

NPHS News

Volume 16, Issue 1

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

Inside this issue:

HealthyCHILD	2
Program Announcements	2
Healthy Choices: Tips for Parents	3
Early Head Start	3
Funding Information	3
Up and Coming, New Staff / Job Postings	4
USDA Non-Discrimination Statement & Board of Directors	4

Fall Into Place

A WORD FROM THE EXECUTIVE DIRECTOR

Safety First ----Preschool Drop-Off and Pick-Up

The beginning of a new school year is always exciting-- children returning just a little wiser and smarter than when they left us in June. Our hope, as educators, is that we still observe the twinkle in their little eyes for learning and smiles on their faces representing joy. Through them we receive the gift of hope and they represent what is good in this world. It is our responsibility as adults to ensure every child's safety is a priority at all times. I will list a few suggestions below to help make your child's entrance and exit into our Head Start centers a safe journey.

School Parking Lot Tips

- Please be courteous and patient--there are children present everywhere.
- Please always hold your child's hand when entering and leaving the building.
- Do not leave other children or infants in the car.
- Always drive slowly and carefully when entering and leaving.
- Be aware of your surroundings-- Walk around your vehicle before entering to be sure no children are near the car.



Thank you, Michele Romanek (MIHOW) for sharing your expertise --Parking Lot Safety with Northern Panhandle Head Start. Here's to a great and safe year at NPHS.

Sankofa,

Marlene Midget, Executive Director

A SUMMER TO REMEMBER

They're here... It's that time yet again for start up. All the little ones are on their way to another year at Northern Panhandle Head Start. Time flew by like a race car leaving us wondering where did that come from and also where did it go? We hope that everyone's summer was fun and safe, and we would like to take the opportunity to welcome everyone back.

With Fall just around the corner, it's only fitting to look back on the many smiles and memories that were created over the summer as we savor the remaining days of beautiful weather.

The children who were enrolled in the Early Head Start and former Full Year Full Day Programs got the chance to enjoy the outdoors. Early Head Start's BB 5 had a field trip to the Zoo at Oglebay, where they had their social and a picnic. Orchard Park 2 took part in water play day and a planting day to help kids experience what it's like to grow and nurture life. The children also had field trips to the science center in Wheeling's Centre Market.



Brian Stromatos - Monitoring Compliance Coordinator



Communicating with your child, I bet they will have a lot to say.

Have you talked to your child today? Sometimes the best place to start a conversation is in the car or during mealtimes. Ask your child: “How was your day?”, “Who did you play with?”, “What songs did you learn?” and “What did you eat?”, etc. Don’t get too frustrated if you don’t get an answer right away, be persistent!

Listen to what your child says no matter how big or little the issue is. By listening, we are keeping the lines of communication open so that our children can feel comfortable and also trust us in the future. This step becomes more and more important as our children grow older.

Communication with children helps build their confidence and self-esteem, and also plays a role in discipline. Communication provides us as parents an insight on what is going on in their lives, and also provides an opportunity to praise your child for their accomplishments.

If you are unsure where to start here is a game to help: The game is called “High/Low”. You will not need any game pieces or a board just your voice and ears. Ask the child: “What was your “High” today?” Your “High” would be the best thing that happened to you today, and your “Low” would be the worst thing that occurred in your day. Proceed to ask your child what their “High” is. The child may respond: “I got to play on the computer”. Then you respond to your child about your “High”: “I did not hit traffic this morning on my way to work”, then proceed to ask: “What was your “Low” today?”, the child may respond: “We had carrots for lunch”. At this time, you provide your “Low”: “I forgot my office keys”. By playing this game, you are letting the child know that it is ok to have many different feelings and emotions.

The next time you are in the car, turn off the radio and play a game of “High/ Low” instead; your children just may surprise you.



