



# NPHS News



Spring 2020

Volume 24, Issue 2

**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](mailto:info@npheadstart.org)  
[www.npheadstart.org](http://www.npheadstart.org)

Cathy Williams, Executive Director  
[cwilliams@npheadstart.org](mailto:cwilliams@npheadstart.org)

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

**Check us out on  
Facebook at  
Northern Panhandle  
Head Start Inc.**



## LEARNING ABOUT SOIL

This discovery bottle isn't pretty – but it's cool!

Children learn that soil is made up of many parts: organic material (decomposing plant and animals), sand, rocks and/or gravel, clay – and air and water of course.

In order to see these different components of the soil, you can make this simple soil discovery bottle with your kids.

### MATERIALS

- ◆ An empty water bottle
- ◆ Soil
- ◆ Water

### STEPS TO MAKE A SOIL DISCOVERY BOTTLE

- ◆ Have your child dig up a couple handfuls of soil. Make sure to get some of the soil from the surface as well as some from underneath.

At first the water will be very murky with the plant material floating on the top.

Eventually, as things settle, the heavy rocks/gravel will sink to the bottom, and then the sand will settle in a layer. A thin layer of grey clay will appear at last, and the organic material will remain floating or will settle on the top. The soil discovery bottle is a fun activity to do and to watch over the course of a week!

**Cheche Price,**  
**Education/Training Manager**



One Time Through

### Inside this issue:

Education	1
Early Head Start	2
Child Development	3
Spring Recipe	3
Health Advice	3
Up and Coming, New Staff	4
USDA Non- Discrimination Statement.	4

## Policy Council

2019-2020

Laurie Sweigart  
Chairperson

Nabu Cochran  
Vice Chairperson

To be elected at the next  
meeting  
Secretary

Bryant Anderson  
Treasurer

Myndi Allison  
Parliamentarian

## The Importance of Bonding with Your Child

Parent-child bonding is a special intimacy that develops between you and your child and is tremendously important to your child's development. For most children, this relationship is their first and will affect all their future ones.

If the bond between you and your child is loving and secure, then your baby, as an adult, is more likely to seek out these healthy elements of a relationship. However, children who grow up without such a connection may become adults without the capacity for love and intimacy.

Bonds with children can form at any age so it is never too late to establish a bond with a child. This is important for foster/ adoptive parents. Bonding happens through interacting and enjoying each other on a regular basis. Pay attention to your child and listen to their words. Respond kindly and honestly to show your child they are valued by you.

Sometimes, bonding can be difficult due to special needs or temperaments that do not match between caregiver and child. Remain calm and understand that bonding may take time. Look for the small details such as a quick glance or body language from your child.

In Head Start & Early Head Start, we use "I Love You Rituals" to help form bonds with children. I love you rituals are part of our Conscious Discipline curriculum and combine four essential ingredients (eye contact, presence, touch, and playfulness) to promote connection with children while singing or acting out a familiar nursery rhyme. You can find an example below to try with your child.



### Twinkle Twinkle Little Star

"Twinkle twinkle little star" (open and close hands to twinkle like stars)

"What a wonderful child you are" (point to your child and smile)

"With bright eyes and nice round cheeks" (touch child's cheeks while looking into their eyes)

"A talented person from head to feet" (touch child's head then feet)

"Twinkle twinkle little star" (open and close hands to twinkle like stars)

"What a wonderful child you are!" (Hug child or hooray to celebrate your wonderful child)

## Head Start and Early Head Start Federal Base Funding Information for the 2019-2020 Program Year

Head Start  
\$4,865,507.00  
T&TA \$47,683.00

Early Head Start  
\$1,825,355.00  
T&TA \$41,241.00

CCP  
\$1,273,888.00  
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.

## Special Thank You

◆ **NPBS Board of Directors**

◆ **NPBS Parent Volunteers**

[www.consciousdiscipline.com](http://www.consciousdiscipline.com)  
<https://psychcentral.com/lib/new-parents-bonding-with-your-child/>

**Beth Prettyman,  
Early Head Start Manager**

## Benefits of Sign Language for Young Children

American Sign Language (ASL) has been one of the primary means of communication for the deaf since the early 1800s after Thomas Hopkins Gallaudet helped to develop the language and then went on to establish a university for the deaf. Now, the practice of teaching hearing children sign language is gaining popularity nationwide.

