

For **Enrollment Opportunities** in Head Start or Early Head Start, please contact Michele Lee, Enrollment / Recruitment Coordinator 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 U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). 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 2011**

- 24 - Last Day for Children
- 27 - Staff Celebration
- 30 - Memorial Day

**June 2011**

- 15 - 17 Administrative Planning

**July 2011**

**4-8 - Shutdown Week**

Note to Parents—Please confer with your center staff regarding any program date changes  
- thank you

**WELCOME TO OUR NEW STAFF**

**YVONNE BARRY**

EHS FRA 3/17/2011

**BELINDA HENDERSON**

Teacher Assistant 2/10/2011

**NICOLE HESS**

Teacher 2/28/2011

**LISA KING**

Substitute Teacher Assistant  
2/24/2011

**THOMAS ROBERTS**

Bus Driver 4/11/2011

**COURTNEY SANDERS**

Substitute Parent Educator  
2/22/2011

**CHARLENE TRIVERI**

EHS Nurse 4/12/2011

**CAITLIN WILLIAMSON**

Substitute Teacher 3/5/2011

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

We are currently seeking positions for:

- Program Operations Clerk (*Ohio County*)
- Family Resource Advocate (*Ohio County*)
- Bus Drivers
- Early Head Start Parent Educator (*Marshall Co.*)
- Center Based Infant / Toddler Teachers (*Ohio County*)

Visit our web site ([www.npheadstart.org](http://www.npheadstart.org)) and view the latest Annual Administrative Report 2010-2011 in .pdf format for easy viewing!

**NPHS WISHLIST**

- ◇ Children’s classroom space in the Newell-Chester, WV area to accommodate 40
- ◇ Donated office space

**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 and is 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, 304.233.3290 or [mmidget@npheadstart.org](mailto:mmidget@npheadstart.org).

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

**NPHS News**

Spring 2011

Volume 15, Issue 3



**SPRING FEVER**

Well another year has flown by and my where has the time gone. It has been a year of sweeping change at NPHS and although we have faced numerous obstacles such as new regulations for re-competition and threatened program cuts we have met them with poise and unrelenting dedication.

As we head out into the beautiful Spring weather we should be continually reminded to “stop and smell the roses” and enjoy life’s little gifts. Go for walks in the park as a family or with friends, consider getting together with neighbors and have a cookout, or have a fun day at the zoo which always a great way to experience a casual day together as a family and support learning for children at the same time. Nature offers endless opportunities for children and families to explore life together such as setting up a garden at home where they can be involved in the process and see their work grow. A simple glance towards the sky will allow us to observe the universe and see the stars at night with their wonderful array of constellations and different light displays or view the different types of clouds as they gently float by. A camping trip can be a great way to bond together in the peaceful surroundings of the forest where kids can explore the environment and see different types of trees, plants and animals and perhaps get a chance to splash in the lake and look for various types of rocks on the shoreline. Fathers and their children can sit back and relax or have a nice conversation together while casting a line in as



they fish together on an inviting sunny day. Take the bikes out and get moving together on different trails or take a scenic hike and listen to the various birds singing their songs as they echo throughout the woodlands.

If nature isn’t your thing then there is always the option of going to the playground where kids can get plenty of exercise enjoying the many activities and games available, and don’t forget to grab a Frisbee or football to toss back and forth or maybe shoot some hoops and build the fundamentals of sportsmanship and teamwork. Or even come up with your own game. Other inexpensive options are the Library where you can go and learn about pretty much anything and even check out videos for both children and grown ups, and there’s an extensive collection music CD’s and other forms of media and resources such as books, computers, magazines and more. The Marx Toy Museum in Glen Dale is a neat place to learn and see antique toys where children 6 and under are free. The Smart Centre Market in Wheeling is not only fun but offers a cool twist to learning science and they even perform demonstrations. The Wheeling area also has Riverfront Movie Night at the amphitheater on select Fridays throughout the summer.

Every one gets an opportunity to see and enjoy the many sights and sounds in and around their community throughout the Spring and Summer with the several festivals and other activities such as car shows, boating events, parades and so much more. So get out there, have fun and explore what life has to offer, but please remember to also be safe.

-Brian Stromatos,  
Monitoring Compliance Coordinator



**NPHS Inc.**

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Marlene Midget, Executive Director  
[mmidget@npheadstart.org](mailto:mmidget@npheadstart.org)

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# HEALTHYCHILD PARTNERSHIP



## Summer FUN and Learning!

Summer holds a wealth of possibilities for you as a parent, friend or family member, to help your child retain what they have learned this school year as well as learn and discover new things. We know that good social emotional skills are very important for success in Kindergarten. Here are a few things you can do over the summer to make sure your child is school ready in the fall.

Read, read, read....check out the local library for story hours and check out books to read with your child during the week. While you are reading, talk to your children about the characters in the story, how they are feeling, how they solve problems and if they are making good choices. Reading is fun, educational and FREE!

Make sure your children have supervised play with friends. Young children don't automatically have the skills to share and play cooperatively with other children their age. Sometimes they need an adult close by to help them make good choices and solve problems with friends. Learning how to problem solve with peers will help them succeed in school.

Encourage self-help skills. Children like jobs and responsibility, young children can learn to set the table, sort and match socks, help in the garden, feed pets, clear the table, assist in making their bed and bring in groceries. Children gain positive self esteem from a job well done.

