



Spring 2012

NPHS News



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



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Congratulations to Reba Stead



On April 2, 2012, Family Resource Advocate Reba Stead was awarded with the Deborah Doleski Allen Champion of Children award for Early Childhood. Reba has worked for Northern Panhandle Head Start for 23 years. She is dedicated to the families and children that she serves. We are very proud of Reba and we greatly appreciate all of her years of wonderful service.

Summer Activities for Transition into Kindergarten

Summer break is upon us. The kids have spent the year learning all kinds of important things. Keep them active and motivated and provide them with learning experiences all summer long, and they will enter Kindergarten ahead of the game. Here are a few summertime tips.

Math: set up a lemonade stand; have a yard sale; match socks; create a map of your home or neighborhood; have a treasure hunt; count cars; measure how tall your child is.

Science: blow bubbles; look at bugs; go on a nature walk and collect items along the way; make homemade popsicles and ices; count the stars; plant flowers or vegetables; mix food coloring or paint to make interesting new colors.

Art: draw with sidewalk chalk. create the planets, draw family members; finger paint outside in the shade; paint the sidewalk with water; cut out magazine pictures of people or cars or toys and glue them on a piece of paper.

Physical Activity/Health: play in a pool or sprinkler; play on your riding toy; make a train or gas station; play in the warm rain; play in the dirt in your yard; make dirt cookies; make healthy veggie snacks; go on a stroll through the neighborhood.

Social/Emotional: visit with your grandparents or friends; create an outside play kitchen; have a picnic in your backyard; go camping in your backyard; draw a family tree; eat as a family as often as possible; tell what makes you happy, excited, nervous.

Literacy: go to the library; cut words out of the newspaper; make puppets out of paper bags or popsicle sticks; sing songs and nursery rhymes; play a board game or card game; talk to your child in the car (turn off the music and phone); write a note to a friend; make a list of enjoyable things to do.



Cheche Price, M.S.
Education and Training Manager

Policy Council
2011-2012

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Christina Robbins,
Vice President

Christina Beck,
Secretary

Jennifer Courtwright,
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**Head Start and Early
Head Start Federal Base
Funding Information**

Head Start
\$4,338,101

T&TA \$67,322

Early Head Start
\$453,397

T&TA \$17,778

ARRA Early Head Start
Expansion Fiscal Year
September 30, 2010-
September 29,2011
\$600,000 (Federal Match
\$150,000). Fiscal Year
November 1, 2009 –
September 29, 2010 we
received \$751,895 (this
amount included startup
costs of \$250,000 and
T&TA funding of \$51,895,
we requested a waiver of
the full match, we only
had to get \$67,974).

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.

Communication Counts!

As we spring forward into the summer months, we can start thinking about the opportunities that the summer days can provide to teach communication skills to our child. Children with good communication skills have less behavior problems and find it easier to succeed in school. Keeping this in mind, here are a few things that you can do to help your child master the art of communication.

***Be a good listener.** Find some time free of distraction when you can listen to your child's stories. Repeat important details of the stories back to your child and ask them questions to clarify the details. By doing this, you are modeling important skills that they will eventually learn as well.

***Model self-talk.** Summer is filled with routine tasks. Talk to your child about the thought process that goes into doing these tasks, whether you are fixing the car or making the grocery list. For example, "I think we will have chicken and green beans for dinner on Wednesday so I am going to write 'green beans' on the grocery list." This will help your child learn the process of solving everyday problems.

***Talk about expectations prior to an activity.** Tell your children what your expectations for the activity are and have them share theirs as well.

***Re-cap after an activity.** Have the children tell you their favorite part of the activity, what they liked and what they did not like. Share your thoughts as well.

***Talk about feelings.** Use self-talk to express how you feel in some situations. Use your good judgment about when it is appropriate to do this, as not all situations that we encounter as adults are appropriate conversation for our little ones. When you drop something or lose your keys, this provides a good opportunity to say you are frustrated or angry. Encourage your children to label their feelings as well.

