



NPHS News



Fall 2012

Volume 17, Issue 1

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



NPHS Inc.

1 Orchard Road, Suite 1
Wheeling, WV 26003

Phone: 304-233-3290

Fax: 304-233-3719

1-877-732-3307

E-mail: info@npheadstart.org
www.npheadstart.org

Marlene Midget, Executive Director
mmidget@npheadstart.org

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

Congratulations to Our Parent Volunteers



Pictured: (From left), Marlene Midget- Executive Director, Ashley Guiler-Parent Volunteer, Courtney Sanders-Parent Educator, Brandi Herceg-Parent Educator, Melissa McLaughlin-Parent Volunteer. Not Pictured (Jessica Clever, Lori Petruccioli, Danny Corso, Trinity Kotouch, Meghan Kamlowsky, Clayton Carroll, Tammy Ackerman, and Rachel Pattison.)

Inside this issue:

HealthyCHILD	2
A Word from the Executive Director	1
Healthy Child	2
Health Advice	3
Early Head Start	3
Up and Coming, New Staff, Wish List	4
USDA Non-Discrimination Statement.	4

Parents play a vital role in our program supporting the mission of Head Start in their homes, in the community and in the centers.

I would like to take this opportunity to thank all the volunteers who worked endless hours at our Head Start Centers' home base throughout the year. We are so grateful to our PARENTS for being involved in their child's education, and for all your energy and enthusiasm. We at NPHS want you all to know how appreciative we are for your time. Not only do you provide an incredible Community Service, but the hours that you give to Head Start counts as an In-Kind contribution match for:

The following parents were awarded with plaques for their volunteer hours:

Early Head Start: Melissa McLaughlin (Brooke 1 & BB2)- 1,735.75 hours, Ashley Guiler (Brooke 1 & BB1)-1,326.425 hours, Jessica Clever (BB1)-1,284.25 hours, Lori Petruccioli (BB2)- 1,192.75 hours, Danny Corso (BB2)-940.50 hours

Head Start: Trinity Kotouch-(Pipinos 3)-820.50 hours , Meghan Kamlowsky (OPB)-558.25 hours, Clayton Carroll (OPB)-457.50 hours, Tammy Ackerman (Pipinos 2)-454.50 hours, Rachel Pattison (OPB)-420.00 hours.

Marlene Midget-Executive Director

Policy Council

2012-2013

Tasia Farmer,
Chairperson

Michelle Moorehead
Vice Chairperson

Krystal Lloyd,
Secretary

Jennifer Courtwright,
Treasurer

Jenna Jones
Parliamentarian

Michael Hurst
Mentor Supporter

Communication Counts!

As we spring forward into the summer months, we can start thinking about the opportunities that the summer days can provide to teach communication skills to our child. Children with good communication skills have less behavior problems and find it easier to succeed in school. Keeping this in mind, here are a few things that you can do to help your child master the art of communication.

***Be a good listener.** Find some time free of distraction when you can listen to your child's stories. Repeat important details of the stories back to your child and ask them questions to clarify the details. By doing this, you are modeling important skills that they will eventually learn as well.

***Model self-talk.** Summer is filled with routine tasks. Talk to your child about the thought process that goes into doing these tasks, whether you are fixing the car or making the grocery list. For example, "I think we will have chicken and green beans for dinner on Wednesday so I am going to write 'green beans' on the grocery list." This will help your child learn the process of solving everyday problems.

***Talk about expectations prior to an activity.** Tell your children what your expectations for the activity are and have them share theirs as well.

***Re-cap after an activity.** Have the children tell you their favorite part of the activity, what they liked and what they did not like. Share your thoughts as well.

***Talk about feelings.** Use self-talk to express how you feel in some situations. Use your good judgment about when it is appropriate to do this, as not all situations that we encounter as adults are appropriate conversation for our little ones. When you drop something or lose your keys, this provides a good opportunity to say you are frustrated or angry. Encourage your children to label their feelings as well.

Enjoy your summer with sunshine, fresh air and a lot of good communication!

Audra Redick, HealthyCHILD DHC

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

Head Start
\$3,857,479

T&TA \$44,641

Early Head Start
\$1,309,698

T&TA \$32,742

Head Start Match
\$975,530.00

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.

Early Head Start Match
\$335,610.00

Fire Safety Tips

October is here and it is Fire Safety Month, so here are some tips for parents and children.

- Electrical cords are in good condition (not damaged).
- Appliances and lights are plugged into separate electrical outlets.
- All smoke alarms work when tested by a grown-up. All escape routes are clear of clutter and easily accessible.
- Curtains and other things that can burn are away from the stovetop. The clothes dryer has a clean vent and filter (no lint build-up). A grown-up always stays in the kitchen whenever food is cooking. The furnace has been inspected in the past year. The chimney has been inspected and cleaned in the past year.
- Portable space heaters are off whenever a grown-up leaves the room and goes to sleep. Portable space heaters are 3 feet away from anything that can burn.



Information provided from; My fire Checklist, Sparky. JLG



Prevention During Flu Season



Nights are getting chilly, day light is getting shorter and the leaves are starting to turn their beautiful fall colors. It is time for change and for preparation for the winter. We also have opportunities to prepare ourselves and our families for the typical fall colds and flu. How can we prepare?

