The experiences offered in Head Start support each child’s specific way of learning. Children may use one or more multiple intelligences to learn. Think about how you learn best too!

- **Word Smart**—children learn best through verbal presentations, reading, writing, and discussing.
- **Logic/Number Smart**—children learn when they use patterns, categories, numbers, math.
- **Music Smart**—children have a good sense of rhythm and melody and learn by putting information to music.
- **Body Smart**—children learn best when there is movement or hands-on activities.
- **Art Smart or Visual**—children learn through pictures, films, videos, and visual aids. They have an eye for detail and color, spatial awareness.
- **Naturalist**—children have a keen awareness of the natural world and can discriminate natural items like animals, insects, birds, flowers. They learn best when sorting and classifying things related to the natural world.
- **Intrapersonal**—children are self-smart. They are aware of their own feelings, strengths, beliefs, are able to set and meet goals and they enjoy private time to think and reflect. They learn well when they are given time to process and think about information.
- **Interpersonal**—children are people smart. They make and maintain friends easily, are sensitive to the feelings and motives of others, and see things from other people’s perspectives. They learn best when they interact with others.

**Cheche Price, Education/Training Manager**
**Toddlers should remain in a Rear-Facing Car Seat until Age 2!**

The American Academy of Pediatrics now advises parents to keep toddlers in rear-facing car seats until age two, or until they exceed the height or weight limit for the car seat, which can be found on the back of the seat. Many parents currently choose to flip their child to forward-facing around his or her first birthday.

A 2007 study in the journal *Injury Prevention* found that children under age two are 75 percent less likely to die or to be severely injured in a crash if they are rear-facing. Another study found riding rear-facing to be five times safer than forward-facing.

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**Guidelines and Policy Regulations taken from American Academy of Pediatrics.**

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**Television: Reality or Fantasy?**

With the recent cold weather keeping us indoors, television is playing more of a prominent role in our children’s lives. It is important to be aware of the messages that children are getting from the content of the shows and movies they are watching. Our children sometime model the behavior after someone they have seen on a TV show or in a movie. At this age, children have difficulty telling the difference between fantasy and reality. Children are very visual and believe that what they are seeing is truly happening.

Unfortunately, much of today's television programming is violent. Hundreds of studies of the effects of TV violence on children have found that children may begin to accept violence as a way to solve problems or imitate the violence they observe on television. Sometimes, watching a single violent program can increase aggressiveness. Children with emotional, behavioral, learning or impulse control problems may be more easily influenced by TV violence. The impact of TV violence may show immediately in the child's behavior or may surface years later. Young people can be affected even when their home life shows no tendency toward violence.

While TV violence is not the only cause of aggressive or violent behavior, it is clearly a significant factor. Parents can protect children from excessive TV violence in the following ways:

- set limits on the amount of time they spend with the television; consider removing the TV set from the child's bedroom
- point out that although the actor has not actually been hurt or killed, such violence in real life results in pain or death
- disapprove of the violent episodes in front of the children, stressing the belief that such behavior is not the best way to handle a problem
- limit television, children need to interact with real, live people to enhance their brain development. The amount of time children watch TV, regardless of content, should be moderated because it decreases time spent on more beneficial activities such as reading, playing with friends, and developing hobbies.

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**Erin Roxby, M.A. Ed.**
**Child Development and Disabilities Manager**
Tips to Support Your Efforts for Health and Safety this Winter

- **Wash your hands often, and cover your cough.** Clean hands help to avoid getting sick and spreading germs to others. Wash your hands with soap and clean water, rubbing them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve or elbow (not your hands).
- **Stay warm.** Cold temperatures can cause serious health problems. Stay dry, and dress warmly in several layers.
- **Manage stress.** Balance work, home and play. Get support from family and friends. Keep a positive outlook. Make sure to get proper amounts sleep.
- **Travel safely.** Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt appropriate for his or her height, weight, and age.
- **Be smoke-free.** Avoid smoking and breathing in second-hand smoke. If you smoke, try to quit! Call 1-800-QUIT-NOW, or talk to your health care provider for help.
- **Get check-ups and vaccinations.** Exams and screenings can help find potential problems early, when the chances for treatment and a cure are often better. Vaccinations help prevent diseases and save lives. Schedule appointments with a health care provider for needed exams and screenings.
- **Watch the kids.** Children are at high risk for injuries. Keep a watchful eye on your kids when they are eating and playing. Keep potentially dangerous items out of their reach. Learn how to provide early treatment for children who are choking, and make sure that toys are being used properly.
- **Prevent injuries.** Install smoke detectors and carbon monoxide detectors in your home. Test them once a month, and replace the batteries twice a year.
- **Handle and prepare food safely.** Attempt to prevent food-related illnesses by washing your hands and surfaces often. Avoid cross contamination by keeping raw meat, poultry, seafood, and eggs away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate any leftovers promptly.
- **Eat healthy, and be active.** Choose fresh fruit as a substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite music.

