



Spring 2013

# NPHS News



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## Head Start and Early Head Start



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

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## Congratulations to our Staff who were Nominated



On April 12, 2013, Cheche Price and the Orchard Park 2 team of Mary Murphy, Sandy Brock, Reba Stead and Betty Pitts were honored as nominees for the Deborah Doleski Allen Champion of Children award for Early Childhood. We are very proud of Cheche and our Orchard Park 2 team. These employees are outstanding examples of dedication to children and families.

## Make a Smooth Transition to Kindergarten

Factors that enhance children's transitions and school success are developmentally appropriate practice, parent involvement, and supportive services for children and families. This is everything that the Head Start program offers to the children and families.



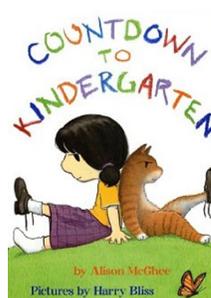
Talk it Out. Explain to your children in simple terms what they can expect when they go to kindergarten. Tell them they will be away from you for a little while, but they will see you at the end of the day. Build excitement about school by telling them about all the new playmates they will meet, the delicious meals they will have, and all the fun things they will learn.

Social Prep Work. Knowing how to share, taking turns and cooperating with other children will make the transition easier for your child.

Help Yourself. Children leaving Head Start should already have basic self-care skills mastered. But you should continue to encourage your children to clean up; dress and feed themselves-even if the end results aren't perfect. Parents should also work with their children to help them master their toilet skills before entering kindergarten.

Getting to Know You. Try to visit the school your child will be attending. You could also make field trips to the school playground during the summer months.

ABC's and 123's. Hopefully you have been working with your Head Start Teachers throughout the year so your child will be academically ready for kindergarten. Take a walk and talk about the colors you see, the letters on signs and buildings, the shapes you can find, count the cars that go by, and then at the end of your walk have your child tell you a story about the day. Set up a pretend classroom and have fun going over the summer activities that have been sent home with you by your Head Start Teachers.



Read All About It. Storybook characters are often related to children, so reading books about going to school can help children get a better sense of what kindergarten is about. Your local library can help you choose the best books for your child.

**Cheche Price, M.S.**  
**Education and Training Manager**

**Policy Council**  
2013-2014

Christina Robbins,  
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Tammy Chalk,  
Secretary

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Parliamentarian

## Couch Potato or Hot Potato?



Summer is on the way! It's exciting to think about the sun shine, flowers and warm weather. Summer for most of us, also means children with a lot of unstructured time. It is easy to fall into a schedule, which includes a lot of time playing video games and/or watching TV. Many studies that have proven that too much screen time has negative effects on a child's health, learning and behavior. Instead of your child being a summer couch potato let's think Hot Potato, do you remember the game Hot Potato that you played as a young child? The game is active, social and free! Some guidelines for keeping your child active during the summer months;

- Limit or eliminate screen time.
- Leave your TV off, when you have not chosen to watch a program, don't leave it on as background noise.
- Make sure your child is only watching age appropriate TV and/or video games.
- Remember video and computer games are screen time, limit them as well.
- Plan activities every day, both inside and out. Hot potato, tag, charades, board games, art projects, cooking together, nature walks and dance parties are all good ideas.

Have a fun, safe and active summer!

**Audra Redick,**  
**HealthyCHILD DHC**

**Head Start and  
Early Head Start  
Federal Base Funding  
Information for the  
2012-2013 Program Year**

**Head Start**

\$4,843,181.00

T&TA \$44,641.00

**Early Head Start**

\$1,666,347.00

T&TA \$32,742.00

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**

A special thank you to Raymond Martin, Early Head Start dad, for standing up on behalf of all dads to bring awareness to the importance of father involvement in the lives of young children. Raymond spoke at the Family Fun Forum on March 23rd to a group of parents and community partners in early childhood education.

