

For **Enrollment Opportunities** in Head Start or Early Head Start, please contact Michele Lee, Enrollment/Recruitment Coord, 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.), contact 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**

**December 2009**

- 16 Joint Board and Policy Council Meeting
- 21 Last Day for Classes
- 24-Jan 1 Holiday and Winter Break

**January 2010**

- 4 Professional Development Day (Parents Invited!)
- 6 Children’s 1st Day Back
- 11 Family Activity Night (Hancock, Ohio Counties)
- 12 Family Activity Night (Brooke, Marshall and Wetzel Counties)
- 13 & 14 Administrative Planning
- 18 Martin Luther King Jr. Holiday
- 19 Technology Planning Committee Meeting
- 20 Policy Council and Advisory Committees

**February 2010**

- 5 CC.Net Winter Data Input Completed
- 5, 12, 19, 26 HealthyCHILD plans
- 15 President’s Day Holiday
- 17 Policy Council Meeting

**March 2010**

- 23-26 Celebrating Connections
- Date to Be Announced—Self-Assessment
- 4 Family Activity Night (All Counties)
- 17 Policy Council Meeting
- Spring Break—Week of the 28th

Notice to Parents—Please confer with your center staff regarding any program date changes—*thank you.*

**Internet Safety Tips for Toddlers & Preschoolers**

It’s amazing at what an early age kids can use a computer! It’s even more amazing how just one or two wrong clicks can have them viewing something they shouldn’t be. Just because your child cannot read or write and doesn’t go into chat rooms, that doesn’t mean that they are ‘SAFE’ on the computer. Though the danger level is different, it’s still there. As soon as your child begins to use the computer, you need to teach them internet safety.



- Explain to them your rules! There are many websites geared for toddlers and preschoolers. These sites often contain ad banners. Your child may click on this banner accidentally or out of curiosity. Pop-ups can definitely lead your child somewhere they should not be.
- Explain to your child that they are NEVER EVER allowed to give out their real name, home address or phone number. Nor should they ever give out their parents names or information.
- Use the parental control features offered by your internet service provider or seek alternative software. This helps to keep your child from visiting inappropriate websites or accidentally downloading things they should not.
- Keep an eye on them while they are on the computer. Do not leave them unattended at the computer for long periods of time. Stay close by so you can see what they are doing and provide support if they get misdirected.
- Limit computer time. Have a set amount of daily time they can spend on the computer.

~excerpts from <http://www.ehow.com>, article “How to Teach your Toddlers and Preschoolers Internet Safety”.

Another valuable website resource shared by our local United States Attorney’s Office, Northern District of West Virginia is <http://netsmartz.org>.

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

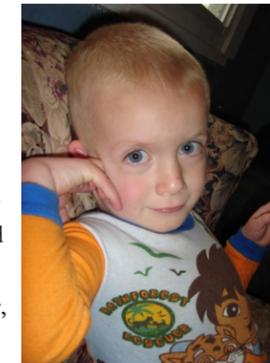
**NPHS News**

Fall 2009

Volume 14, Issue 1

**ARRA Early Head Start Expansion and Federal Review Outcomes**

**E**arly Head Start Expansion—NPHS is the recipient of ARRA (American Recovery Reinvestment Act) Early Head Start Expansion funding. Services will be extended to the communities of Hancock County—collaboration with the Weirton Heights Day Care Center; Ohio County—collaboration with the YWCA Domestic Violence Shelter as well as center-based services for children 3 months thru 36 months old; and Marshall County—collaboration with Cameron High School to serve pregnant teens and with the Northern Regional Jail to serve incarcerated families. “This is a direct result of our partnerships with families, community leaders and businesses,” states Marlene Midget, Executive Director, NPHS. “For many years we have had waiting lists for those wanting services for infants and toddlers. We are grateful that through ARRA funding this was made possible.”



information about the EHS Expansion, please contact Janice, Barnett, EHS Manager, 304.233.3290, ext. 5001.

