



Fall 2013

NPHS News



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



NPHS Inc.

1 Orchard Road, Suite 1
Wheeling, WV 26003

Phone: 304-233-3290
Fax: 304-233-3719
1-877-732-3307

E-mail: info@npheadstart.org
www.npheadstart.org

Marlene Midget, Executive Director
mmidget@npheadstart.org

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

Empty Seats = Lost Opportunities



Pictured Front Row, Left, Barbara Hollobaugh, Krenna Allender, parent, Ginger DeWitt, City Councilwoman, Becky Gooch Erbacher, Executive Director Of West Virginia Head Start Association, Marlene Midget, Executive Director Of Northern Panhandle Head Start. In back row, from the left are City Councilman Dave Wood, Mayor Gene Saunders, and City Manager Deanna Hess.

To the families and employees of the Northern Panhandle Head Start in Moundsville, the 37 empty seats on display Wednesday at the Fourth Street facility represent 37 local children who lost services from Head Start in July due to federal funding cuts.

City officials and families gathered at the Fourth Street center to participate in the national "Empty Seats Equals Lost Opportunities" campaign. To illustrate the impact of budget cuts on the nation's families, Head Start centers across the country are displaying an empty chair for each child that has been cut from the program.

"This is a very symbolic time for us," Marlene Midget, executive director of Northern Panhandle Head Start, said. "This is the first year we have had to cut back. This is hitting everyone."

City officials, employees, and families of the Head Start Center in Moundsville stand among the 37 empty seats representing 37 children cut from the local program due to federal funding cuts.

The Moundsville agency lost \$270,000 in July, representing a funding cut of 5.27 percent. The programs serving children age 3-5 at the Creative Learning 1 and Creative Learning 2 centers, both located at 2200 Fourth St., Moundsville, were eliminated and eight employees lost jobs.

According to Becky Gooch Erbacher, executive director of the West Virginia Head Start Association, Head Start and Early Head Start programs have lost \$3.1 million in federal funding statewide.

She said the Office of Head Start has estimated 461 children and families have lost spots in the state program and 80 employees have lost full-time employment.

For some parents and grandparents attending the event, the effects of sequestration hit very close to home.

"My grandchildren go to Head Start and if there wasn't Head Start, they would have to be home alone," Moundsville Councilwoman Ginger DeWitt said. "There would be no food for them, no teeth brushed, no children to play with to learn to socialize."

"While our West Virginia members of Congress are at home on recess this month, it is our hope that they take the time to visit a Head Start or Early Head Start program and see our programs in action," Erbacher said. "We would like our members of Congress to talk to staff and parents about the difficulties their programs and families are facing to better understand the lost opportunities for our most vulnerable children if the sequester is not reversed."

- See more at: <http://www.news-register.net/page/content.detail/id/588700/Lots-of-Empty-Seats.html?>

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**Policy Council
2013-2014**

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Vice Chairperson

Chelsea Zahn,
Secretary

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Helping Children During Times of Stress

Difficult economic times can make family life stressful! We would love to believe that our children are not effected by this type of stress, however that is not the case. There are things we can do to minimize the effect, that stress has on our children.

For starters, limit your child's exposure to the news on television. Children often hear information on television, even when we don't think they are paying attention.

If your children have questions about family members losing jobs, or not receiving services, recognize their feelings and assure them that there are grown ups in their lives to take care of them.

You can also make sure to schedule time to talk with the adults in your family about financial issues when children are not around. This is a terrific time to focus on building relationships with your child. Your time is your most valuable assets; plan walks and read stories focus on things that don't cost money.

Finally make sure to take time to take care of yourself!

Audra Redick, HealthyCHILD DHC

**Head Start and
Early Head Start
Federal Base
Funding Information**

Head Start

T&TA \$ 42,007

Early Head Start

T&TA \$ 39,563

Head Start Match

\$ 840,429

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.

Early Head Start Match

\$ 403,681

Head Start Ongoing Funds

\$ 3,319,708

Early Head Start Ongoing Funds

\$ 1,575,159

Help Your Children Stop The Spread Off Germs

Whether it's washing hands while singing happy birthday two times, learning to cough into the crook of an arm when no tissue is nearby, or keeping a healthy distance from others when sick, there are good habits that can help keep the cooties away and result in healthier and happy kids. Here are quick health tips to teach kids to help stop the spread of germs.

- Wash hands often
- Remind children to wash their hands
- Cover A Cough
- Avoid close contact with people who are sick



Aside from washing your hands, one of the most important and effective ways to stop the spread of germs is to "cover your cough."

How to cover your cough Cover your cough with the inside of your elbow or cough or sneeze into a Kleenex and then immediately throw it away. Wash your hands.

Why cover your cough? Covering your cough is important because it cuts down on the spread of germs and will reduce the number of germs that are able to get into the environment.

Debbie Villamagna—Health and Nutrition Coordinator

Welcome to Your Child's Head Start World!

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Head Start is a place that offers many opportunities for you to work with your child and all the children in the classroom doing exciting learning activities. You can be a part of your child's earliest education and see the joy your child experiences daily. You are invited to spend a day (or just an hour) painting, drawing, building a barn, being a fireman, working on puzzles, singing and dancing, making sand castles, planting vegetables, going on a nature walk, playing basketball, racing bikes, or just reading a book.