For more information, visit [www.cdc.gov/family](http://www.cdc.gov/family)

**Kylie Updegraff, RN,**
*Child Care Partnership Nurse*

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**Pre-K Collaborations**

WV Pre-K affords our students opportunity for success as they transition into Marshall County Schools. Our collaboration with Northern Panhandle Head Start provides deeper opportunities through funding and services that, otherwise, would not be available for our students. Our Pre-K learning environments need to be child centered. In that light, every community and every classroom has elements that are specific to those needs. Head Start programs allow us to better meet those needs. Transportation of students, additional classes and personnel, differing perspectives about instructional practices, all have an effect on what is provided to our students and their families.

As we further develop our collaboration with NPHS, I anticipate even better results. Like no other grade level, Pre-K settings are scrutinized and monitored. The structure of the environments, supervision, and curriculum are all uniformly created. In our collaborative efforts we seek to provide and maintain a consistently implemented program. But the results are not “cookie cutter” classrooms. But then again, there is no such thing as “cookie cutter” children. As we enter 2016, I look forward to furthering our efforts to provide the best for each and every child and the families in our communities, through our collaboration with Head Start.

**Woody Yoder,**
*Director of Curriculum and Instruction Marshall County Schools*
MISSION STATEMENT
Our mission is to provide a high-quality family-focused program uniquely designed to prepare children for learning and life.

VISION STATEMENT
“Building foundations for life-long growth and development”

Welcome All New Employees!
Valerie Ash—Teacher Assistant
Barry Edwards, Jr.—Fiscal Manager
Brittany Schuerer—Family Resource Advocate

Welcome TO OUR NEW STAFF!

NPHS is always on the lookout for committed individuals who want to serve the children and families of the Northern Panhandle of West Virginia.

You can view our list of current openings, and the qualifications or requirements of each position, on our website at: http://www.npheadstart.org/hr-and-employment/available-positions

Full-time, part-time, and substitute positions available.

We appreciate your interest in a career at Northern Panhandle Head Start, Inc.

To learn about employment opportunities at NPHS, please contact Ardell Mayhugh at 304-233-3290.

Board of Directors News
The agency is seeking area professionals who are willing to serve on the Board of Directors. Do you want to make a difference in the lives of children and families in our communities? Consider membership with our Board of Directors. This group of dedicated professionals has made a profound impact on our program. They are the driving force, along with the Policy Council, in the decision-making process. Please contact Cathy Williams, Executive Director, with any questions regarding membership roles and responsibilities at 304-233-3290 or cwilliams@npheadstart.org.

NPHS Wish List
◊ Donated Office Space
◊ Paint for our Centers & Playground Equipment
◊ Upkeep and Maintenance on our Program Vehicles

Be on the Lookout!
Do you know a Head Start Employee who is a past parent and who is extremely dedicated to the children and families of our program? If you do then, be on the lookout for information on how to nominate them for the Rhonda Moore Memorial Award.

Rhonda was an employee at our New Martinsville site who had children in the program. She started working for Head Start as a Special Needs Aide. When the current bus driver at her site became ill, Rhonda saw the need for a driver and worked on her own to become one. After passing her written test another Bus Driver from the agency helped to train her on the road and soon she passed her road test and gained the position of Bus Driver which she held until her death in 1997.

Please take time to nominate a qualifying staff member for this honor. Flyers with more information will be coming to you soon. Thank you!

Up and Coming

January 2016
January 18—Martin Luther King Jr.—No Class/No Staff
January 20—Policy Council/Advisory
January 27—FAN Hancock Co, Brooke Co, Ohio Co, Marshall Co & WCCCF
January 28—FAN MELC

February 2016
February 1—Family Satisfaction Survey Distributed
February 15—President’s Day—No Class/No Staff
February 17—Policy Council
February 29—Family Satisfaction Survey’s Due

March 2016
March 15—FAN Hancock Co, Brooke Co, Ohio Co, Marshall Co & WCCCF
March 16—Policy Council
March 17—FAN MELC
March 21—Early Head Start Spring Break Starts
March 22—Head Start Spring Break Starts
March 25—Good Friday—No Class/No Staff

For Enrollment Opportunities in Head Start or Early Head Start, please contact Cher McKeever, Enrollment/Recruitment Coordinator 304-233-3290

“A special note to families—Regular attendance is very important to your child’s learning experience and developmental growth. Thank you for sending your children to our centers, trusting us and being involved. We appreciate you!”

“USDA Civil Rights Non-Discrimination Statement”
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If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed compliant form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.”