



Winter 2019

NPHS News



Volume 23, Issue 2

Northern Panhandle Head Start, Inc.
Serving Hancock, Brooke, Ohio, Marshall and Wetzel Counties In West Virginia



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Head Start, Inc.
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Ohio, Marshall and Wetzel
Counties In West Virginia

**Check us out on
Facebook at
Northern Panhandle
Head Start, Inc.**

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2017-2018 Top Parent Volunteers Recognized

Our Top Volunteers:

Top 5 Male Volunteers:

Daniel Blake – 650.00 hours
David Blake – 641.25 hours
Hunter Long – 464.00 hours
Robert Spera – 411.00 hours
William Adams – 405.00 hours

Top 5 Overall Volunteers:

Danielle Dirks – 1,244.75 hours
Shanice Palmer – 877.25 hours
Deseray Hughes – 755.25 hours
Megan Logsdon – 724.75 hours
Tina Blake – 695.00 hours

Top 5 Hancock County Volunteers:

Mary Green – 527.00 hours
Dawn Smith – 362.25 hours
Casey Livengood – 279.25 hours
Brittany Felekey – 240.00 hours
Anna Maloney – 227.00 hours

Top 5 Brooke County Volunteers:

Danielle Dirks – 1,244.75 hours
Tangena McGowan – 552.75 hours
Stephanie Long – 487.25 hours
Hunter Long – 464.00 hours
Amber Pratko – 444.00 hours

Top 5 Ohio County Volunteers:

Shanice Palmer – 877.25 hours
Deseray Hughes – 755.25 hours
Ceira Hayes – 568.25 hours
Sallie Helmbright – 552.75 hours
Kourtney King – 430.00 hours



From Left to Right: Kara Bellen, Stephanie Long, and Deseray Hughes.

Top 5 Marshall County Volunteers:

Megan Logsdon – 724.75 hours
Rebecca Wise – 496.75 hours
Kelly Turklay – 494.00 hours
Kara Bellen – 399.50 hours
Melissa Snow – 398.00 hours

Top 5 Wetzel County Volunteers:

Tina Blake – 695.00 hours
Daniel Blake – 650.00 hours
Danielle Blake – 642.50 hours
David Blake – 641.25 hours
Talesia Roberts – 465.50 hours

**Thank you for your
time and commitment!**

Policy Council

2018-2019

Samantha Kile
Chairperson

Kara Bellen
Vice Chairperson

Laurie Sweigart
Secretary

Heather Wright
Treasurer

Destiny Scrofani
Parliamentarian

Ripped Tissue Paper Snowman

What's more classic during the winter months than making a fun snowman? This tissue paper snowman activity is great because kids can create and decorate their snowmen however they want!

Let children do this themselves. Watch what your child can do and be there to help if they need it. They are using their imagination and creativity to draw their own snowman.

Materials Needed:

Tissue paper/newspaper/wrapping paper
Construction paper/foil/wax paper/regular piece of paper
Glue
Crayons/markers
Paint brush (optional)



Give your child a piece of construction paper, some tissue paper they can rip up, and glue. Have your child use crayons to create a snowman outline on the construction paper. This works as a guide to help the kids create the snowman with the tissue paper as the go.

Then kids squeeze/paint brush glue on the snowman outline they drew. Once their snowman is filled in they can make tissue paper snow on the ground and even some falling snow. Or they can use crayons to draw snow.

Next it's time to break out the crayons to draw a hat, arms, face for the snowman.

What is my child learning from this activity?

New/familiar words (language)	Drawing and Gluing (art)
Shapes (math)	Working together (social skills)
Weather (science)	How to use crayons, glue (technology)
Patterns (math) Measurement	Problem solving (using information about snowman to make one)
Winter activities (science)	Representing information (art)
Spending time with you (emotional)	Writing their name on their work (literacy)

Cheche Price, M.S.
Education/Training Manager

Head Start and Early Head Start Federal Base Funding Information for the 2018-2019 Program Year

Head Start
\$3,728,175.00
T&TA \$47,683.00

Early Head Start
\$1,793,608.00
T&TA \$41,241.00

CCP
\$1,251,732.00
T&TA \$29,644.00

We are required to match each grant listed with a non-federal share match. We are grateful for the generous support of our community collaborations and parental involvement.

