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

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

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!
**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)
- Weather (science)
- Patterns (math) Measurement
- Winter activities (science)
- Spending time with you (emotional)
- Working together (social skills)
- How to use crayons, glue (technology)
- Problem solving (using information about snowman to make one)
- Representing information (art)
- Writing their name on their work (literacy)

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**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](http://healthychildren.org)

Winter Safety Tips from the AAP

Source: American Academy of Pediatrics 2015

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**Special Thank You**

- NPHS Board of Directors
- NPHS Parent Volunteers

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

<table>
<thead>
<tr>
<th>Federal Base Funding</th>
<th>2018-2019 Program Year</th>
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<tr>
<td>Head Start</td>
<td>$3,728,175.00</td>
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<tr>
<td>T&amp;TA</td>
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<tr>
<td>Early Head Start</td>
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<td>T&amp;TA</td>
<td>$29,644.00</td>
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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.

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**Policy Council**

2018-2019

Samantha Kile
Chairperson

Kara Bellen
Vice Chairperson

Laurie Sweigart
Secretary

Heather Wright
Treasurer

Destiny Scrofani
Parliamentarian

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**Cheche Price, M.S.**

Education/Training Manager

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**Beth Prettyman, MSSL**

Early Head Start Manager
**What Every Child Needs for Good Mental Health**

**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**

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_

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**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:**

1. **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.
2. **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.
3. **Exercise to burn off those excess calories and help gain energy.**
4. **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.
5. **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_
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

Welcome All New Employees!

Krissy Donough – Parent Educator Trainee
Steven Shearer – Bus Driver
Ashin Zajdowicz – Teacher
Rhonda Anderson – Teacher Assistant
Kate Al-Janaby – Teacher Assistant
Crystal Burt – Family Resource Advocate
Crystal Price – Family Resource Advocate
Kim Critzer – Teacher Assistant
Lacy Gaston – Family Resource Advocate
Anna Padden – Infant/Toddler Teacher
Sarah Hamilton – Infant/Toddler Teacher
Cheryl Santimarino – 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 NPHS, 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.