on trees. Each plant produces just one pineapple at a time, which can take up to two years to grow! They are packed with vitamin C, which helps keep children's immune systems strong and supports healing. Pineapple also contains a natural enzyme called bromelain, which can help with digestion and is great for growing bodies. It is naturally sweet and refreshing, making it a great alternative to sugary snacks and drinks. Fresh, frozen, or canned (in juice, not syrup) pineapple can all be healthy options for families. Add pineapple to yogurt, smoothies, or serve it alongside meals for a naturally sweet treat children will love!

Pineapple Basil



Basil is a fragrant herb often used in cooking, especially in dishes like pasta and sauces. It contains important nutrients like vitamin K, which helps support healthy bones, and vitamin A, which supports vision and immune health. Basil has natural compounds that may help reduce inflammation and support overall wellness. This herb is easy to grow at home in a small pot on a windowsill or in a garden. This can be a fun way to involve children in learning about plants and food! Basil plants love warm weather and sunlight, making them a great spring and summer plant. Smelling fresh basil leaves can be a sensory experience for children, helping them learn through touch and smell. Adding herbs like basil to meals is a great way to introduce children to new flavors without adding extra sugar or salt. Let your child tear fresh basil leaves and sprinkle them on pizza, pasta, or tomatoes for a fun and healthy addition!

Salted Pineapple and Basil Salad

Ingredients:

- * 1 ripe pineapple, peeled, cored and cut into chunks
- * 1 cucumber, sliced into small chunks
- * Blueberries
- * 15-20 fresh basil leaves, torn or shredded
- * 1/2 tsp salt

Instructions:

- * Toss the pineapple chunks in the salt
- * Combine with the rest of the ingredients
- * Leave to chill in the refrigerator for an hour or more before serving

