

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

February 2011

16 - Policy Council
21 - President's Day-Closed

March 2011

8 - FAN Brooke, Marshall, Wetzel
9 - FAN Hancock, Ohio
14 thru 17 - Ohio, Spring Break
21 thru 24 - Marshall, Spring Break
23 - Policy Council

April 2011

13 - Policy Council and Advisory
18 -21 Spring Break Hancock, Brooke

and Wetzel Counties
22 - Good Friday-Closed

May 2011

11 - Corporation Meeting-Board
/ Policy Council
13 -PARENT BANQUETS
30 - Memorial Day No Class

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

Play with me and I will Learn (Part 1)

Every child is a gift. Northern Panhandle Head Start thanks you for sending your gift to us. We strive to teach each child in ways he or she learns best. Teachers and Home Visitors help each child meet his potential by learning about his interests and abilities and working on building his skills. Parents and Teachers are partners in your child's education. We will work with you to give your child the best start he or she can have in our Early Head Start or Preschool program. Research has told us that while it may appear that all children are doing is playing, playing is a very natural way for children to learn because it uses all of their senses. Playtime is also how children learn to solve problems and understand their world. Here are some activities that the teachers may do in the classroom and that you can also do at home. REMEMBER - if your child does not feel like doing the activity, just try it at another time. Make it fun not a chore.

Feely Box : Materials: Leaves, acorns, pine cones, nuts, apples, and other items of your choice. You'll need a box the children can fit their hands into without seeing inside such as a tissue box or shoe box. Cut a hole in the top. Add the objects in the box showing your child each one. Have your child feel inside the box. Ask your child to describe what he or she feels and what they think it is.

I Love You : Tell your child four things that you love about him/her. Write them on a sheet of paper and give it to your child to keep.

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

NPHS Wish list

- ◇ **Children's classroom space in the Newell-Chester area to accommodate 40** ◇ **Donated office space**

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.

Serving Hancock, Brooke, Ohio, Marshall and Wetzel Counties In West Virginia



NPHS News

Winter 2011

Volume 15, Issue 2

Winter Wonderland

• Winter is once again upon us as well as a fresh

start for some in that we have crossed into 2011. With so much going on at Head Start it's hard to figure out where to start.

In the past few months we have gone through a Self Assessment, Staff Development, Administrative Planning plus various meetings and holidays which have made for busy schedules all over. As we step into this new year it's important to not lose sight of the little things. Take time to find balance for ourselves and still be able to meet our goals.

On Dec. 16 we held our joint Board and Policy Council meeting which went well and included many familiar faces as well as a nice lunch and refreshments provided by Northern Panhandle Head Start. Also on the 19th of January we had our Advisory meeting along with Policy Council where we met and discussed the great things going on within our community and Head Start's role in those great things.

Something to keep in mind as we progress through winter is safety, both in the home & on the road. The Health Team would like to remind us of the potential dangers of using portable heaters as they are often the result of fires. As for the road AAA recommends the following winter driving tips:

- Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.

- Never warm up a vehicle in an enclosed area, such as a garage.

- Make certain your tires are properly inflated.

- Never mix radial tires with other tire types.

- Keep your gas tank at least half full to avoid gas line freeze-up.

- If possible, avoid using your parking brake in cold, rainy and snowy weather.

- Do not use cruise control when driving on any slippery surface (wet, ice, sand).

- Always look and steer where you want to go.

- Use your seat belt every time you get into your vehicle.

Staff Appreciation

Congratulations go out to Barb Hollobaugh



who has stepped up to become our new Wetzel County Area Coordinator. As of Jan. 10 Barb's responsibilities will focus on

facilitating the needs of the Teachers and Classrooms for our Wetzel County Headstart Centers. An employee since April 03, Barb brings nearly 8 years of Head Start experience to this position.

- *Brian Stromatos, MCC*



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Marlene Midget, Executive Director

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

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HealthyCHILD Partnership



Maintaining Routines and Schedules for Children through seasonal disruptions

Children need and crave routine. A routine helps establish a sense of security for a child and are an excellent way to keep your family and children calm, secure and at ease. Children need routines and schedules in order to learn how to manage their time and attention.

