



Fall 2016

NPHS News



Volume 21, Issue 1

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



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



2015-2016 Top Parent Volunteers Recognized

Our Top Volunteers:

Top 5 Male Volunteers:

Justin Roberts – 1,001.75 hours
James Ruckh, Jr. – 406.00 hours
Justin Martie – 405.00 hours
Jason Swickard – 374.50 hours
Anthony Majoris – 366.50 hours

Top 5 Overall Volunteers:

Talesia Roberts – 1,161.25 hours
Justin Roberts – 1,001.75 hours
Monica Riggle – 900.00 hours
Erika Miller – 869.00 hours
Stephanie Long – 746.00 hours

Top 5 Hancock County Volunteers:

Monica Riggle – 900.00 hours
Lucy Thompson – 619.75 hours
Brenda Castellino – 431.00 hours
Vanessa Swickard – 407.50 hours
Jason Swickard – 374.50 hours

Top 5 Brooke County Volunteers:

Erika Miller – 869.00 hours
Stephanie Long – 746.00 hours
Chasity Stevens - 730.50
Cynthia Parr – 685.00 hours
Lisa McKenney – 505.25 hours

Top 5 Ohio County Volunteers:

Sabrina Brautigian – 703.50 hours
Cassie Spencer – 690.25 hours
Britnee Gersting – 641.50 hours
Clara Morse – 545.00 hours
Mary Lechner – 398.00 hours

Top 5 Marshall County Volunteers:

Kelly Turklay – 677.75 hours
Rebecca Wise – 467.75 hours
Jonbenet Dunn – 454.75 hours
Kara Bellen – 425.25 hours
Cassy Platt – 365.00 hours

Top 5 Wetzel County Volunteers:

Talesia Roberts – 1,161.25 hours
Justin Roberts – 1,001.75 hours
Courtney Baker – 458.75 hours
Florence Brown – 443.25 hours
Brittany Canter – 411.50 hours



Pictured from Left to Right: Courtney Baker—MELC, Britnee Gersting—NP4, Mary Lechner—NP2, Stephanie Long—BB1 & Brooke 3, Brenda Castellino PIP, Sabrina Brautigian—NP4, Kara Bellen—BB3 (not pictured).

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

Policy Council

2016-2017

Cheryl Smith,
Chairperson

Amanda Miller,
Vice Chairperson

To be Elected at next
meeting.
Secretary

Brittany Lanham,
Treasurer

Juleesa Efrati,
Parliamentarian

Help With Tantrums

Did you know that there are basically two kinds of tantrums? The book *The Whole Brain Child* by Dr. Dan Siegel and Tina Payne Bryson has given a whole new perspective on tantrums and some great ways to help parents, caregivers and educators with tantrums.

The first type of tantrum is a “thoughtful” type of tantrum. With this kind of tantrum, the child still has access to the upper parts of their brain where language, problem solving and rational thought live. They can use their language and problem solving skills to think about what actions might get them what they want at that moment. With these tantrums we see the child seem to almost “throw the switch” to get what they want and then as soon as they either do or do not get it, they can “flip the switch” back off.

With the first kind of tantrum, the “thoughtful” kind, it is very important for the adult to remain calm and consistent. The child is using what they know to try to get the adult to give in. Once the adult gives in just one time, the child knows they can act this way again and the adult will give them what they want. Sometimes when the adult is inconsistent with giving in, the tantrums get longer and more intense because the child is thinking, “Well, this worked last time, how much more do I have to do to get mom to give in this time?” This kind of tantrum is all about the adult’s reaction, so staying calm and clearly stating your behavior expectations will help. Once the child sees that the adult is consistently refusing to give in or negotiate with them during this kind of tantrum, then they will wear off and stop.

The other kind of tantrum is coming from the child’s “survival state” or the lower parts of their brain where instincts and strong emotions live. These are the kinds of tantrums where it seems that the child cannot think or cannot hear what is being said to them and they just completely melt down. They are not able to listen to any kind of reasoning, they are in the “fight, flight, or freeze” mode. They may be hitting and kicking, trying to run away or just screaming and crying.