Special Thank You

◆ **NPHS Board of Directors**

◆ **NPHS Parent Volunteers**

How to Keep Your Child Warm and Safe in a Car Seat this Winter

As a general rule children in car seats should NOT wear bulky clothing including winter coats and snow suits underneath of a harness in a car seat. In a car crash fluffy padding is immediately flattened leaving extra space under the harness. A child can slip through the straps and be thrown from the car seat. Follow these tips to keep your child safe in their car seat during the winter time!

- Store the carrier portion of infants seats inside the house when not in use.
- Dress your child in thin layers.
- Don't forget hats, mittens, socks or booties.
- Tighten the straps of the car seat harness— if you can pinch the straps of the car seat harness, it needs to be tightened!
- Use a coat or blanket over the straps to keep your child warm.
- Remember, if the item did not come with the car seat, it has not been tested and may interfere with the protection provided in a crash.
- Pack an emergency bag for your car.

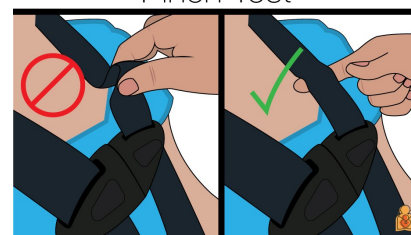
For more tips and complete article see:

healthychildren.org

Winter Safety Tips from the AAP

Source: American Academy of Pediatrics 2015

Pinch Test



Beth Prettyman, MSSL
Early Head Start Manager

What Every Child Needs for Good Mental Health

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Basics for a child's good mental health:

- Unconditional love from family
- Self-confidence and high self-esteem
- The opportunity to play with other children
- Encouraging teachers and supportive caretakers
- Safe and secure surroundings

Appropriate guidance and discipline



Children don't come with a manual:
Exploring children's mental health

Good mental health allows children to think clearly, develop socially, and learn new skills. Children need the opportunity to explore and develop new skills and independence. At the same time, children need to learn that certain behaviors are unacceptable and that they are responsible for the consequences of their actions.

As members of a family, children need to learn the rules of the family unit. Offer guidance and discipline that is fair and consistent. They will take these social skills and rules of conduct to school and eventually to the workplace.

Suggestions on Guidance and Discipline

- Be firm, but kind and realistic with your expectations. Children's development depends on your love and encouragement.
- Set a good example. You cannot expect self-control and self-discipline from a child if you do not practice this behavior.

Criticize the behavior, not the child. It is best to say, "That was a bad thing you did," rather than "You are a bad boy or girl."

Avoid nagging, threats and bribery. Children will learn to ignore nagging, and threats and bribes are seldom effective. Give children the reasons "why" you are disciplining them and what the potential consequences of their actions might be.

Talk about your feelings. We all lose our temper from time to time. If you do "blow your top," it is important to talk about what happened and why you are angry. Apologize if you were wrong!

Remember, the goal is not to control the child, but for him or her to learn self-control.

*Amanda Huntsman,
Child Development and Disabilities Coordinator*

5 Ways to Stay Healthy throughout the Winter Season

Mom is having a stress meltdown. Dad is coughing and sneezing. The kids are fighting. This can be the season for tiredness, stress and winter blues. Fortunately, families can stay healthy and have a good time.