**F**ederal Review — A team of six professionals from across the country conducted the triennial review the week of October 18-23, 2009. The review week consisted of a variety of activities including site visits, bus inspections, classroom observations, interviews with parents, members of the Board of Directors and Policy Council, community partners, teachers, family resource advocates, and mental health consultants, a review of interagency agreements, review of the human resources and fiscal management plan, fiscal documents, program policies and procedures, lesson plans, health and nutrition programming, disabilities services, observed home visits and conducted individual parent interviews, to name a few. Midget shares that she is so very proud of the work our staff have done to support the positive outcomes of this review, the participation of our Board of Directors and Policy Council leadership, and the unwavering support of our community partners.

During the triennial review year, Head Start programs are given a 30 day notice of a federal review team visit. The official report will be received from the Office of Head Start.

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# HealthyCHILD Partnership

Separation: "Don't leave me!!!" This is something that most mothers and fathers hear on the first day of school. Most children have a hard time separating from a caregiver and entering a new classroom, or just coming back to school after a long break. The following strategies can be used to help with the separation blues:



1. Stay with you child for a **brief** period. Help your child get involved in activity with children or by themselves.
2. Do not leave without saying goodbye, provide a warning. (Mommy is leaving after the story.)
3. Be consistent. Try to arrive at the same time everyday, and complete the same routine. Ex. Help put coat in cubby, read a book, say goodbye.
4. Reassure your child that you will be back and that you know that they can do it.
5. Leave a picture of you with them to hold or look at during the day.
6. When you say, you are leaving, leave, and be back when you promise.
7. Let the child know who will be picking them up after school.
8. Ask the teacher for help. They understand that children may be anxious.
9. Talk with your child's teacher about bringing in a special toy, blanket, even a picture of the family to help with the transition. Keep in mind that the object may get dirty, lost or even ruined, when the child carries it around throughout the day. Preschool can get messy.

Most importantly remember, this separation anxiety is only TEMPORARY.

For more information on separation anxiety visit: [www.kidshealth.org](http://www.kidshealth.org)  
[www.daycare.about.com/parenting/daycare/library/weekly/99042000b](http://www.daycare.about.com/parenting/daycare/library/weekly/99042000b)

~Candace Hawthorne, PhD, OTR/L, Developmental Psychologist, Coordinator HealthyCHILD/Pre-K Counts, Early Childhood Partnerships, Children's Hospital of Pittsburgh of UPMC.

## A Word from the Executive Director

Because parent involvement is at the core of our Head Start work, I am sharing this information on behalf of the First Lady of West Virginia, Gayle C. Manchin. Thank you, Marlene Midget, Executive Director.

### "OCTOBER IS TIME FOR PARENTAL INVOLVEMENT MONTH"

~ From the First Lady's Desk: A Monthly Message by First Lady Gayle C. Manchin ~

It seems almost impossible that summer is officially over and school has been in session for at least a month. It makes us wonder where the time is going. As I have talked with my grandchildren and watched them begin their new classes and school activities, I am reminded of how important it is to let a child know that you care.

Caring adults play a major role in the lives of children. It is probably the most important factor that determines whether a young person succeeds. We should never underestimate the importance of the support, love, guidance and encouragement.

The term "parent involvement" can include several different forms of participation in education with local schools. Parents, grandparents, godparents, foster parents can all support their children's schooling by attending school functions and responding to school events and activities. More importantly, they can become more involved in helping our youth improve their schoolwork by providing encouragement, arranging for appropriate study time and space to encourage good study habits, monitoring homework, and where and when possible, tutoring their children at home.

Outside the home, parents can and should be the best advocates for the school. From working in the classroom, or helping coordinate after school programs, summer enrichment programs and weekend tutoring sessions, there are so many ways each of us in our own communities can make our schools a place of year-round and life-long learning. In addition, they can take a more active role in the governance and decision-making necessary for planning, developing and providing an education for the community's children - whether as a member of the county school board, the school's local school improvement council or as a concerned parent.

