



September 2018

NPHS News



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



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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.**



Stepping Stones Learning Center

Northern Panhandle Head Start is in the process of purchasing the building which at one time housed Marshall County Day Care (with the approval of the Regional Office). Since taking over the building on July 1st, 2018 the agency has painted the interior, replaced the carpeting and flooring as well as cleaned and resurfaced the playground. On behalf of the agency Cathy Williams would like to extend a special thank you to the following staff who helped get this center up and running so it would be ready for the Head Start 2018-2019 program year. Jackie Bell, Jessica Harr, Beth Fletcher, Janel Armstrong, Cheche Price, Marcy



Evans, Ashley Benson, Lee Anne Polen, Monica Hollen, Tina Harman, Joyce Charlton, Steve Rothwell, Jeff Hughes, Bruce Schultz, Marlene Spitznogle, Brandon Hill, Fred Hannahs, Lewis Yoho, Gina Angelo, Gina Bowman, Megan Murphy, Brandi Herceg, Christa Hicks, and the staff at Stepping Stones.



NPHS Moves Classroom to High School

NPHS was in need of a new space to house our classroom that was located at the Wetzel County Center for Children and Families. The Wetzel County School System approached Cathy Williams and offered to house the classroom at Magnolia High School. The classroom has been remodeled to fit the needs of our children. The children will also have a brand new surface to play on outside and a room for gross motor activities when the weather does not permit them to play outside. On behalf of the agency Cathy Williams would like to formally Thank the Wetzel County School System for allowing us to use this wonderful space.



NPHS Selects Benny as New Mascot!



will be featured throughout our marketing/advertising materials for Northern Panhandle Head Start.

At our 2016 Administrative Planning, it was decided to create a mascot character for Northern Panhandle Head Start. The purpose of the NPHS mascot was to get the attention of our staff, children and families. The team decided to make this a competition for all staff to submit their ideas for the character. The management team evaluated all entries and made the final decision on the winner. We are happy to introduce to everyone our new mascot for Northern Panhandle Head Start "Benny." Benny is created by Nicole Henderson, who is the Infant Toddler Teacher at Creative Learning B at our Moundsville location. The Human Resources Department thanks the staff who submitted their entries. Congratulations to Nicole, for submitting her drawing and winning the contest. She did a fabulous job creating "Benny" and we are excited to use him to promote NPHS.

Jessica Harr,
Human Resources Manager

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Policy Council

2018-2019

Chairperson
Vice Chairperson
Secretary
Treasurer
Parliamentarian

The first Policy Council meeting of the 2018-2019 program year is scheduled for September 19th. Speak with your Family Resource Advocate or Parent Educator for more information on how you can get involved.

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

◆ **NPBS Board of Directors**

◆ **NPBS Parent Volunteers**

Say YES to Safe Sleep for Babies



Safe sleep is simple. The only place a baby should sleep is in a crib or bassinet

- Suffocation and strangulation in an adult bed or other unsafe sleeping surface is the leading cause of injury-related death for West Virginia infants in the first year of life.
- Babies who sleep in an adult bed are 40 times more likely to die from accidental suffocation than those who sleep in their own cribs or bassinets.
- Accidental suffocation and strangulation is the third-leading cause of death for infants in the United States. Putting your baby to sleep on his or her back every time will help reduce the risk of death from accidental suffocation and strangulation.

Safe Sleep Checklist

- Baby always sleeps alone on his or her back in a crib or bassinet nearby.
- Baby always sleeps in a smoke-free room.
- Dress your baby in light sleep clothing and keep the room at comfortable temperature.
- Crib is clear of toys, heavy or loose blankets, bumper pads & pillows.
- Baby's mattress is firm and fits close to the sides.
- The crib is in good shape and meets Consumer Product Safety guidelines.
- It's safest for baby to sleep in the room where you sleep, but not in your bed.

Beth Prettyman, MSSL
Early Head Start Manager

How To Control Contagious Germs

It's that time of year when the flu; pinkeye and stomach bugs come into our school and homes. Here are some tips to help keep our families healthy during fall and winter months.

- * If you know your child is sick or not feeling well please keep them home as prevention is the first step to keep infection in check.
- * Help children eat healthy and get enough rest.
- * Don't share cups, spoons, forks, towels, pillows or toothbrushes.
- * Cover your mouth and nose with a tissue when you sneeze or cough. Or cough into your elbow. Then throw away the tissue and wash your hands.
- * Always wash your hands before touching your nose, mouth or eyes.
- * Teach children to wash their hands with soap and water before eating; after using the bathroom; after coughing or sneezing. If soap and water is not available use hand sanitizer until you are able to wash.