**Submitted by Stacy Flowers, B.S.W.
HealthyCHILD Developmental Health Consultant**

PROGRAM ANNOUNCEMENTS

Our program saw the year come to an end with our much anticipated Parent Banquets held in each of our five counties. They offered a chance for Head Start Parents to get out for a much deserved evening of food, fun and festivities and to get together with staff. It’s our way of celebrating all they do for our program. A special thanks again to all of our parents, you are appreciated.

We also unveiled our latest recipient of the Rhonda L. Moore Memorial Award which is presented to an employee, who is a past Head Start Parent. This Employee goes the extra mile within their role with NPBS and ensures that children and



families receive all they need to be successful. Mr. Lewis Yoho, a Bus Driver from Marshall County was voted this year’s winner, Congratulations to you “Mr. Louie”!

With the new year getting under way, as in every year, we encourage Parent Involvement. We welcome the opportunity for you, the parent, to be involved with our program any way possible. Consider volunteering within the classroom, taking part in field trips, or even becoming involved with the decision making process by being a member of Policy Council. Policy Council is designed for the parents to help shape our organization by helping design policies, reviewing fiscal reports, as well as approving program options. Northern Panhandle Head Start understands that parents have hectic schedules working and taking care of a family, so any help you can give us will be greatly appreciated. To find out more about volunteering opportunities contact your child’s Teacher or the Family Resource Advocate.

Brian Stromatos - Monitoring Compliance Coordinator

HEALTHY CHOICES: TIPS FOR PARENTS (PART 1)

It's no surprise that parents might need some help understanding what it means to eat healthy. From the MyPlate food guide to the latest food fad, it can be awfully confusing. The good news is that you don't need a degree in nutrition to raise healthy kids. Following some basic guidelines can help you encourage your kids to eat right and maintain a healthy weight. Here are some key rules to live by:

Parents control the supply lines. You decide which foods to buy and when to serve them. Though kids will pester their parents for less nutritious foods, adults should be in charge when deciding which foods are regularly stocked in the house. Kids won't go hungry. They'll eat what's available in the cupboard and fridge at home. If their favorite snack isn't all that nutritious, you can still buy it once in a while so they don't feel deprived.

From the foods you offer, kids get to choose what they will eat or whether to eat at all. Kids need to have some say in the matter. From the selections you offer, let them choose what to eat and how much of it they want. This may seem like a little too much freedom. But if you follow step 1, your kids will be choosing only from the foods you buy and serve.

Quit the "clean-plate club." Let kids stop eating when they feel they've had enough. Lots of parents grew up under the clean-plate rule, but that approach doesn't help kids listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

Start them young. Food preferences are developed early in life, so offer variety. Likes and dislikes begin forming even when kids are babies. You may need to serve a new food on several different occasions for a child to accept it. Don't force a child to eat, but offer a few bites. With older kids, ask them to try one bite.



Courtesy of kidshealth.org—Submitted by Laura Weigel, Nutrition Specialist

EARLY HEAD START (PRENATAL TO 3 YEARS OLD)



Early Head Start is a comprehensive program serving families with infants and toddlers and pregnant women. The mission of Early Head Start is to promote healthy prenatal outcomes for pregnant women, enhance the development of very young children, and promote healthy family functioning. Early Head Start empowers the families as primary educators of their children during the critical first three years of the child's life. Early Head Start programs are designed to produce outcomes in four domains:

Child development • Family development • Staff development • Community development

NPHS Early Head Start provides the following options: Home-based option with weekly 90 minute Home Visits and group Socializations twice a month at the Early Head Start sites. NPHS enrolls prenatal-to age 3 children in four counties: Hancock(10), Brooke (20), Marshall (20), Wetzel (20). Activities provided for families along with Socializations and Home Visits are field trips, parent meetings/trainings, cooking experiences, community outings, and community visitors.

Our center-base option serves 24 children ages 3 months to 3 years at the Orchard Park facility in Ohio County. We also have collaborated with the YWCA Family Violence Protection Program to provide home base/center base services to five prenatal-age 3 children.

