



Fall 2017

# NPHS News



Volume 22, Issue 1

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



## NPHS Inc.

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



## 2016-2017 Top Parent Volunteers Recognized

### Our Top Volunteers:

#### Top 5 Male Volunteers:

- Justin Roberts – 1,130.25 hours
- Roman Wild – 709.75 hours
- Adam Lanham – 665.50 hours
- Hunter Long – 544.50 hours
- Justin McAbee – 522.50 hours

#### Top 5 Overall Volunteers:

- Talesia Roberts – 1,257.00 hours
- Justin Roberts – 1,130.25 hours
- Brittany Canter – 887.50 hours
- Chelsi Parr – 886.25 hours
- Kelly Turklay – 857.25 hours

#### Top 5 Hancock County Volunteers:

- Sarah Taylor – 585.75 hours
- Lucy Thompson – 503.25 hours
- Florence Sims – 484.25 hours
- Caylee Maley – 417.75 hours
- Lauren Pearson – 325.25 hours

#### Top 5 Brooke County Volunteers:

- Chelsi Parr – 886.25 hours
- Stephanie Long – 817.00 hours
- Amber Pratko - 802.25 hours
- Bernice Henry – 783.00 hours
- Angel Wild – 716.00 hours

#### Top 5 Ohio County Volunteers:

- Shannalee Kuri – 589.50 hours
- Anna Jarrett – 588.00 hours
- Sabrina Brautigam – 556.00 hours
- Cassie Spencer – 473.75 hours
- Kourtney King – 455.75 hours



Pictured from left to right. Stephanie Long—BB 1, Sabrina Brautigam—North Park, Amber Pratko—BB1, Sarah Taylor—Pipinos 2.

#### Top 5 Marshall County Volunteers:

- Kelly Turklay – 857.25 hours
- Rebecca Wise – 838.75 hours
- Megan McCormick – 580.50 hours
- Hailey Barr – 492.25 hours
- Aaron Meyer, Sr. – 486.25 hours

#### Top 5 Wetzel County Volunteers:

- Talesia Roberts – 1,257.00 hours
- Justin Roberts – 1,130.25 hours
- Brittany Canter – 887.50 hours
- Brittany Lanham – 828.25 hours
- Terry Roberts – 789.00 hours

**Thank you for your time  
and commitment!**

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### Policy Council

2017-2018

Samantha Kile  
Chairperson

Kara Bellen  
Vice Chairperson

Amanda Armstrong  
Secretary

Heather Wright  
Treasurer

Laurie Sweigart  
Parliamentarian

## Babies Need Tummy Time!

Tummy Time is not only an important way to prevent flat spots on your baby's head, but it is also an important part of your baby's normal growth.

### What Is Tummy Time?

Tummy Time describes the times when you place your baby on his or her stomach while your baby is awake and while someone is watching.

Tummy Time is important because it:

- Helps prevent flat spots on the back of your baby's head
- Makes neck and shoulder muscles stronger so your baby can start to sit up, crawl, and walk
- Improves your baby's motor skills (using muscles to move and complete an action)



From the day they come home, babies benefit from 2 to 3 Tummy Time sessions each day for a short period of time (3 to 5 minutes). As the baby grows and shows enjoyment of Tummy Time, you can lengthen the sessions. As babies grow older, more Tummy Time helps build strength for sitting up, rolling over, crawling, and walking.

### Tummy Time Tips

These suggestions can help you and your baby enjoy Tummy Time:

- Spread out a blanket in a clear area of the floor for Tummy Time.
- Try short Tummy Time sessions after a diaper change or after your baby wakes from a nap.
- Put a toy or toys within your baby's reach during Tummy Time to help your baby learn to play and interact with his or her surroundings.
- Ask someone you trust to sit in front of your baby during Tummy Time to encourage interaction and bonding.
- As your baby gets older, your Tummy Time sessions can last longer, and you can have them more often throughout the day.

Information from:

<http://www.nichd.nih.gov/sts/about/pages/tummytime.aspx>

**Jackie Bell,**  
Early Head Start Manager

### Head Start and Early Head Start Federal Base Funding Information for the 2017-2018 Program Year

Head Start  
\$3,633,699.00  
T&TA \$47,683.00

Early Head Start  
\$1,748,156.00  
T&TA \$33,887.00

CCP  
\$1,220,012.00  
T&TA \$29,664.00

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.

## Let's Go Outside!

Exercise and fresh air are important for your child's health and well-being. At Head Start your teachers take children outdoors everyday so they can run, jump, climb, toss, catch and use all of their large muscles. We talk about the things children see, hear, touch, smell, and feel so they become aware of changes in the weather, the seasons, plants, animals, and their shadow.

Children also love to collect things and then play with them. They can sort or make patterns with leaves, acorns, twigs, and rocks.

You can also plan special activities and help them find treasures outside.

- Bring drawing paper and crayons outside so your child can draw what he or she sees
- Take a pail of water and brush or sponge so your child can paint the sidewalk or fence
- Play catch
- Make bubbles with dish washing liquid and water



EXPLORE! MAKE DISCOVERIES! ENJOY NATURE!



**Cheche Price,**  
M.S./Education/Training Manager

### Special Thank You

- ◆ NPHS Board of Directors
- ◆ NPHS Parent Volunteers

The proprioceptive system receives input from the muscles and joints about body position, weight, pressure, stretch, movement and changes in position in space. Proprioceptive input is the performance of tasks that involves heavy resistance and input to the muscles and joints, and is essential in helping our bodies assimilate and process both movement and touch information. Heavy work activities can help a child develop and calm their proprioceptive systems. The primary goal of heavy work activities is to improve sensory processing and decrease hypersensitivity to touch and other sensory input. A wonderful secondary outcome is that heavy work and sensory input can improve transitions, energy levels/modulation, exploration of environment, sleeping patterns and quality of interactions with others.