Enjoy your summer with sunshine, fresh air and a lot of good communication!

Audra Redick, HealthyCHILD DHC



Be on the look-out for the new Northern Panhandle Head Start banner! Currently it is displayed at the I-470 ball fields. In efforts to recruit new families, we have created a 34-foot long by 4-foot wide banner. Michele Lee has been working to find new places for the banner in each of the counties that we serve.

Contact Michele Lee, 304-233-3290, if you know of a perfect spot to display the banner in your county.

A Word From the Executive Director

Head Start family, please join me in sending congratulations to Erin Howard, Marcy Evans, Erin Stoddart and Beth Ott on their promotions within our agency. It is my hope that this next leg of their professional development journey will be one of challenges and fulfillment.

Erin Howard is our new Monitoring and Compliance Coordinator. Erin Howard has been with Northern Panhandle Head Start for eleven years. She previously served as the Area Coordinator for Marshall County.

Marcy Evans has moved to Ohio County and is now our Lead Area Coordinator. Marcy was previously the Area Coordinator in Brooke and Hancock Counties. Marcy has been with NPHS for nine years.

Erin Stoddart is now our Child Development and Disabilities Coordinator. Erin has been with NPHS for the past two years working as the Education and Training Assistant.

Beth Ott is our new Early Head Start Supervisor. Beth has worked for NPHS for nine years. Beth was an Early Head Start Parent Educator in Marshall County.

Thank you for your service to Head Start.

Sankofa,
Marlene Midget, Executive Director

Tdap Immunization for Teens and Adults against Pertussis



In the 1990s there was a vaccine available for all young children to prevent Diphtheria, Tetanus, (also known as lockjaw) and Pertussis (also known as whooping cough). Pertussis is a disease of painful spasms of coughing caused by toxins which damage the lungs. It is highly contagious and is spread by coughing and sneezing. Evidence has now shown that the shot given as a child is no longer effective.

Now there is a vaccination for teens and adults to prevent pertussis. Adults can have pertussis and think it is just a bad cold, a virus or bronchitis. Symptoms include a cough that can last up to nine weeks. The real concern is the danger of young children getting the bacteria from an infected adult. A child's body cannot fight the disease like an adult's body can. For a young child, pertussis could lead to hospitalization and even death. Approximately 15 to 20 babies in the U.S. die every year from pertussis. Almost all are younger than 4 months of age which is too early to have been fully protected by the Tdap vaccine given to babies.

Our local Health Departments have supplies of the vaccine for teens and adults. It is recommended that teens between the ages of 11 or 12 should receive a dose of Tdap to replace their next tetanus booster. Call your local Health Department or family physician for more information. We encourage all Head Start caregivers, parents and family members to get up to date on vaccines.

The Head Start and Early Head Start nurses, Alma Cunningham and Charlene Triveri, will be happy to answer your questions on vaccines as well as Health Department staff.

Information provided by materials from the Vaccine Education Center at The Children's Hospital of Philadelphia. For more information go to vaccine.chop.edu.

Alma Cunningham, Health and Nutrition Manager

Early Head Start - Summer Safety Tips

Summer is a fun and exciting time for families, especially families with young children. Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).

Fun In The Sun

Babies under 6 months:

The top recommendations from the AAP to prevent sunburn are to avoid sun exposure and dress infants in lightweight long pants, long-sleeved shirts, and brimmed hats that shade the neck. However when adequate clothing and shade are not available, parents can apply a minimal amount of sunscreen with at least 15 SPF (sun protection factor) to small areas, such as the infant's face and the back of the hands. If an infant gets sunburn, apply cold compresses to the affected area.

For Young Children:

Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days. The SPF should be at least 15 and protect against UVA and UVB rays.

Water Safety

Each year many young children drown in swimming pools, other bodies of water, and standing water around the home:

- Bathtubs, even with baby bathtub "supporting ring" devices
- Buckets and pails, especially 5-gallon buckets and diaper pails
- Ice chests with melted ice
- Toilets
- Hot tubs, spas, and whirlpools
- Irrigation ditches, post holes, and wells
- Fish ponds, fountains

Children must be watched by an adult at all times when in or near water. Children may drown in an inch or 2 of water. Stay within an arm's length of your child, providing "touch supervision."