Make time for discovery and creativity. Children love to be creative, some fun summer ideas include; sidewalk chalk, painting, playing with play dough, playing dress up, dancing and planning an outside picnic. Let your children discover by, playing with water or sand, taking a nature walk, gathering outside items for a nature collage or sitting outside with you at night looking at the stars.

**Enjoy spending time with your child this summer and remember you are your child's most important teacher!**

Submitted by Audra Redick



# A WORD FROM THE EXECUTIVE DIRECTOR

**Play is not important: Something to make you go mmm!**

**Myth:** Play is like dessert: enjoyable, but nonessential.



**Reality:** If play were food, many adults would equate it with candy-tasty, but not very nutritious; a treat, not a dietary staple. In reality, if play were food, it would be the staff of life-tasty packed with nutrients to build healthy bodies and healthy minds; a dietary staple to be consumed every single day. ("Getting It Right From the Start") The Principal's Guide to Early Childhood Education). I vote for play to be a staple of our everyday lives, because I believe if we played more, we would be less angry at each other and better role models for our children in building healthy relationships.

Think back to when you hear the words summertime. What images do you see, sounds and memories can you recall. The word summertime can give you visions of children playing on swings outside, sounds of children laughing and playing tag or swimming. As you watch your children playing remember this is how they learn. **"Play is the highest form of research." Albert Einstein**

Play is the natural medium through which children gather and process information, learn new skills, and practice the ones they are to master (Fromberg). Play also gives children opportunities to understand, create, and manipulate symbols as they take on roles and transform objects into something else ("let's pretend this chair is the pilot's seat in our plane").

I can remember watching children in my Head Start classroom have such enjoyment with making a store out of an old refrigerator box. They took such care to pick colors, decide what type of store and who would be in charge. Can you identify what life skills these children were building?

Remember play is not just for summertime it is for all seasons. See you in the fall.

Sankofa,  
Marlene Midget

# PLAY WITH ME AND I WILL LEARN (Part 2)

### Tracing Shapes

Parents cut out a circle, square and triangle from a large piece of cardboard. Give your preschool child a large sheet of paper on which to make a picture or design by tracing the shapes. Encourage your child to color the picture or design. Write your preschooler's name at the top of his or her picture, spelling their name letter by letter as you write.

### Sensory: Toddler Counting Fun

Materials: Lunch paper bag and cotton balls.  
Place cotton balls in a lunch size bag. Ask the child to reach into the bag and grab a handful of cotton balls. Put the cotton balls on the floor and count them out loud as the child watches, or helps.

### Outdoor Bowling

Materials: Empty 2 liter soda bottles and balls.  
Set up plastic bottles like bowling pins, have toddlers use a lightweight plastic ball to roll from a short distance to knock the bottles down. Show them how to do it the first time. The bottles do not have to be set up in a specific way so try to get the toddlers to help set up as well as bowl.



Submitted by: Cheche Price—H.S. Education / Training Manager

# EARLY HEAD START (PRENATAL TO 3 YEARS OLD)

### Brain-Based Parenting

Children learn by example. There are things you can do every day for yourself and your child. Use these tips to help your child develop positive and healthy habits.

Basic brain maintenance for our children, and for us, means making a specific effort, every day, to help our children's brains work normally. Dr. Ingraham [of the American Academy of Pediatrics] urges parents to teach their children every day, by example as well as by communication, so that they develop positive and healthy habits and lifestyles, now and for the future. Children learn best by example. Following are ten things you can do every day for yourself and your child:

The following resource is provided courtesy of the CHILDREN'S HEALTH CARE OF ATLANTA, Georgia Dept. of American Academy of Pediatrics and Department of Human Resources.

**Bed on time:** Sleep is brain restoration time. The brain's systems do not function very well without sleep.

**Normal nutrition:** The brain requires normal nutrition to develop normally and replenish the brain's chemicals.

**Regular exercise:** Endorphins are the brain's built-in stabilizers. Exercise and physical work

stabilize the brain's systems, especially the emotion response and mood regulation systems.

**Regular outdoor time:** Being outdoors is therapeutic. We humans were not meant to be indoors all the time.

example how to work helps the brain develop normally. The opportunity to learn to work is crucial. Children who never work never mature.

**Tie all privileges to responsibilities:** This keeps the child connected to the reality of life, and what life requires for success.

**No exposure to violence, in any form:** Violence in the family, violence in the environment, violence in TV, videos, video games and movies. Repeated and continual exposure to violence, whether in person or in the media, reprograms the child's primitive brain systems. We want to maintain the normal ecology of our children's brains.

**No exposure to greed, extravagance, explicit sex:** These are major problems with the media and our value systems, both of which have disconnected our children from reality.

**Simplify your life and your family's life:** Make your family's life more personal and less driven.

**Get in tune with your real values and priorities:** Get off the rollercoaster of materialism.

**Regular chores and responsibility:** Teach your child how to work. Work keeps a child connected to the reality of life. Teaching a child by

- Submitted by Janice Barnett, Early Head Start Manager

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

<b>2010-2011</b>	
Head Start.....	\$4,338,101.00
COLA.....	-0-
Program Improvement.....	-0-
T&TA.....	\$67,322.00
ARRA.....	-0-
<b>Early Head Start .....</b>	
Head Start .....	\$453,397.00
COLA.....	-0-
Program Improvement.....	-0-
T&TA.....	\$17,778.00
ARRA.....	
ARRA Early Head Start Expansion	\$673,453
ARRA Early Head Start T&TA	\$30,000.00

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.