With this kind of “survival state” type of tantrum, the child has been pushed into a space where they can no longer access language or problem solving skills. They are literally only thinking about how to get their needs met, how to survive, at that moment. A calm adult is even more important in this situation because the child needs to know that they are safe. Being empathetic, identifying the emotions they may be feeling and using soothing language until they are calm enough to hear the rational talk and expectations will help with this kind of tantrum. The child will still not get what they wanted by throwing this kind of tantrum. The difference with this tantrum is that they shut down the “thinking” part of their brain and have given over to the “emotional” and “survival” parts of their brain. This tantrum responds well to comfort first and then to consistency with behavior expectations.

If you would like any further information or support, please contact Erin Roxby.



Head Start and Early Head Start Federal Base Funding Information for the 2016-2017 Program Year

Head Start
\$3,597,722.00
T&TA \$47,683.00

Early Head Start
\$1,730,848.00
T&TA \$33,887.00

CCP
\$1,207,933.00
T&TA \$29,644.00

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**



In the first 3 years of a child’s life between 700 and 1,000 new brain connections form every second! These connections allows the child to build skills for learning and development. The connections that are made during this time are very important for the child’s cognitive, physical, social and emotional development.

Building a child’s brain is easy!

Whenever you see children interacting with people or materials, what you’re really seeing is brain building in progress. These early experiences actually build the foundation of their developing brain; much like a house is built from the bottom up. Each new interaction lays the groundwork for the next set of skills, for example reading to a child prepares them to learn to read. This leads to a lifetime of learning, and success!

Be a Brain Builder!

Having engaging interactions with a young child helps to build their brain for example: Talking, reading and singing to your child builds language skills. Make eye contact, play peek-a-boo and cuddling helps build emotional connections. Every interactive experience that an adult has with a young child creates valuable connections that permanently wire the foundation of their brain. **All of us are brain builders!** Thank you for being involved in your child’s education and development you are the most important part of this process!!

Information from <http://selfhelpcpc.org/our-programs/bbip/>

Jackie Bell, M. Ed
Early Head Start Manager



It's Raining, It's Pouring! What Can We Do?

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Sometimes we like to walk in the rain, make mud puddles and jump in them, or just feel the rain on our face. But what can we do when it's raining and we can't go outside?

Bowling-Gather empty plastic pop bottles and a small ball. Line the bottles and see how many pins you can knock down. Cheer for each other!!

Ice Painting-Do you have ice cubes in the freezer at all times? Well, make some for a rainy day! Fill ice cube trays with colored water. You can mix the water with paint or food coloring. Or, just make plain ice cubes with no color. Cover with aluminum foil. Insert a craft stick into each cube section. Freeze. Label "Ice Cubes for a Rainy Day".



Cleaning Day-Materials to gather in your Rainy Day Box: small container of dish detergent, towels, paper towels. This activity gets your children completely involved in cleaning! Choose some toys or materials that could use a good bath! Some suggestions are your baby dolls; dishes and cups, cars; toys.

Rocks and Mud-Materials to gather in advance in your Rainy Day Box: Rocks; metal spoons; scoopers. So, it's pouring rain out, correct? Go outside and get some of that awesome mud and bring it in and put in a small tub or container! Add the rocks and let them make mud-pies and find rocks! Yes, this is messy and yes, this is fun! Just put a plastic table cloth under the table and perhaps a bin with warm water for them to swish the mud off before they go and wash their hands in the sink. Place warm water and a few drops of dish detergent. Swish it to make bubbles and off they go!

Sorting/Counting Smorgasbord! Materials to gather in advance in your Rainy Day Box: Collect materials such as pieces of colored straws, beads, plastic chips, etc.; muffin tins and/or bowls; tongs and spoons. Just put these materials out and let them sort, name, classify, count, etc. in ways they can come up with!

Freeze dance. A classic! All you need is music, and the only guideline is to freeze when the music is paused. Encourage kids to "freeze" in fun poses or with funny faces. Use a variety of musical styles and tempos.