Snow Days and long school breaks can become overwhelming for children and parents. Disruptions can vary from finding alternative child care, coping with challenging weather conditions, later bedtimes and meal times that interfere with a child's day to day routine. It is much easier to maintain a regular schedule then trying to restart the child's routine and schedule after the holidays or snow days.

In order to stick with the child's routine and schedule a parent can do the following:

Have fun activities for you and the child to do together. Busy kids are happy kids; Bored kids lead to stressed parents. Stay consistent with mealtimes and bed times as much as possible. Prepare the children for routine changes; use dinner time to talk about what the schedule will be for the following day. Let them know what changes will occur.

It is often difficult for parents to avoid the extra stress of winter weather and child care with extended and often unexpected days off. It is important to remember that a frustrated and stressed parent will increase the child's stress and anxiety levels also. So take a deep breath, plan ahead, and PLAY!

Stacy L. Flowers, BSW

HealthyCHILD

Developmental Healthcare Consultant



Message From the Executive Director

Happy New Year! I must begin the New Year with my celebration of gratitude for those who supported our 5th Annual Winter Dinner Distribution. 459 families enrolled in our Early Head Start, Head Start and MIHOW programs received a gift certificate to a local grocery store in their community to supplement their pantries during the holiday break. Many parents have shared their expression of appreciation through cards, phone calls, and staff reports as well as during meetings. The purpose of this endeavor is to support a family meal while children are away from our tables.

Thank you to our local community individuals: Don Koscevic, Mary Ann and Fred Simmons, Ronnie and Diana Kreitzer, Shirley and Charlie Milton, Tim and Marlene Midget, Emmett Rice Jr., Ruth Rice, Tom Miller, Peggy Miller, Paige Midget, Carol Gongola, Robert and Carol Mack, Darcelle Clevenger, Megan Smith, Rick and Cheche Price, Janice Barnett, Agnese and Michael Barnett, Keith Miller, Joseph and Betty Thomas, Cathy and Alfred Williams, Becky and Joe Erbacher, Pam and Daniel Dudley, Jan and Arthur Granda, Percy and Sharon Sinclair, Steve and Tina Martino, Jack and Cher McKeever, Joan Weiskircher, Alma and Larry Cunningham, Ardell Mayhugh, Betty and Dave Miller, and Bernie Glenn.

Thank you to the following professionals, churches and local businesses: Riesbeck's Food Market, Mr. Lou Serra-The Serra Foundation, Dr. Lisa Hill, Charlotte Umoja, Roanne Burech, Carol Smith, Hill International, Bailey, Riley, Buch and Harman, Wayman AME Church, Dr. Michael Pipo, Lee and June Paull III, Hancock County Savings Bank, Kevin McGilton, Betty McGillen, Bordas and Bordas, John Curtiss Design, Gold, Khourey and Turak, Karen Miller-Miller, Weiller and Walters, Wheeling Office Supply, Paul Padgett, Lisa Slie, Dr. Steve Bagnato, Irvin and Kathy Shapell, Lou W. Nau, Cornerstone Group, PPG Industries, Wheeling Nisshin Inc., Marguerite Wilson CPA, Delores Barnhart, JA & M Oil and Gas, Sweet Dreams Mattress Factory, Gary Lilly, and Mary Pockl, Bon-Ton Stores Inc. My sincere thank you to our staff for supporting this distribution. Again, on behalf of the Board of Director's we thank you for your continued support of this project. We invite our readers to participate with us in the upcoming year.

To become involved or if you would like to donate, please contact me.