Research overwhelmingly demonstrates that a caring adult's involvement in children's learning is positively related to achievement. Furthermore, the research also shows that the earlier in a child's educational process a parent's involvement begins, the more powerful the effects. That is one of the many reasons why programs in West Virginia like "Birth to 3," Even Start, Head Start, Parents as Teachers and others are a win-win for the kids and the parents. These programs show the power of learning and achievement when we all work together.

All of this information reflects that the most successful efforts are those which offer parents and guardians a variety of opportunities within the existing school program. Each endeavor we make builds on the achievement of our children, strengthens our communities and fosters a love for learning throughout our state.

**Board of Directors News!**  
 Welcome to our newest Board Members—  
**Diane Grooms, President, Policy Council and Melanie Griffith, Vice-President, Policy Council.**  
 We are seeking community professionals from the northern panhandle to serve on the Board of Directors. If you are interested or know of someone who may be interested, please contact  
**Marlene Midget, Executive Director, 233-3290, ext. 5014.**

## Welcome to Our New Staff



Welcome to those staff who have joined us since the springtime: Susan Elliott, teacher assistant, Richard Ray, bus driver, Jane Rose, education/training assistant, Cathie Safreed, health/nutrition clerk, Natalie Manners, teacher, Michael Witt, bus driver, Chelsea Lenz, teacher assistant, Stephanie Vargo, teacher assistant, Leslie Dulaney, Kitchen Aide, Jamie Eneix, teacher, Edwina Lamb-Freeman, substitute teacher assistant, Tasha Sauvageot, teacher assistant, Clark Patterson, monitoring/compliance coordinator, Britney Clegg, family resource advocate, Reed Bizzari, substitute teacher and Kera Smith, substitute teacher assistant.

To learn about the employment opportunities at NPHS, please contact Debbie Hercules, Human Resources Assistant, 304-233-3290, ext. 5007.

*Special Note:* Welcome to Carolyn Darling, Ph.D., COMET Liaison. This is a grant in partnership with our mental health consultants from HealthyCHILD.

## Early Head Start (prenatal to 3 years old)

### Building Confidence in Young Children

Self-confidence is an essential ingredient for all aspects of your child's healthy development and a key ingredient for school success. Confidence is a belief in your ability to master your body, behavior, and the challenges you encounter in the larger world. Children who are confident are eager to learn new skills and face new challenges.

You might ask yourself, "How does self-confidence develop?" Children learn who they are primarily through their interaction with others. Parents, relatives, caregivers, teachers, reflect back to children their unique strengths and special talents. Below are ways you can nurture your child's self-confidence through your everyday life:

**Help your child learn to be a problem-solver.**- help your child work through problems but don't solve them for him/her-this way they can feel success.

**Give your child responsibilities.**- Feeling useful and needed makes children feel important and builds confidence.

**Celebrate your child's successes** – Make a photo album, take pictures, hang your child's artwork, etc.

**Provide language for your child's experience.** For example, "You poured your own juice today."

**Be a role model yourself.** Children are always watching and listening!

~Information provided by ZERO TO THREE: National Center for Infants, Toddlers, and Families

**Establish routines with your baby or child** – when events are predictable, your child will feel safe, secure, and confident.

**Allow for and facilitate plenty of play time**- play is how children learn about themselves, other people, and the world around them.



**Head Start and Early Head Start Federal Base Funding Information**

<b>Head Start</b> .....	\$3,897,140
COLA .....	\$119,253
Prog. Improv. ....	\$92,326
T&TA .....	\$40,078
ARRA.....	\$265,585
<b>Early Head Start</b> ..	\$421,485
COLA .....	\$12,898
Prog. Improv. ....	\$3,000
T&TA .....	\$10,537
ARRA.....	\$33,697
ARRA Early Head Start Expansion.....	\$751,895

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.