Hopefully by working together and using these basic tips we can keep our children; families and staff healthy. Have a great year.

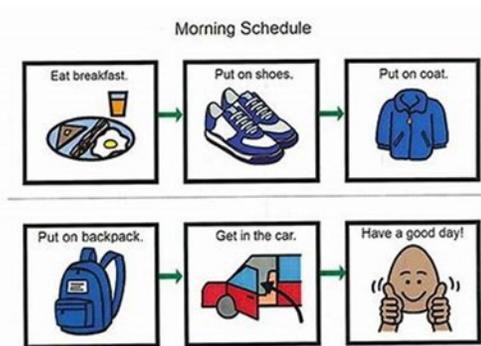
Cindy Yahn, LPN, CLC
Early Head Start Nurse

A new school year means many families will get back into a routine of school, homework, sports, and earlier bed times. Research shows that family routines support children and their emotional development. When children have good emotional health they cooperate more and perform better in school.

Children are less likely to get frustrated and argue when they have a routine to follow. Parents of younger children find it helpful to create a morning routine chart with pictures and drawings that remind children what tasks need to be completed. Bedtime routines should be consistent and start around the same time each night and go in the same order (e.g. bath, pajamas, brush teeth). Morning and bedtime routines can also help children learn independence and social skills. Children can help make lunches, pack backpacks, and pick out clothes.

Parents or family caregivers should include in their routines time for one-on-one connection with each child. Ending the day with one-on-one time can really make a difference. Children need time to talk about any fears or ask questions about the upcoming school day. Making time for each child individually is a good investment in the parents' relationship with their child and their child's emotional health. It helps children feel more comfortable talking to parents about worries and concerns and can help reduce their anxiety and get a good night's rest.

Information from UW Extension Kewaunee County



Jackie Bell, M.ED
Assistant Director

Classroom Community



The beginning of the school year is an exciting time for children, parents and staff! During the first several weeks of class the teachers will be busy helping your child become familiar with his/her classroom and routine. The classroom is full of materials, equipment and activities to help children grow in many ways- social-emotional development; math; science; language; and literacy. Children will become a member of the classroom community as they meet new friends and become comfortable in their new environment. The relationship between you and teachers makes all the difference-we are partners in your child's early learning experience.

You are always welcome in the Head Start classroom and we hope you can find time to spend with your child for a day, an hour or 15 minutes.



Cheche Price, M.S.
Education/Training Manager

Fruit Fun—Do

- 2 teaspoons chocolate syrup
- Reddi-wip Original Dairy Whipped Topping
- 1/3 cup bite—size pieces fresh strawberries
- 1/4 banana, peeled and sliced

Directions

Combine chocolate syrup and one serving (2 tablespoons) Reddi-wip in a small bowl to make fondue dipping sauce; set aside.

Arrange fruit on serving plate. Serve sauce in small dish alongside fruit and enjoy.



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, audiotape, 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 each child for learning and life.

VISION STATEMENT

“Building foundations for life-long growth and development”

Up and Coming

September 2018

September 19—Policy Council

October 2018

October 17—Marshall County FAN
October 22—Pipinos FAN
October 23—MELC FAN
October 24—Policy Council/Advisory
October 25—Brooke County FAN
October 29—Ohio County FAN
October 30—WCCCF FAN
October 31—Newell FAN

November 2018

November 12—Veterans Day-No Class/No Staff
November 19, 20, 21—Wetzel County-No Class
November 22—Thanksgiving-No Class/No Staff

November 23—No Class/No Staff

November 28—Policy Council

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

- Gina Angelo—Program Coordinator
- Ashley Mann—EHS Parent Educator
- Brelle Menendez—EHS Parent Educator
- Tracy Platt—Teacher Assistant
- Courtney Smuck—Teacher Assistant
- Kristen Mowder—Teacher
- Jessica Heller—Teacher
- Robyn Miller—Teacher
- Amanda Huntsman—Child Development & Disabilities Coordinator
- Deb Coberly—Health & Nutrition Clerk
- Angela Meese—MIHOW Home Visitor
- Cassy Platt— Infant/Toddler Teacher
- Telah King—Teacher
- Brittany Parsons—Teacher Assistant



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.