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 Brook, 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 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 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

WINTER WANDERLAND

- Winter is once again upon us as well as a fresh start for some as 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 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. Thank you from the Staf of NPHS Inc.

WINTER WONDERLAND

- Never warm up a vehicle in an enclosed area, such as a garage.
- Make certain your tires are properly inflated.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- Do not use cruise control when driving on any slippery surface (ice, snow, slush).
- 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
Happy New Year! I must begin the New Year with my celebration of gratitude for those who 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 thank you to our local community individuals:

Don Koscevic, Mary Ann and Fred Simmons, Ronnie and Diana Kreitzer, 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 Sankofa, Marlene Midget, Executive Director

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

Thank you to the following professionals, churches and local businesses: Riesbeck’s Food Market, Mr. Lou Serra-The 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 with us in the upcoming year.

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

Sincerely,

Marlene Midget, Executive Director

HealthyCHILD Partnership

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!

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.

Welcome to Our New Staff

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

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. We are required 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)

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Sincerely,

Janice Barnett
Early Head Start Manager

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 MIHGW 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 Kongwike, 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 Hammet, Agnese and Michael Hammett, Keith Miller, Joseph and Betty Thomas, Cathy and Alfred Williams, Becky and Joe Erbacher, Pam and Daniel Dudley, Jan and Arthur Grandis, Percy and Sharon Sinclair, Steve and Tina Martino, Jack and Cher McKeever, Joan Weiskircher, Alma and Larry Cunningham, Andell 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 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 with us in the upcoming year.

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

Sincerely,

Marlene Midget, Executive Director

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 routines. 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:

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. We are required 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)

Sincerely,

Janice Barnett
Early Head Start Manager
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.

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
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](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](http://www.epa.gov/lead or 1-800-424-5323), CDC [www.cdc.gov/ncehlead/tips/toys.htm](http://www.cdc.gov/ncehlead/tips/toys.htm) and [www.mayoclinic/health.lead.com](http://www.mayoclinic/health.lead.com).