Children who could benefit from heavy work are those with sensory seeking behaviors, such as loving “roughhousing” and tackling/wrestling games, pushing and pulling objects, likes excessive banging on/with toys and objects and those who frequently hits, bumps or pushes others and possibly bites, chews or sucks on fingers or objects.

Other children who would benefit from heavy work are children who appear to have difficulty with judging how much strength or pressure a movement needs, has difficulty regulating pressure when writing/drawing; may push too light to see the line or so hard that the tip of writing utensil breaks; written work is messy and he/she often rips the paper when erasing and seems to do everything with too much force; i.e., walking, slamming doors, pressing things too hard, slamming objects down.

### Here are a few activities that you can do at home with your child to give them extra sensory input and some heavy work:

- Let them carry heavy items appropriate for their size and age (i.e., laundry baskets, groceries, books in backpack, pillow cases with objects, etc.).
- Push or pull a box with toys or a few books in it (more resistance is provided if boxes are pushed/pulled across a carpeted floor).
- Have pillow fights or play tug-of-war.
- Play in sandbox, mold modeling clay into objects, and remove small items from putty.
- Fill up a big toy truck with heavy blocks, push with both hands to knock things down.
- Play “row, row, row your boat” with both of you sitting on the floor, pushing and pulling each other.
- Do wheelbarrow or animal walks: crab walk, bear walk, snake crawl.

*Erin Roxby, M.A. Ed.  
Child Development and Disabilities Manager*

## Kids and Exercise

Children being overweight or obese has become a serious problem in recent years. Many things attribute to this problem, but a big part is that kids are less physically active. They are sitting around in front of TVs, phones, tablets and playing game systems.

Exercise is one key to help reduce obesity. Everyone can benefit from exercise.

Kids who are active will :

- 1) Have stronger muscles and bones.
- 2) Be leaner.
- 3) Be less likely to be overweight.
- 4) Decrease the risk of type 2 diabetes.
- 5) Lower blood pressure and cholesterol levels.
- 6) Kids that are physically fit sleep better.

To assist children with physical activity:

- 1) Put limits on screen time. Limit time to 1 hour a day for children 2 to 5 years of age.
- 2) Keep TV, computers, and game systems out of bedrooms and turn off screens at meal time.
- 3) Help your children participate in age appropriate activities.
- 4) Establish a regular schedule for physical activity.

### Warm Fall Apple Bake

- 2 large apples
- 2 tbsp brown sugar
- 2 tbsp raisins
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 2 tsp margarine

#### Directions

Core apples, leaving the bottom intact.

In a bowl, mix brown sugar, cinnamon, nutmeg, and raisins.

Spoon the sugar mixture into the apples and place a teaspoon of margarine on top of sugar mixture.

Place the apples in a deep casserole dish and cover with a lid.

Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for 2 minutes before serving. Enjoy!

*Cindy Yahn,  
Early Head Start Nurse*

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](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](mailto: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

### **November 2017**

November 10—Veterans Day-No Class/No Staff  
November 15—Policy Council  
November 20, 21, 22—Wetzel County-No Class  
November 22—Hancock, Brooke, Ohio, & Marshall Counties-No Class  
November 23—Thanksgiving-No Class/No Staff  
November 24—No Class/No Staff

### **December 2017**

December 13—Joint Policy Council/Board of Directors Meeting  
December 25—Holiday Break Starts-No Class/No Staff

### **January 2018**

January 3—Hancock, Brooke, Ohio, Marshall & Wetzel-Children Return  
January 9—Newell, Brooke & Ohio Counties & MELC FAN  
January 10—Pipinos, Marshall County & WCCCF FAN  
January 11, 12—Administrative Planning  
January 15—Martin Luther King Jr.-No Class/No Staff  
January 17—Policy Council /Advisory

## Welcome All New Employees

Torrie Davis—Infant/Toddler Teacher  
Beth Fletcher—Accounting Assistant  
Alanna Fox—CCP Clerk  
Fred Hannahs—Bus Driver  
Dawn Hay—Teacher  
Jeff Hughes—Bus Driver  
Amanda Knight—Teacher  
Lori Love—Cleaning Associate  
Danielle Morgan—Teacher Assistant  
Lee Anne Polen—Monitoring & Compliance Auditor  
Steve Rothwell—EHS Family Resource Advocate  
Brittany Rouse—MIHOW Home Visitor  
Ayla Sheets—Teacher

## Try on a New Career!

NPHS is looking for motivated, caring individuals for our EHS Infant/Toddler Teacher and Parent Educator Trainee Programs. Earn your Infant/Toddler or Home Visitor CDA certification. NPHS will provide assistance in completing CDA program.

Successful completion of the program enables you to apply for a full-time or part-time position.

Trainees will be entitled to a stipend during training. Requires: High School Diploma or equivalent, a valid driver's license, current food handler's card, First Aid/CPR certification, and ability to pass background checks.

Interested parties should submit cover letter, resume & names, addresses and telephone numbers of 3 professional references to: Attention Human Resources Manager, NPHS, Inc. | Orchard Road, Suite 1, Wheeling, WV 26003

## **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 Ardell Mayhugh 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](mailto:cwilliams@npheadstart.org).