



NPHS News



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



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Conscious Discipline

Here are two versions of our favorite “Springy” breathing strategy from Conscious Discipline:



Bunny
breathing

1) Make bunny ears with your two fingers that go up as you take 4 small breaths through your nose. You can even wrinkle your nose as you breathe in like a bunny does. As you exhale the bunny ears go back down.

2) Make bunny ears with one hand and a bunny hole with the other hand by making an open fist. Move your bunny ears backwards from the bunny hole as you take in 4 quick breaths. When you exhale, the “bunny” jumps in the hole in your other hand.

**“Here’s the bunny with his ears so funny.
Here’s the hole in the ground.
When a noise she hears,
she picks up her ears,
and jumps in the hole in the ground!”**

Preparation and Instructions: In this game, the child is the bunny and the adult makes the bunny hole. The roles may change as the child becomes familiar with the game. The game can be played with the hands or with the whole body.

When playing the game with the hands, the child make a bunny by holding up two fingers of one hand. The adult make the bunny hole by configuring their hands together to make an open circle.

When using the entire body, the child makes the bunny by extending their arms above the head to represent bunny ears. The bunny hole is made by extending both of your arms vertical to the floor and linking your fingers to form a circle.

It goes like this:

“Here’s the bunny with the ears so funny.”

Help the child hold up two fingers or both arms above their head to be the “bunny”.

“Here’s the hole in the ground.”

Make the bunny hole with your hands or arms.

“When a noise she hears,”

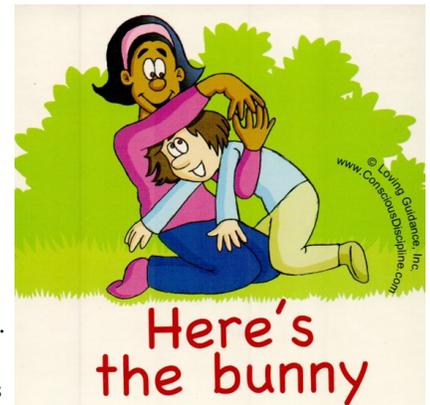
The bunny (child) bends his or her ears down...

“she picks up her ears,”

With a quick motion, the child sticks their bunny ears back up...

“and jumps in the hole in the ground!”

The child then “jumps” into the bunny hole made by your hands or arms.



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Policy Council

2016-2017

Cheryl Smith,
Chairperson

Amanda Miller,
Vice Chairperson

Laurie Sweigart,
Secretary

Brittany Lanham,
Treasurer

Juleesa Eafрати,
Parliamentarian

Head Start and Early Head Start Federal Base Funding Information for the 2016-2017 Program Year

Head Start
\$3,597,722.00
T&TA \$47,683.00

Early Head Start
\$1,730,848.00
T&TA \$33,887.00

CCP
\$1,207,933.00
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**

Spring Time

Spring is the time for growing gardens and growing children's minds! Try these activities and enjoy watching your child grow.

Vegetable Chart:

Materials: paper, crayons (Let your teacher know if you need paper or crayons for this activity.)

Directions: Have your child draw their favorite vegetables on the paper. Help them write the vegetable names. You can also cut out pictures of vegetables from grocery store flyers or magazines. Make one for your favorite fruits, too!



Materials: paper plates or construction paper cut into large circles-enough for each letter in your child's name, crayons. (Let your teacher know if you need paper or crayons for this activity.)

Directions: Let your child cut the construction paper into large circles or use paper plates. Have your child write one letter of his or her name on each plate or circle. Help them put the letters in order of their name. Mix the letters up and see if they can put them in order. Count the letters in their name. You can make 2 sets and match the letters. Make name plates for other members of your family.

The Very Hungry Caterpillar Name Game:

If you have The Very Hungry Caterpillar book, read it along with the activity and discuss the pictures in the book or ask your teacher if you can borrow the book.

Materials: paper plates or construction paper cut into large circles-enough for each letter in your child's name, crayons. (Let your teacher know if you need paper or crayons for this activity.)

Directions: Let your child cut the construction paper into large circles or use paper plates. Have your child write one letter of his or her name on each plate or circle. Help them put the letters in order of their name. Mix the letters up and see if they can put them in order. Count the letters in their name. You can make 2 sets and match the letters. Make name plates for other members of your family.

Cheche Price, M.S.
Education/Training Manager

Activities to Improve Attention Span in Preschoolers

A preschooler should be able to focus on a task or something that interests him or her for about eight to 10 minutes. If you are the adult in charge of this child, this can seem like a short time, especially if you are trying to prepare a meal or complete some other chore. Here are a few tips to help your child build their attention span:

Limit Media Access

Research completed by the University of Michigan found that even having a television on in the house can cause 3-year-olds to develop more aggressive behavior, regardless of the content or whether the child is actively viewing the material. Even commercials designed to be viewed with children's programming often portrays inappropriate behavior while encouraging consumption of sweetened food.