Follow these 5 tips to help keep your family healthy:

- Fend off germs. Family gatherings, malls and travel spots are all places where germs can thrive. Get a flu shot. Wash your hands frequently and don't share utensils. People can be contagious before they even know they are sick.
- Eat healthy. Most of the meals this time of year are high in calories and low in the vitamins and minerals that are used for boosting energy and helping battle germs. Eat plenty of fruits and vegetables having five or more servings.
- Exercise to burn off those excess calories and help gain energy.
- Beat the blues. If you feel down make an effort to go outside. Sunshine and exercise can be great mood elevators. Don't hesitate to talk to someone you trust about how you are feeling.
- Get some sleep. Getting 8 1/2 to 9 hours of sleep at night can help strengthen your immune system and make you less susceptible to stress as well as give you more energy.

One of the main things you can do for your health is to get out and have a little fun. Take a break from the tough stuff for a little while.

*Cindy Yahn,
Early Head Start Nurse*

Easy Turkey Chili

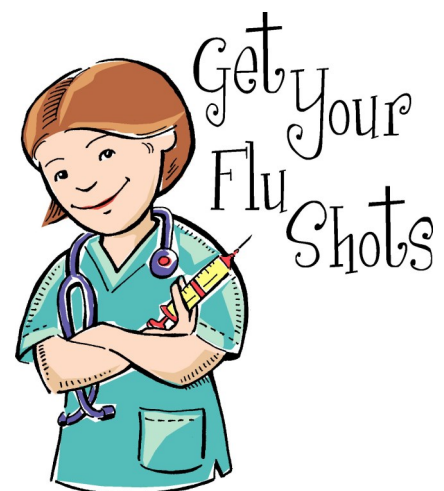
Serves: 6 Time: 45 min

Ingredients

- No stick cooking spray
- 1 pound lean ground turkey
- 3/4 cup chopped yellow onion
- 1 can stewed tomatoes
- 1 can (6 oz) tomato paste
- 1 can red kidney beans
- 1 cup water
- 1 pkg chili seasoning
- 1/2 cup shredded cheddar cheese

Directions

1. Spray large saucepan with cooking spray; heat over medium high heat. Add turkey and onion; cook until turkey is no longer pink, stirring occasionally.
2. Add undrained tomatoes; break up with spoon. Add tomato paste, beans, water and chili seasoning mix; stir to combine.
3. Bring to a boil. Reduce heat and simmer 15 minutes or until chili has thickened slightly, stirring occasionally. Top each serving evenly with cheese.



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"***

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

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"

Up and Coming

December 2018

December 19—Joint Policy Council/Board of Directors Meeting
December 24—Holiday Break Starts-No Class/No Staff

January 2019

January 3—Hancock, Brooke, Ohio, Marshall & Wetzel-Children Return
January 10, 11—Administrative Planning
January 16—Policy Council/Advisory
January 21—Martin Luther King Jr.-No Class/No Staff
January 23—Newell, MELC, Ohio & Marshall Counties FAN
January 24—Pipinos, Brooke County, Magnolia FAN

February 2019

February 18—President's Day- No Class/No Staff
February 20—Policy Council
February 28—Family Satisfaction Survey's Due

March 2019

March 20—Policy Council
March 27—Newell, Ohio County, Marshall County, MELC FAN
March 28—Pipinos, Brooke County, Magnolia FAN

Welcome All New Employees!

Krissy Donough – Parent Educator Trainee
Steven Shearer – Bus Driver
Ashtin Zajdowicz – Teacher
Rhonda Anderson – Teacher Assistant
Katie Al-Janaby – Teacher Assistant
Crystal Ebert – Family Resource Advocate
Crystal Price – Family Resource Advocate
Kim Critser – Teacher Assistant
Lacy Gaston – Family Resource Advocate
Anna Padden – Infant/Toddler Teacher
Sarah Hamilton – Infant/Toddler Teacher
Cheryl Santimarinno – Family Resource Advocate
Tammy Long – Teacher Assistant
Tasha Parker – Infant/Toddler Teacher Trainee
Becky Rice – Substitute Teacher Assistant
Sasha Phillips – Child Development/Disabilities Assistant
Britney Bowen – Kitchen Aide

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!

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 NPNS, please contact April Breiding 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.