ASL is now classified as a world language, the same as Spanish, French, or any other foreign language. Therefore, if a child speaks sign language, the child is considered bilingual. When children are taught English and ASL together, they are processing language using both sides of the brain. This gives the children two places to recall language from instead of just one.

- Babies as young as six to seven months old can remember a sign, according to experts. By eight months, children can begin to sign single words and imitate gestures, and by 24 months, children can sign compound words and full sentences.
- Teaching sign language to preverbal babies has proven to benefit children in their later years. Research shows that sign language speeds up speech development, reduces frustration in young children by giving them a means to express themselves before they know how to talk, increases parent-child bonding, and lets babies communicate vital information, such as if they are hurt or hungry.
- Infants who learn sign language also are thought to gain psychological benefits, such as improved confidence and self-esteem. Feelings of anger due to an inability to communicate may not occur as often. Having the ability to sign could be a lifesaver when a child is too flustered to speak clearly.

It has been suggested that learning sign language can delay speech, but this is negated by experts who claim that in fact, it aids speech development. Most babies who can sign speak earlier than babies who do not learn sign language.

Early exposure to signing helps infants to develop their language and reasoning skills. While others are still crying to get what they want, signing babies are learning how to communicate with words and simple phrases.

<https://www.educationalplaycare.com/blog/sign-language-benefits-for-young-children/>

**Amanda Huntsman, BA**  
*Child Development and Disabilities Coordinator*

Volume 24, Issue 2

### Apples with Maple Cinnamon Greek Yogurt Dip

Prep Time: 5 min

#### Ingredients

- 1/2 teaspoon cinnamon
- 1 cup Greek yogurt, plain
- 1 1/2 tablespoons maple syrup, pure

#### Serve With

- 2 medium apples

#### Directions

1. Mix cinnamon with yogurt; stir in syrup to taste.
2. Core and slice apples.
3. Enjoy!

[www.superhealthykids.com](http://www.superhealthykids.com)



## Coronavirus (COVID-19)

As we are experiencing this Pandemic, it is important that we are mindful that prevention of spreading any disease is everyone's responsibility. Good hygiene is very important, proper handwashing and using alcohol based hand sanitizers is your first line of defense from spreading any disease. Avoid close contact with people who are sick, avoid touching eyes, nose and mouth. Cover your cough or sneeze with a tissue or the inside of your elbow, throw tissue in trash and wash your hands. Here at Head Start our number one priority is the safety of our children, their families and our staff. We are working very closely with health organizations in this area and to make sure the CDC guidelines are followed. As much as we miss seeing our children we are more concerned about their health and safety. Disinfecting of classrooms are being done during this closure, and by following CDC guidelines this Pandemic will be rectified quickly and all our children can return to school.



**AVOID TOUCHING YOUR  
EYES, NOSE OR MOUTH  
TO NOT SPREAD GERMS**

**Kimberly Harris LPN ,**  
**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:

MAIL: U.S. Department of Agriculture  
Office of the Assistant Secretary  
for Civil Rights

1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

FAX: (202) 690-7442; or

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 children for learning and life.

## VISION STATEMENT

“Building foundations for life-long growth and development”

## Up and Coming

**In light of the current Pandemic and the suspension of classes please continue to contact your Teachers and Family Resource Advocates for updates and cancelations.**

### June 2020

June 3,4,5—Administrative Planning

June 23—Last day for EHS Classes

### May 2020

May 13—Corporation Meeting

May 25—Memorial Day-No Class/No Staff

## Welcome All New Employees!

Bethany Bane  
Courtney Bengé  
Shelby DiBacco  
Charissa Erdman  
Jackie French  
Ashley Greer  
Nicole Hurst  
Jackie Price  
Megan Stoffel  
Carrie Utt

## Be on the Lookout!

**Do you know a Head Start Employee who is a past parent and who is extremely dedicated to the children and families of our program?** If you do then, be on the lookout for information on how to nominate them for the **Rhonda Moore Memorial Award**.

Rhonda was an employee at our New Martinsville site who had children in the program. She started working for Head Start as a Special Needs Aide. When the current bus driver at her site became ill, Rhonda saw the need for a driver and worked on her own to become one. After passing her written test another Bus Driver from the agency helped to train her on the road and soon she passed her road test and gained the position of Bus Driver which she held until her death in 1997.

**Please take time to nominate a qualifying staff member for this honor.**

## 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 Kelli Martin 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).