Provide for Safe Exploration

Provide an area in your house for safe play. This might be your child's room or a corner of your living room or kitchen. Stock it with child-friendly supplies such as miniature house-keeping tools, a dress-up box, crayons, paper and books. Gear the items toward your child's likes and dislikes, focusing on interesting items that require little help from you. Free play encourages your child to problem solve and to be creative and uninterrupted play and freedom to explore allows children to focus on an activity.

Healthy Habits

Encourage regular sleeping times and consistent, balanced meals. A hungry, tired child will quickly lose interest in a toy or activity. Quality rest and good nutrition help children focus and concentrate. Mayo Clinic says that a good diet for kids is similar to a good diet for adults, and should center around a balance of protein, vegetables and fruits. Preschoolers usually need between 11 and 13 hours of sleep in a 24 hour period.

Read Aloud, Play Recorded Books

Reading aloud to your child has a multitude of benefits, including: personal time with you, a sustained quiet activity and introduction to books as fun and interesting. Reading aloud also promotes language development. Begin by reading aloud short books or providing short books on tape, then gradually add longer ones as your child grows older.

Erin Roxby, M.A. Ed.
Child Development and Disabilities Manager

Childhood Obesity

Childhood obesity is on the rise. Currently approximately 30 percent of our children are considered obese. By definition children with a BMI for age percentile more than 95 percent are obese.

One of the leading causes of child obesity is an unhealthy diet. Unhealthy snacks. Store shelves are packed with high sugar, high fructose, trans fat food items. These foods are unnecessary and take away from the foods that provide nutrients for a healthy diet. Stock your cabinets with healthier options – baked chips instead of fried, fruits or veggies.

Insufficient exercise. Back in the day children played outside so this was never a problem. Now in the time of video games, television and computer programs children are not burning as many calories as playing tag, basketball or baseball. Over time the pounds begin to add on. So do your child a favor, kick them outside for some good old fashion exercise.

Serious consequences of obesity - children with obesity issues are more likely to have high blood pressure and high cholesterol. Insulin resistance and type 2 diabetes. Breathing problems – asthma and sleep apnea. Joint problems and muscle pain. Psychological problems such as depression and anxiety. Low self – esteem. Social problems – being bullied. We as parents have an obligation to do what we can to prevent obesity. It takes lifestyle changes on every ones part. We really want what's best for our children so that means hard choices. The good news is that these changes benefit our children, they also benefit the adults in these children's lives as well. This article is food for thought hopefully it is helpful to know parents are not alone in this battle for healthy children.



**Cindy Yahn, LPN,
Health/Nutrition Coordinator**

Volume 21, Issue 2

A fun and nutritious snack for the Spring.

Berry Banana Split

- 3 Bananas
 - 1.5 cups Vanilla yogurt, low fat
 - 1 cup Berries, fresh or frozen, any variety
1. Cut bananas in half lengthwise, and then cut again, so each banana produces 4 long slices.
 2. Put 1/4 cup yogurt in each bowl.
 3. Place 1 banana quarter on either side of each bowl.
 4. Top with berries.

Makes 6 servings.



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.

HI! I'M 2 AND STILL REAR FACING.

We used to think when a child Has good head control-around Age1-it's fine to face forward.

But new research says my bones Aren't ready for a major forward Impact until close to age 2!

I'm over 5 times (500%) safer Rear facing!

My parents didn't believe it either until my older brother!

Age 1 vs Age 6

Car seats are even designed To keep me safe in a rear-end Collision.

Some parents think their kids Are too big.

Where do my legs go??

Wherever they want!

Don't worry! I'm comfortable and they are less likely to be broken in a crash (they won't be violently thrown forward).

DID YOU ALREADY TURN YOUR CHILD FORWARD? IT'S NOT TOO LATE TO TURN THEM BACK AROUND!

But most seats can rear-face Until 40 lbs or 40" tall And some go even higher!

Guidelines and Policy Regulations taken from American Academy of Pediatrics.

**Jackie Bell, M.ED
Early Head Start Manager**

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, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may 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 complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, 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. This institution is an equal opportunity provider.

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

May 2017

May 12—Parent Banquets
May 17—Corporation Meeting
May 19—Staff Enrichment Day
May 29—Memorial Day—No Class/No Staff

June 2017

June 7,8,9—Administrative Planning

Welcome All New Employees!

- Sherry Galiano—Kitchen Aide
- Kay Guy—EHS Infant/Toddler Teacher
- Britta Hill—Bus Driver
- Olivia Huff—Teacher Assistant
- Andrea Kumar—EHS Parent Educator
- Tiffany Miller—Teacher
- Traci Swiger—Kitchen Aide
- Aleccia Whetsell—Kitchen Aide
- Patricia Wright—Family Resource Advocate



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.nphheadstart.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@nphheadstart.org.