



NPHS News



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



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Head Start-What Children Learn

The Head Start classroom is made up of many learning centers for pre-school children to explore, make things, experiment and pursue their interest.



BLOCKS As children build with blocks, they begin to understand math concepts: how many; compare the heights of their buildings and learn geometric shapes and explore weight and size. Identify a place where your child can build and play with blocks safely.

DRAMATIC PLAY is where children take on different roles, enact real-life experiences, learn to cooperate and solve problems. When you engage in pretend play with your child, you are teaching important skills and strengthening the relationship between you and your child that is the foundation for all learning.

TOYS AND GAMES includes puzzles, Duplo blocks, board games, and collections of objects. Children explore how things work, use their imaginations, strengthen and control the muscles in their hands. Playing with toys and games in your home promotes your child's development in many ways.

ART is where children can draw, paint, mold, and construct. Children express their ideas and feelings, improve their coordination, and develop creativity and pride in their accomplishments. You might give them a drawer in the kitchen or living room to use as an art drawer or use a box to keep art items.



LIBRARY is where children gain the foundation for reading and writing. It is a place where children can relax and enjoy the wonderful world of books, puppets and flannel boards. You can go to

the library to get books to read with your child and help them become a successful reader.

DISCOVERY Children are like scientists—they ask questions, plan and conduct investigations, gather information, construct explanations, and communicate findings. They learn scientific concepts as they study plants, animals, magnets. You can support your child's scientific thinking by playing with toys, taking a bath, helping fix dinner, playing outside, or going on a walk.

SAND AND WATER When children pour water into measuring cups, they are exploring math concepts. When they drop corks, stones, feathers into a tub of water, they are exploring whether things sink or float. You can use small tubs or pans for sand and water play at home. Add some props such as spoons, funnels, measuring cups.

MUSIC AND MOVEMENT allows children to sing, move, dance to music, and appreciate different kinds of music, express themselves through movement, and practice new skills. At home, take a few minutes to sit together and listen to music, dance to music and make up silly songs and dances and use cooking pans as drums.

COMPUTERS When they use computers they become comfortable with technology; develop beginning reading and writing skills; begin to understand math concepts such as counting and numbers. Ask your teachers for any support in selecting programs for children.

Cheche Price, M.S.
Education/Training Manager

Policy Council
2013-2014

Joanna Whitlatch,
Chairperson

Jessie Wade,
Vice Chairperson

Gloria Lewis,
Secretary

William Burkle,
Treasurer

Jennifer Coler,
Parliamentarian

**Head Start and
Early Head Start
Federal Base Funding
Information for the
2013-2014 Program
Year**

Head Start
\$3,319,708.00

T&TA \$42,007.00

Early Head Start
\$1,610,159.00

T&TA \$39,563.00

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.

Special Thank You

- ◆ **Hancock County Savings Bank**
- ◆ **Bordas & Bordas Law Firm**
- ◆ **NPHS Board of Directors**

Building Your Child's Brain



Did you know?

85% of your child's brain develops before your child is 3!

Babies can respond to sound 10 weeks before they are born!

How many words you say to your child effects how well they will do in school.

Your child's brain is built to learn language! Research tells us, that how well a child does in school and in life depends on how many words they hear as a young child. Every new word a child learns builds a connection in their brain, the more connections children

have, the more ready they are to learn new things. You have the power to prepare your child for school success and the best part is it is free! It is never too early to help our children learn how to communicate! If you have an infant, talk to them while you are changing their diaper, feeding them a snack, changing their clothes, tell them a story, and sing them a song. When your child begins to talk, repeat their sounds back to them, ask them questions and, label their play. Talk about feelings and what they like and dislike. Every new word that your child learns, builds connections in their brain! The number or words you say to them matters, and the number of new words your child learns matters. Help your child be a learning super star!