The first line of prevention for any illness is hand washing. The children are taught to wash their hands frequently during the day. They are learning to sneeze in their sleeves instead of hands or on others. They wash after using tissues and are wiping their noses more often as seasonal allergies linger on. Toys and hard surfaces are regularly sanitized by staff.

Reinforcing everything children are learning at school can also be done at home. Parents teach best by example so be sure to wash hands frequently, cover your cough and clean surfaces that family members touch frequently.

The Center for Disease Control is also emphasizing the importance of getting flu shots. Most insurance cover 100% of the cost of the shot or inhaled vaccine. Both are safe for you and your children unless they have a history of very specific allergies. Health departments have supplies of vaccines and frequently have clinics in the community.

Colds and flu have similar characteristics but the flu is always more severe. Cold symptoms have mild muscle aches, tiredness, weakness and often runny nose, sneezing, sore throat and mild hacking cough. Adults rarely have a fever and children can have as high as 102 degrees.

The flu can have a sudden onset of a headache which can be severe, usually muscle aches, tiredness that can last two weeks, extreme exhaustion and a fever of 102 to 104 degrees that may last 3-4 days. There is usually a cough that can be severe. Sometimes there is a runny nose, sneezing and sore throat, but not always.

WELCOME TO NEW EARLY HEAD START NURSE

Our new Early Head Start Nurse is Trisha Cosgrave LPN, from New Martinsville., WV.

WELCOME EHS COORDINATOR & FATHER ADVOCATE

Jackie Bell - Masters of Education in Reading Specialist K-12 from Barnesville, OH.

David DeFelice—Bachelor of Arts in Education with Special Education Certificate K-12 from Weirton, WV.

School Readiness Learning Activity

'Easy as 1, 2, 3 and A B C'

How can you teach your child about numbers and letters and have fun doing it together? Try these ideas!

Number Collage Activity.

You will need: newspapers, magazines, construction paper, glue or tape (scissors are optional) or your child can tear pieces from the newspaper or magazine.

1. Choose a number from 1 to 10, such as 3.
2. With your child, look for the number 3 in the newspaper or magazine and cut or tear them out.
3. Give your child a piece of construction paper and some glue or tape.
4. Let your child glue the 3s all over the paper any way he or she wishes to make a collage.

5. Repeat the activity with another number on another day.

You can also do a Letter Collage Activity using the same materials.

Cheche Price, M.S.

Education and Training
Manager



**Infant/Toddler
CDA Classes
Starting Soon!**

**NPHS is offering
Infant / Toddler Child
Development Associate Classes
for Head Start parents.**

**This credential program provides
the knowledge, skills, and training
to provide specialized care
for children ages 0 to 3.**

**. Please contact Cheche Price at
the NPNS Central Office (304-233
-3290) by November 1, 2012 to
reserve your spot.**

Baked Oatmeal Recipe (8 servings)

Dry ingredients:

- 2 cups old fashion oats
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 tsp allspice
- 1/2 tsp cinnamon

Wet ingredients:

- 2 1/2 cups sliced fruit
- 1 cup milk
- 1 cup plain yogurt
- 2 eggs
- 1/4 cup maple syrup, honey, brown sugar, or sugar

Preheat oven to 350F. Spray nonstick spray on a 8x8 baking dish (or equivalent). Mix dry ingredients and then mix in wet ingredients. Spoon into pan and cover with foil. Bake for 20 minutes, remove foil, and bake for another 25 minutes until golden brown. Enjoy hot, cold, or room temperature. If well covered, this will keep in the fridge for one week.

Laura Weigel, Nutrition Specialist

For Enrollment Opportunities in Head Start or Early Head Start, please contact Cher McKeever, Information Technology 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!”
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

October

23, 2012- FAN Marshall and Wells

24, 2012- FAN Pipinos and Wetzel

25, 2012- FAN Brooke and Ohio

November

5, 2012—Recruitment All Counties

6, 2012- Election Day

7, 8, 9, 2012—Recruitment All Counties

22, 2012- Thanksgiving

28, 2012- Policy Council

December

10, 2012- Winter Dinner

19, 2012- Joint Board and Policy Council Meeting

24, 2012- Christmas Eve No School/No Staff

25, 2012- Christmas Day No School/No staff

26, 2012- Winter Break Starts - 1/2/2013

Welcome To Our New Staff

Jackie Bell—EHS Coordinator, Orchard Park

Erin Heilman-Education Training Assistant, Orchard Park

Jessica Ernest- Family Resource Advocate, Marshall County

Janel Taylor- Family Resource Advocate, Marshall County

Carrie Martin- Teacher Assistant, Hancock County

Crystal Baker- Kitchen Aide, Wetzel County

Courtney Hardman- Teacher, Ohio County

Amanda Yocum- Teacher, Ohio County

Mara Jackson- Teacher Assistant, Brooke County

David DeFelice- EHS Father Advocate, North Park

Eleanor Edgell-- Teacher Assistant, Brooke County

Danita Silver- Kitchen Aide, Brooke County

Trish Cosgrove- EHS Nurse, Central Office

Maria Reinauer- Teacher, Brooke County

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 - Parent Educator

Brooke County, Ohio County and Marshall County - Bus Driver

Marshall County - Parent Educator

Marshall County - Infant/Toddler Teacher

You can also visit our website at 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.

NPHS Wish List

- ◇ Free Administrative Office Space donated in the Wheeling Area.
- ◇ Donations for our Annual Winter Dinner.
- ◇ Bus Drivers