Sankofa,

Marlene Midget, Executive Director

Board of Directors

2010-2011
(governing body)

- Becky Yesenczki, President
- Steve Woodburn, Vice President
- Carol Smith, Treasurer
- Marguerite Wilson, Secretary
- Alicia Cassels, Parliamentarian
- Jan Futey
- Melissa Reed
- Jennifer Staley
- Libby Slater
- Lisa Slie
- Diane Grooms, Policy Council Chairperson
- Nicole Yoho, Policy Council Vice-Chairperson

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

Volume 15, Issue 2

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

We are currently seeking positions for:

- **Bus Driver - Hancock Co.**
- **Infant Toddler Teacher Early Head Start**
- **Teacher and Family Involvement Coordinator Ohio County**
- **Family Resource Advocate Early Head Start**

ERIN TODD - Teacher 9/29/2010

RACHEL PATTISON - Teacher Assistant 10/19/2010

AMY HUTCHISON - EHS TA / Support Staff 10/27/2010

CAROL DOYLE - Teacher Assistant 12/2/2010

MARLENE SPITZNOGGLE - Bus Driver 12/2/2010

NICOLE BAKER - Teacher 12/9/2010

CHRISTOPHER MCGINNIS - Bus Driver 12/16/2010

Early Head Start (prenatal to 3 years old)

Happy New Year Early Head Start and Head Start families! The year 2011 will be a very exciting year for Early Head Start. We are on a mission to improve attendance at Socializations and Parent Meetings and we need your help!

For the past few years, attendance has been very poor at Socializations and we really would like to make EHS Socializations a fun and friendly place to be. Within the next month, I will be calling you on the phone for your ideas and suggestions to make Socialization attendance the best it can be. For example, I will be asking you if the time and day are right for you and your family. I will also ask you what you would like to do at Socializations...do you want more parent trainings, do you want more community speakers?

We also need to have Parent Meetings at our Socializations to plan activities and field trips and we cannot have a Parent Meeting unless we have 3 parents (for each group)

EHS Socializations and Parent Meetings are a very important part of our program. It is a time for all of us to get to know each other and for our children to play together. We need for you to come so that we can get the most out of the EHS experience.

Please call me anytime if you would like to be on a committee to help increase attendance at Socializations and Parent Meetings and therefore, improve the quality of our EHS program. I would love to hear from you! We need you to make this year the best ever for EHS Socializations and Parent Meetings.

Thank you and have a safe, happy, and healthy New Year.

Sincerely,

Janice Barnett

Early Head Start Manager

Head Start and Early Head Start Federal Base Funding Information

Head Start.....\$4,338,101

T&TA.....\$67,322

Early Head Start\$453,397

T&TA.....\$17,778

ARRA Early Head Start Expansion Fiscal Year September 30, 2010-September 29,2011 \$600,000 (Federal Match \$150,000). Fiscal Year November 1, 2009 – September 29, 2010 we received \$751,895 (this amount included startup costs of \$250,000 and T&TA funding of \$51,895, we requested a waiver of the full match, we only had to get \$67,974).

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.

HEAD START HEALTH

Importance of Role Modeling

How many times have you heard the expression ‘actions speak louder than words’? Well, it is true! As providers, you have considerable influence over what the children who are in your care are willing to sample or eat. Children are more likely to try foods if they see adults eat them. They watch, imitate and look to you to learn proper behavior, including eating. Children learn by example.

Establishing healthy habits can be very difficult if a child receives mixed messages. So ask yourself:

- Do you snack all day rather than have routine meal times?
- Do you skip breakfast?
- Do you drink soda rather than milk or water?
- Do you diet all the time or have a fear of food?
- Do you talk about your food dislikes?
- Do you use food as a reward?
- Do you have empty calorie foods available, rather than healthy choices?

If you answered yes to two or more questions, you may be sending unhealthy messages to children about food.

-Build A Better Body
West Virginia Department of Education

One of the most important things you can do for your child during the winter is to make sure they keep active. A half hour of continuous activity is recommended to keep kids both healthy and happy, and as an added benefit it will also wear them down so that they will have a better nights rest. Another consideration is to bear in mind the importance of Nutrition. Emphasizing on a variety of healthy choices as well as portion sizes with both meals and snacks. We hope that these tips can help you and your family become healthier in this new year.



LEAD INFORMATION

Lead is a highly toxic substance that can cause a range of adverse health effects. Lead is invisible to the naked eye and has no smell.

SYMPTOMS: If symptoms occur: stomachache and cramps, irritability, fatigue, frequent vomiting, constipation, headache, sleep disorders, poor appetite, clumsiness, weakness, loss of recently learned skills, negatively impact physical and mental development.