- Talk during daily routines, getting dressed, and eating, changing diapers.
- Read a variety of books with your child.
- Sing songs.
- Listen to children when they talk.
- Turn off the TV and video games.
- Talk about what you and your child are doing when you play! Example, "you are putting the red block on top." Or "I am going to put the black and white cow in the barn."

When you talk more with your child not only will they be better prepared for learning, but will also have better social skills and most important talking with your child will improve your relationship with them!

Audra Redick, HealthyCHILD DHC



Summertime Preparation for Enrollment

Let's get a jump start this SUMMER & get your child's enrollment paperwork for the 2014/15 program year completed early! Family Resource Advocates (FRA's), Early Head Start teachers and Parent Educators will be in full swing coordinating with parents to complete the necessary paperwork for entry into the classroom. So, to get prepared, here is your list of Summer enrollment to do's:

- **Immunizations** – are your child's shots current? We must have a current immunization record in hand and reviewed by our nursing staff before entry.
- **Well-Child Visit Record for the appropriate age** – Well child visits allow health care providers to make sure your child is healthy and growing and developing appropriately. They give parents and other caregivers a chance to ask questions and discuss concerns they may have. Well child visits can detect health problems early and in some cases, prevent health problems from occurring. Well Child Visits are completed at 1 week, then again at 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months, followed by ages 3, 4 and 5. Typically these visits will also coincide with the scheduling of immunizations.
- **Hemoglobins** – to ensure that your child's iron levels are within the appropriate range (higher is better – think Hemoglobin HIGH)
- **Lead Results** – should be completed at both 12 & 24 months; and if not done, then between 36 to 72 months (lower is better – think Lead LOW)
- **Dental screenings/examinations** – for the little ones under 3 yrs old this is typically done as a routine screening with the well-child visit. Age 3-5, a dental cleaning and 6 month follow up should be scheduled – healthy teeth make for better learning!

Cher McKeever, Enrollment/Recruitment Coordinator

Play It Safe



Children love the hot summer months because they provide the perfect opportunity to spend lots of time outside. We hope that everyone enjoys this special time of year, but we want to also remind parents that there are potential dangers during the summer months, and it's important to be aware of what they are. The more information one learns about how to prevent illnesses and injuries, the less likely they will occur.

Ticks are responsible for a variety of illnesses including Lyme disease and Rocky Mountain Spotted Fever. These diseases can be very serious. Learn ways to protect your family. Some suggestions include: protective clothing (long sleeves, long pants, tucking pants into socks); tick/bug repellent; insect repellent for pets; staying in the center of paths, keeping away from overgrown areas and not sitting directly on the ground; performing tick checks on all family members every day; being aware of signs/symptoms of tick-related illnesses; calling the doctor for any concerns and questions

Learn how to recognize what poison ivy, oak and sumac look like, so that they can be avoided. The oil from the leaves of these plants can cause a potential allergic reaction. Avoid bushy, overgrown areas and places which may contain these plants. Try to stay on paths. Consider wearing protective clothing to help decrease the amount of exposed skin.

Every family should have at least one first aid kit at home which is well stocked and readily accessible. It's also helpful to keep a first aid kit in the car and one to bring on trips. Kids get lots of cuts and scrapes during the warm summer months, so it's nice to be prepared. Don't forget to restock the kit once an item has been used. Be sure to keep a list of emergency numbers where they are easy to find. This list should include: emergency medical services (911), the doctor's number, the dentist's number, poison control, a number where mom and/or dad can be reached and any other important phone numbers.

Wishing you and your family a fantastic summer!

Information compiled from <http://www.pbs.org/parents/summer/summer-safety-tips-for-kids/>

Susanne Whipkey, LPN,
Health/Nutrition Coordinator



Volume 18, Issue 2

A fun and nutritious snack to keep you cool in the summer.

Fruit and Yogurt Pops

- 2 cups low-fat vanilla yogurt
- 1 cup assorted berries (raspberries, blueberries, blackberries, chopped strawberries)
- 5 pretzel rods, halved, or 10 baked snack stick crackers

In a large bowl gently stir together the yogurt and fruit. Spoon into 4-ounce ice-pop molds or 3-ounce paper cups. Cover molds or cups with foil; cut a small hole in the foil and insert cut side of pretzel rod or snack stick. Freeze until firm. Remove foil and mold or cup before serving.