Northern Regional Jail Option – we have collaborated with the WV Northern Regional Jail to serve 8 prenatal-age 3 children providing visits in the jail with the incarcerated parent. We also provide home visits to the caregiver of the child. Parenting classes are offered and incarcerated fathers in the jail are invited to participate in the "Inside Out Dad" - a program for Incarcerated Fathers.

The Core Values of EHS express that the early years of a child's life are critical for optimal development and provide the foundation for success in school and in life. All young children and their families deserve the same opportunities to succeed, regardless of any demographic, geographic or economic considerations. EHS is committed to serving children with disabilities and surpasses the required 10% of enrollment. An understanding and appreciation of the history and traditions of diverse cultures is essential in serving families.

- Submitted by Janice Barnett, Early Head Start Manager

Head Start and Early Head Start Federal Base Funding Information

2011-2012	
Head Start	\$4,088,101.00
Training & Technical Assistance.....	\$46,732.00
Early Head Start	\$442,139.00
Training & Technical Assistance.....	\$11,053.00
Early Head Start Expansion	\$673,453.00
Early Head Start Expansion Training & Technical Assistance ...	\$30,000.00

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.

For Enrollment Opportunities in Head Start or Early Head Start, please contact our Head Start staff at 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 U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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

<p>Sept. 28—Policy Council</p> <p>Oct. 4—Election Day 6—FAN Marshall Co. 11—FAN Brooke & Wetzel Co. 12—FAN Hancock & Ohio Co. 19—Policy Council / Advisory</p>	<p>Nov. 4—Self Assessment Training 9—10 Strategic Planning 11—Veterans Day—Staff Off 16—Policy council 24-25 Thanksgiving—Staff Off</p> <p>Note to Parents—Please confer with your center staff regarding any program date changes – <i>thank you</i></p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

WELCOME TO OUR NEW STAFF

<p>Helen DeMaria -Teacher, Brooke County</p> <p>Lynette Blankenship - Program Operations Clerk, Ohio County</p> <p>Jenni Boyd - Infant/Toddler Substitute Teacher (Trainee), Ohio County</p> <p>Serena Wise - Infant/Toddler Substitute Teacher (Trainee), Ohio County</p> <p>Keith Miller - Infant/Toddler Teacher (Trainee), Ohio County</p> <p>Brenda Miller - FRA, Wetzel County</p> <p>Monica Hollen - Teacher, Hancock County</p>	<p>Elleigha Churchman - Teacher, Brooke County</p> <p>Gretchen Wojtaszek - Teacher, Marshall County</p> <p>Diane Grooms - Kitchen Aide, Brooke County</p> <p>Kera Wells - Teacher, Ohio County</p> <p>Jennifer Brown - Substitute Teacher Assistant, Wetzel County</p> <p>Amy Hutchison - Infant/Toddler Teacher (Trainee), Ohio County</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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, 304.233.3290 or mmidget@npheadstart.org.

To learn about the employment opportunities at NPHS, please contact Ardell Mayhugh Central Office at 304-233-3290.

We are currently seeking positions for:

Home Visitor, Bus Driver, Teacher & Teacher Assistant positions in Hancock Co.
Teacher Assistant, Brooke Co. · Fiscal Clerk, Ohio Co.
Substitute Teacher & Teacher Assistant Positions

COMMUNITY SPOTLIGHT

Do you want to get involved in your community?
Would you like to give input from a parent's point of view?
If you're interested in helping children in Ohio County live free from abuse, please consider becoming a parent representative for the Ohio County Partners in Prevention.
For more information, contact Claudia Raymer, Executive Director, at (304) 232-5600 or ohiocountyfrn@yahoo.com

NPBS WISHLIST

- ◇ Children’s classroom space in the Newell-Chester, WV area to accommodate 40
- ◇ Donated office space
- ◇ Donations for our Winter Diner