Have a wonderful, safe, relaxing, and happy summer!!!!

Janice Barnett, Early Head Start Manager



Infant/Toddler CDA Classes Starting Soon!

NPHS is now 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.

The first class will be held from 9:00 am to 12:00 pm, Thursday, May 24, 2012 at the Hazel Atlas Building in Downtown Wheeling. 87 - 15th Street, Wheeling, WV 26003

Space in this class is limited. Please contact Ardell Mayhugh or Amanda Hall at the NPHS Central Office (304-233-3290) by May 21, 2012 to reserve your spot.

Southwest Chicken Salad
romaine or leaf lettuce
canned black or pinto beans
tomatoes
red onion
rotisserie chicken or baked chicken

1. Place 1 cup of chopped romaine or leaf lettuce on each plate.
2. Top with chopped tomatoes and red onions.
3. Rinse and drain canned beans. Place some beans on each salad.
4. Cut chicken into small pieces. Place chicken on each salad
5. Serve with Southwest Ranch Dressing. Southwest Ranch dressing - ½ cup of low fat Ranch salad dressing and ½ cup tomato salsa mixed together.

Make half your plate fruits and vegetables!
Laura Weigel,
Nutrition Specialist

For ***Enrollment Opportunities*** in Head Start or Early Head Start, please contact Michele Lee, Enrollment/ Recruitment Coord, 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.), contract 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 (866) 377-8642 (relay voice users). 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

May 2012

- 9 - Corporation Meeting- Board and Policy Council
- 11 - Parent Banquets
- 17 - Last day of school for Washington Lands, McNinch and Center McMechen
- 22 - Last Day for all other Head Start Classrooms
- 30 - Last Day for Cameron
- 25 - Staff Celebration
- 28 - Memorial Day - Staff Off

June 2012

- 7, 8 - Administrative Planning

Note to Parents—Please confer with your center staff regarding any program date changes– *thank you*

Congratulations to Staff Hired During the 11-12 School Year

Vicki Strobe - Teacher, Marshall County	Carrie Durig (Hull) - Teacher, Ohio County	Kristin Ging - Home Base Teacher, Hancock County
Karen Grzeszczak - Fiscal Clerk, Ohio County	Tiffany Lucas - Teacher, Marshall County	Jennifer Byrum - Teacher, Ohio County
Tonya Roush - Substitute, Marshall County	Tammy Klemm - Parent Educator, Ohio County	Brandi Shreve - Kitchen Aide, Wetzel County
Meghan DiGiacinto - Assistant Teacher, Hancock County	Jody Yoho - Substitute, Marshall and Ohio Counties	Kay Lowe, Operations Clerk
Amanda Fowler - Health/Nutrition Clerk, Ohio County	Jerry Auten - Bus Driver, Ohio County	Amanda Roesser, Parent Educator, Marshall County
Sandy Brock - Assistant Teacher, Ohio County	Carolyn Darling - Area Coordinator, Brooke and Hancock Counties	Denise Hunt, Substitute Teacher Assistant
Elisha Oszust - Assistant Teacher, Marshall County	Kim Eagleson - Parent Educator, Wetzel County	Chelsea Bredow, Family Resource Advocate, Wetzel County

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 - Kitchen Aide and Teacher Assistant
Brooke County - Part-time Kitchen Aide and Teacher Assistant
All Counties - Father Advocate and Education Training Assistant
Marshall County - Family Resource Advocate
Wetzel County - Parent Educator and Part-time Kitchen Aide

You can also visit our website at 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.

NPHS Wish List

- ◇ Head Start classroom space in the Newell-Chester area to accommodate 40 children.
- ◇ Early Head Start Home Base space for 10 children in the Newell-Chester area.
- ◇ Administrative Office Space donated in the Wheeling Area.
- ◇ Donations for our Annual Winter Dinner.