EXPOSURE: Children may be exposed through normal hand-to-mouth activity by placing toys in their mouths or placing fingers in their mouths after touching lead contaminated items.

Children can be exposed by the following sources:

1. Toys – made in other countries or antique/collectible toys. It is especially found in costume jewelry.
2. Paint – via household dust from deteriorating lead based paint that is found on surfaces of a home built before 1978.
3. Water – certain types of plumbing (lead pipes, copper pipes with lead solder and brass faucets).
4. Soil – that is near a home that was built before 1978, near highways and well-traveled roads, bridges, and certain industries that are likely to release lead.
5. Food – prepared by someone with lead dust on his or her hands; food grown near sources of lead pollution.
6. Pottery/ceramics/porcelain/crystal glasses or containers - can leak lead into your food/drink.
7. Folk/home remedies – may contain lead –.
8. Cosmetics – the paint or pigments used in makeup and hair dye can contain lead.
9. Air – contaminated by nearby lead processing plants.
10. Pets – a pet can come into contact with lead-contaminated soil and cause human exposure.
11. Plastic blinds made outside of the U.S.

WAYS TO REDUCE RISK:

1. Check for toy recalls at <http://www.cpsc.gov> or call 1-800-638-2772 and remove suspected toys immediately.
2. Have regular physicals so medical staff can assess for possible sources of lead exposure.
3. As per CDC and American Academy of Pediatrics have your child's lead level checked between 12-24 months of age. The only way to obtain a level is through a blood test. If a child has never been tested, then one should be obtained by age 72 months.
4. Immediately let your doctor know if you think that your child has been exposed to lead.
5. Contact the local health department for information on lead poisoning prevention.
6. If you are going to remodel a home built before 1978, be sure to wet the surface before doing repair work so as to reduce the dust and carefully contain and remove debris. Clean up area with water and dishwasher soap containing phosphates (wash, rinse) and use left to right wiping action or top to bottom wiping action. Do not dry-dust, sweep or vacuum (unless have special vacuum).
7. If you live in a home built before 1978, keep paint well maintained, clean up chips immediately and cover peeling patches with duct tape or contact paper.
8. Keep your children and pets away from old windows or porches, contaminated soil or dirt, areas with chipping or peeling paint. Don't allow your children to eat snow or icicles or drink rainwater.
9. Filter water –If you do not use a filter and live in an older home, run cold tap water for at least a minute before using it. Use cold tap water for cooking, drinking and making baby formula.
10. Be sure children frequently wash their hands, especially before eating.
11. Frequently clean toys, bottles, pacifiers.
12. Good nutrition – can reduce the amount of lead with foods rich in iron, calcium, vitamin C and zinc. Also reduce the amount of fried fatty foods. Vitamin C rich foods: strawberries, citrus fruit, tomatoes, cabbage and broccoli. Iron rich foods: eggs, raisins, greens, beans, peas, legumes, dark green leafy vegetables, dried fruit, enriched cereal and whole grain products. Calcium rich foods: milk, cheese, yogurt, dark green vegetables, and calcium enriched fortified juices and cereals. Zinc rich foods: lean red meat, cheese, whole grains, soy products, legumes, nuts and wheat germ. Feed your child 3 healthy meals a day.
13. Have your water tested for lead. EPA hotline 1-800-426-4791.
14. Avoid eating and drinking from ceramic and crystal glasses/containers. Avoid storing food in open cans.
15. Plant grass seed where there is bare soil or cover it with mulch or wood chips.
16. Avoid folk/home remedies if you are not sure if they contain lead.
17. If you work or have a hobby that exposes you to lead, be sure to store and wash your clothes separately. Keep contaminated tools at the work area. Shower and change before coming home.
18. Replace plastic blinds with a type that is lead-free.
19. Wipe dirt off of shoes before coming inside or leave shoes at the door.

National Lead Info. Center www.epa.gov/lead or 1-800-424-5323,
CDC www.cdc.gov/ncehlead/tips/toys.htm, and www.mayoclinic/health.lead .com.