## A Word From the Executive Director

On May 3rd a group of parents and staff met with Brooke Fletcher, Field Representative from Congressman David McKinley's office, to discuss the IMPACT OF THE SEQUESTER ON THE LOCAL HEAD START PROGRAM and most particularly the youngest and most vulnerable constituents of the Congressman's District. The 5.27% budgetary cuts effective for 2013-2014 program year will reduce the July 1st budget year by \$270,000 and further reduce services to children and families, as well as impact the economy as staff positions are eliminated and facilities are closed. Listed is an overview of the reductions in program services based on the sequester outcomes:



- \$270,000 budget reduction,
- 37 less children receiving the comprehensive services offered by the Head Start preschool programming,
- 2 Head Start Centers closing,
- 8 staff positions will be eliminated or attrition (education, social service, nutrition and transportation staff),
- Limiting the availability of bus transportation and two centers will become walk-in centers, and the
- Reduction of our mental health contractual services by 50%.

These are the immediate (negative) affects that have been implemented as part of preparing for the start of the July 1st program year. The uncertainty of the budget planning pitfalls in the coming months include the rising costs of fuel to provide needed transportation services, increased meal costs for the children, and the expected increases in the health insurance plan for employees. "Assuring that the children entrusted in our care are provided the best early childhood development program is a top priority of our Board of Directors and management staff," reports Marlene Midget, Executive Director, NPHS. "Our fiscal integrity has been an identified strength as it relates to annual audits and federal review." Midget requested that Ms. Fletcher share with the Congressman that we now face very challenging times and requests his support to take a message back to Washington, D.C. (on behalf our youngest citizens) to resolve the national budget and stand on its commitment to support continued programming to our at-risk youth and their families with adequate funding for Head Start.

**Sankofa,**  
**Marlene Midget,**  
**Executive Director**

Pictured: Brooke Witzberger (CLC 3 Parent ), Jessi Ernest (FRA), Marlene Midget (ED), Brooke Fletcher (Field Representative - Congressman David McKinley's Office - 1st District of WV), Virginia DeWitt (CLC2 Parent), Kate Ernest (FRA), Irene Gonzalez-Murphy (OP2, OPB Parent), Joanna Whitlatch (OPC, OP2 Parent). Not pictured: Cher McKeever (ERSEA and Info. Tech. Coordinator).

## Summer Sun Safety: What's the best way to protect my child in the sun?

**Follow these simple rules to protect your family from sunburns now and from skin cancer later in life.**

- Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella, or the stroller canopy.
- When possible, dress yourself and your kids in cool, comfortable clothing that covers the body, like lightweight cotton pants, long-sleeved shirts, and hats.
- Use sunscreen.



### **How to Pick Sunscreen**

- Use a sunscreen that says “broad-spectrum” on the label - that means it will screen out both UVB and UVA rays.
- Use a sunscreen with an SPF (sun protection factor) of at least 15. The higher the SPF, the more UVB protection the sunscreen has.

### **Sunscreen for Babies**

- **For babies younger than 6 months.** Use sunscreen on small areas of the body, such as the face and the backs of the hands, if protective clothing and shade are not available.
- **For babies older than 6 months.** Apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates her skin, try a different brand or try a sunscreen stick or sunscreen or sunblock with titanium dioxide or zinc oxide. If a rash develops, talk with your child’s doctor.
- Apply sunscreen 15 to 30 minutes before going outdoors to give time for the sunscreen to bind and absorb into the skin.
- Use sunscreen any time you or your child might sunburn. Remember that you can get sunburn even on cloudy days. Also, UV rays can bounce back from water, sand, snow, and concrete so make sure you’re protected.
- Reapply sunscreen every 2 hours. Sunscreen wears off after swimming, sweating, or just from soaking into the skin.

**Debbie Villamagna,  
Health and Nutrition Coordinator**

**Have fun and keep your children hydrated by making homemade ice pops!**

1. Pour a half a cup of orange juice into a small, plastic cup.
2. Add a pinch of sugar so that it won't be so sour. Alternatively, you can add a mixture of other juices or fruits, such as pineapple and banana.
3. Stick a plastic knife or spoon into the cup. You can support it by covering the cup with plastic wrap so the spoon or knife sticks through the plastic wrap.
4. Put it in the freezer for about 2-4 hours, or until solid.

**Take it out and enjoy!**



## Infants & Toddlers: Outdoor Summer Activities

As the cold weather finally leaves us finding fun and safe activities for your infant or toddler to enjoy sometimes takes a little planning. Remember safety first! Watch all children very carefully around water play. Even very shallow pools are very dangerous to young children. Bike helmets should be worn when children are riding any bikes.

