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 Brautigan – 556.00 hours
Cassie Spencer – 473.75 hours
Kourtney King – 455.75 hours

Thank you for your time and commitment!
**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

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**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

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

<table>
<thead>
<tr>
<th>Program</th>
<th>Amount</th>
<th>T&amp;TA</th>
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<tr>
<td>Head Start</td>
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<td>$47,683.00</td>
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<td>Early Head Start</td>
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<td>CCP</td>
<td>$1,220,012.00</td>
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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.
What is the Proprioceptive System?

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/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.

Cindy Yahn, Early Head Start Nurse

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!

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

Cindy Yahn, Early Head Start Nurse
**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”

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**Up and Coming**

**November 2017**
- Veterans Day-No Class/No Staff
- Policy Council
- Wetzal County-No Class
- Hancock, Brooke, Ohio, & Marshall Counties-No Class
- Thanksgiving-No Class/No Staff
- No Class/No Staff

**January 2018**
- Hancock, Brooke, Ohio, Marshall & Wetzel-Children Return
- Newell, Brooke & Ohio Counties & MELC FAN
- Pipinos, Marshall County & WCCCF FAN
- Administrative Planning
- Martin Luther King Jr.-No Class/No Staff
- Policy Council/Advisory

**December 2017**
- Joint Policy Council/Board of Directors Meeting
- Holiday Break-Starts-No Class/No Staff

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**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 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](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 Mayhug at 304-233-3290.

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**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.