Scavenger hunt. Take any theme, such as patterns, letters, or colors and hunt for them around the house. Make it official with a clipboard and check off items as you go. Crawl around, reach up high, and get down low!

Self-portraits. Using a mirror, let the child draw themselves. Point out facial features like eyebrows and eyelashes. If they draw their whole body, add in some fashion design! Don't be surprised if your child says, "Yes, I do have purple hair!"

Computer games and activities: Set a time limit of 15-20 minutes and play some of these educational games with your child.

Preschoolers Learning Games - Educational Fun - Nick Jr. www.nickjr.com/games

Kids Games For Preschoolers | Play Games Online | Sprout www.sproutonline.com/games

Play Fun Games for Kids - Sesame Street www.sesamestreet.org/games

Preschool Games - Free Learning Games for Kids - JumpStart www.jumpstart.com > parents > Games

ABCmouse: Kids Learning, Phonics, Educational Games <https://www.abcmouse.com>

PBS Kids - Official Site pbskids.org

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

October is Breast Cancer Awareness Month

Breast cancer is the most common cancer among women worldwide and the second most common cancer overall. In 2016 an estimated 246,660 cases of breast cancer will be diagnosed in the United States or 1 in 8 women born this year. Below you will find breast cancer risks and symptoms that will give you the knowledge you need to maintain good breast health. Remember early detection is key to a long happy life!

Breast Cancer Risks:

- ~ Changes in breast cancer genes if found in a woman's system.
- ~ Having a first period before age 12.
- ~ Never giving birth or giving birth older in life.
- ~ Using hormone replacement therapy during menopause for more than five years.
- ~ Taking birth control pills.
- ~ Personal history of dense or lumpy breast.
- ~ Family history, mother, siblings and aunts.
- ~ Being overweight especially after menopause.

Breast Cancer Symptoms:

- ~ Finding a new lump in the breast or under the arm pit.
- ~ Thickening or swelling of part of the breast.
- ~ Irritation or dimpling of breast skin.
- ~ Redness or flaky skin around the nipple.
- ~ Pain in the nipple region.
- ~ Nipple discharge – clear or bloody.
- ~ Any change in size or shape of breast tissue.
- ~ Any unusual breast pain.



Cindy Yahn, LPN
Health & Nutrition 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"

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, 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. 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

October 2016

October 18—Brooke & Ohio County FAN
October 19—Policy Council
October 25—Marshall County & Newell FAN
October 26—Wetzel County & Pipinos FAN

November 2016

November 8—Election Day-No Class
November 11—Veterans Day-No Class/No Staff
November 16—Policy Council
November 21, 22—Marshall & Wetzel Counties-No Class
November 23—Hancock, Marshall & Wetzel Counties-No Class
November 24—Thanksgiving-No Class/No Staff
November 25—No Class/No Staff

December 2016

December 7—Joint Policy Council/Board of Directors Meeting
December 21,22—Hancock, Ohio & Wetzel Counties-No Class
December 23—Holiday Break Starts-No Class/No Staff

January 2017

January 3—Hancock, Brooke, Ohio & Wetzel-Children Return
January 4—Marshall County-Children Return
January 12, 13—Administrative Planning
January 16—Martin Luther King Jr.-No Class/No Staff
January 18—Policy Council /Advisory
January 24—FAN Hancock, Brooke, Ohio, Marshall Counties & WCCCF-FAN
January 25— Martin Early Learning Center-FAN

Welcome All New Employees

Adriana Breazzeal—EHS Infant/Toddler Teacher
Melinda Brumfield—Teacher
Alaina Christ—Teacher
Erica Clark—Teacher
Britnee Gersting—Home Visitor
David Jebbia—Fiscal Manager
Bianca Miller—Bus Driver
Michelle Morgan—Teacher
Misty Orum—EHS Infant/Toddler Teacher
Linda Poplawski—Kitchen Aide
Holly Watkins—Kitchen Aide



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 NPNS, 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.