**Here are 5 outdoor activities that you and your child can enjoy!**

### **Blowing Bubbles**

Want to make your own bubbles?

### **Water Play**

If you don't have a sprinkler or swimming pool for your child to play in, set up a bucket of water and cups or containers in various shapes and sizes. Please use extreme caution when allowing your child to play in or around any water.



### **Planting Flowers**

This outdoor activity will also allow you to get some work done too! Give your child a pot with some potting soil and some weeds to “plant”. Makes them feel like they are like mommy and daddy and also helps them build strength in their hands.

### **Sidewalk Chalk**

Fun for all ages! Chucky chalk works best for small children, please exercise caution when playing in drive-ways, watch for cars entering and exiting.

### **Shaving Cream or Bath Foam Fun**

Shaving cream is a fun sensory item! Use a tray or cookie sheet and fill it with a non-toxic shaving cream. Let your toddler smash, squish, and splat! Doing this outside makes for easy cleanup! You can also use whipped cream.

**Jackie Bell,  
Early Head Start Coordinator**



For ***Enrollment Opportunities*** in Head Start or Early Head Start, please contact Cher McKeever, Enrollment/Recruitment Coord., 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!”***  
*Thank you from the Staff of NPHS Inc.*

**USDA**

**Non-Discrimination**

**Statement**

In accordance with Federal law and US Department of Agriculture (USDA) policy, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability. If you require information about this program, activity, or facility in a language other than English, contact the USDA agency responsible for the program or activity, or any USDA office. If you require this information in alternative format (Braille, large print, audiotape, etc.), contract the USDA’s TARGET Center at (202) 720-2600 (Voice or TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, DC, 20250-9410, or call toll free (866) 632-9992 (Voice). TDD users can contact the USDA through local relay or the Federal Relay at (800) 877-8339 (TTD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

**MISSION STATEMENT**

Our mission is to provide a high quality, comprehensive and family-focused, infant/toddler and early childhood program uniquely designed to prepare each child for tomorrow’s opportunities and challenges through community partnerships.

**VISION STATEMENT**

“Building foundations for life-long growth and development”

**Up and Coming**

**May 2013**

May 17th - Parent Banquets  
 May 22nd - Baby Safety Shower - Hancock County Senior Center in New Cumberland 4 - 6pm  
 May 22nd - Baby Safety Shower - Brooke County Follansbee Community Center 10 am - 12 noon  
 May 24th - Staff Celebration  
 May 24th - Ogen Tiny Tot Trot in Wheeling WesBanco Arena 5pm  
 May 27th - Memorial Day  
 May 30th - Partners in Prevention Conference at Wheeling Jesuit

**July 2013**

July 9th and 10th - Administrative Planning

**August 2013**

August 5th - National Night Out Wheeling Park Ice Rink 6 - 8pm  
 August 8th - Celebrate Youth Day at Wheeling Park with free admission all day

**Congratulations to Staff Hired During the 2012-2013 School Year**

Jessica Ernest	Trish Cosgrave	Corianna Erbacher
Carrie Rine	Maria Reinauer	Debra Villamagna
Janel Taylor	Lorraine Bell	Misty Murphy
Crystal Baker	Kasey Bazan	Andrea Summers
Courtney Hardman	April Ripley	Marlena Anderson
Mara Jackson	Serena Wise	Kathleen Ernest
Amanda Yocum	Heather McFadden	Angela Rizzo
Kim Fruner	Alicia Goff	Mary Kimberland
David DeFelice	Kayla Spry	
Danita Silver	Megan Murphy	

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

We are currently seeking new team members for the following positions:

- Hancock County - Family Resource Advocate
- Brooke County - Bus Driver, Teacher
- Ohio County - Parent Educator, Family Resource Advocate
- Marshall County - Parent Educator

You can also visit our website at [www.nphstart.org](http://www.nphstart.org) in the Human Resources section to view current open position and apply online

**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 Marlene Midget, Executive Director, with any questions regarding membership roles and responsibilities at 304-233-3290 or [mmidget@nphstart.org](mailto:mmidget@nphstart.org).

**NPHS Wish List**

- ◇ Donations for our Annual Winter Dinner
- ◇ Donated office space
- ◇ Paint for our centers
- ◇ Upkeep and maintenance on our program vehicles