The Creative Curriculum is based on children learning through active involvement with people, materials, events, and ideas.

This is the "Work of Play".

Play is how children learn.

Play is what children do.

Play is part of their development.

Play allows them to explore.

Play is how they interact with the world around them.

Play is how children build skills and competence.

Play builds skills through practice.



During play children do many things:

Make friends

Express how they feel

Explore how things work

Look at and 'read' books

Listen to music

Take turns

Make choices of what they want to do in the classroom

Pour and measure

Develop and expand their language

Have creative art experiences

Build and construct

Try out roles being mom, dad, dog, fireman, teacher, nurse, doctor, veterinarian, grocery clerk, banker, mailman

Learn to pour, mix, serve themselves, clean up after themselves, sort, match

Explore emotions

So you see, what looks like play is really hard work! Call your child's center to set up a time to volunteer and be ready to have some fun!!

Cheche Price—Education/Training Manager



Infant/Toddler & Preschool CDA Classes Starting Soon!

NPHS is offering Infant / Toddler Child Development Associate Classes for Head Start parents. This credential program provides the knowledge, skills, and training to provide specialized care for children ages 0 to 3.

Also Offering Preschool Child Development Associate Classes for Head Start Parents. This program specializes in care for children ages 3-5.

Please contact Cheche Price or your FRA at the NPHS Central Office (304-233-3290) by November 1st, 2013 to reserve your spot.

Chicken Noodle Soup

Chicken noodle soup warms the heart, soul, and mind. This recipe is great to have on hand when someone is sick, or just needs a bowl of comfort food.

1 whole chicken

1 handful onion, chopped

1 handful carrots, chopped

1 handful celery, chopped

Salt and pepper to taste

Place all ingredients into a pot and cover with water. Bring to a boil, then reduce to a simmer. Cover and simmer for 1 1/2 to 2 hours, or until chicken is done, and vegetables are tender. Strain chicken and vegetables. Break chicken into pieces.

Serve broth and chicken in a bowl over cooked noodles.

Fine Motor Skills & Why they are so Important

You have probably heard about fine motor skills from your child's teacher. But what exactly are these skills and why are they important? Fine motor control refers to control over the small movements of the hands and fingers.

Why Are Fine Motor Skills So Important?

One important reason for developing fine motor skills is to help develop self-help skills such as, buttoning clothes, tying shoes, using zippers, writing, and using scissors are just a few.

There are many activities that you can provide to help strengthen the muscles in your child's fingers and hands such as stacking blocks, and tearing paper. Here is a fun easy activity that your child will enjoy.

Place a dry uncooked spaghetti noodle in a piece of play dough.

Show your child how to put the cheerios on the noodle.

Now it's their turn!

Ask your child's teacher or Parent Educator for more ideas or information on fine motor development.

Jackie Bell – Early Head Start Coordinator



Picture from "100 Ways to Entertain a Toddler"

For Enrollment Opportunities in Head Start or Early Head Start, please contact Cher McKeever, Information Technology 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!”

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

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

October

22, 2013 - FAN Marshall and Wells
23, 2013 - FAN Pipinos and Wetzel
24, 2013 - FAN Brooke and Ohio

November

15, 2013—Recruitment All Counties
11, 2013—Veteran’s Day No School/No Staff

20, 2013—Policy Council

28, 2013 - Thanksgiving No School/No Staff
29, 2013—No School/No Staff

December

16, 2013- Winter Dinner
18, 2013- Joint Board and Policy Council Meeting
24, 2013- Christmas Eve No School/No Staff

Welcome To Our New Staff

Melissa Cox—EHS Parent Educator, Benwood Center—Marshall County	Ashley Jacobsen—Teacher, Brooke 2—Brooke County	Sheena Stalder—Teacher, Martyn Early Learning Center—Wetzel County
Tina Fiber—Teacher Assistant, Brooke 2—Brooke County	Susanne Johnson—EHS Nurse, Central Office	Keith Stoehr—Bus Driver, Washington Lands—Marshall County
Tina Harman—EHS Parent Educator, Orchard Park—Ohio County	Aric McCreary—EHS Father Advocate, North Park	Clayton Weeks—Family Resource Advocate, Pipinos Center—Hancock County
Kayla Harper—Health & Nutrition Assistant, Central Office	Amber Satterfield—EHS Parent Educator, Northern Regional Jail	

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:

Hancock County: Teacher Assistant

Marshall County: Infant/Toddler Teacher, Teacher

Part Time Bus Drivers

All Counties: Substitute Teacher, Substitute Teacher Assistant, Substitute Kitchen Aide

All positions require a valid driver’s license, travel throughout the 5 counties of the Northern Panhandle, current food handler’s card, and ability to pass a background check. Review of resumes begins immediately. Submit a cover letter, resume and names, addresses and telephone numbers of 3 professional references to: attention Human Resources Manager, NPHS, Inc., 1 Orchard Road, Suite 1, Wheeling, WV 26003. Or fax to 304-233-3719. Apply online at : www.npheadstart.org.

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.

NPFS Wish List

- ◇ Free Administrative Office Space donated in the Wheeling Area.
- ◇ Donations for our Annual Winter Dinner sponsored by Board Of Directors.
- ◇ Bus Drivers