Store for up to a month. Makes 6 pops.



Infants & Toddlers: Lets Go For A Walk

The weather is warming up...lets get outside!
Some benefits of walking outdoors with your child include:

- Walking outside gives your baby an opportunity to explore the world. Every sight, sound, and smell provides the baby with valuable experiences and learning. Different seasons provide different opportunities for the baby. The changing color of the trees, the different flowers and birds that can be seen, even the differences in warmth and coolness that the baby experiences. Rain, snow, sunshine all have a role to play in the baby's learning.



- Walking outdoors provides an excellent opportunity for the social development of the child. Meeting people, greeting and smiling at strangers, speaking to shop keepers on the way, all of these teach the baby not only speech patterns but also how to interact with other people.
- As with adults, you will find that your baby sleeps much better after a walk, even if you have been doing the walking and the baby was carried around or pushed in a stroller. Being outdoors and breathing in the

fresh air provides a wonderful sense of relaxation and calmness. In fact, if your baby is being fussy before their afternoon nap or sleep time at night, take them for a quick walk around the block or to the nearest shop where you can do some quick shopping. If your neighborhood is not conducive to night strolls, then go to the roof top and walk around a bit.



- Early-morning walks provide an excellent source of vitamin D from exposure to the sun, and as few as fifteen minutes a day can make a world of difference to the child. Ensure that the walk is taken before it gets too hot and that the child is wearing cool cotton clothes.
- Mothers find that children who are taken for a walk tend to have fewer tantrums and mood swings. Babies who go often for walks tend to be happier and more cheerful than children who spend a large amount of time indoors.

Jackie Bell, Early Head Start Coordinator

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”

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complain form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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

May 2014

May 21st - Annual Corporation Meeting
May 23st - Staff Appreciation
May 26th - Memorial Day
May 30th - EHS Open House at Orchard Park site

June 2014

June 6th - EHS Open House at Creative Learning Center site
June 11th, 12th, 13th - Administrative Planning

July 2014

July 7th - HS Open House at Newell site
July 8th - HS Open House at Pipinos site
July 9th - HS Open House at Pipinos site
July 10th - HS Open House at Brooke/Wellsburg site
July 11th - OP 2 & Ritchie Pre-K Open House at Orchard Park site

July 14th - North Park Open House at North Park site
July 15th - North Park Open House at North Park site
July 16th - CLC 1, McNinch, Center McMechen, Washington Lands, and Cameron Open House at Creative Learning Center
July 17th - CLC 1, McNinch, Center McMechen, Washington Lands, and Cameron Open House at Creative Learning Center
July 18th - Martyn ELC, WCCCF 3, and Wetzel County Collaboratives Open House at Martyn Early Learning Center

August 2014

August 5th - National Night Out
August 7th - Celebrate The Youth Wheeling Park

Congratulations to Staff Hired During the 2013-2014 School Year

Ashley Benson	Kelli Goddard	Amber Satterfield
Melissa Cox	Tiffanie Hallack	Jessica Snyder
Stacie Dayton	Tina Harman	Keith Stoehr
Tina Estep	Jessica Harr	Clayton Weeks
Tina Fiber	Tammy Lowe	
Lacy Gaston	Aric McCreary	

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:

Health & Nutrition Assistant
Brooke County - Teacher
Wetzel County - Area Coordinator, Family Resource Advocate
Marshall County - Cameron Teacher

Visit our webpage throughout the summer to learn of career opportunities at NPHS!

www.npheadstart.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@npheadstart.org.

NPBS Wish List

- ◇ Donations for our Annual Winter Dinner
- ◇ Donated office space
- ◇ Paint for our centers
- ◇ Upkeep and maintenance on our program vehicles