



Winter 2015

# NPHS News



Volume 19, Issue 2

**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



## Early Head Start Child Care Partnership Expansion Grant

On December 10th 2014:

The Department of Health and Human Services Administration for Children and Families (ACF) announced preliminary awards for its **Early Head Start—Child Care Partnerships grants**.

The intent of the grant award is to improve quality of existing child care programs and expand access for families to high quality care for infants and toddlers.

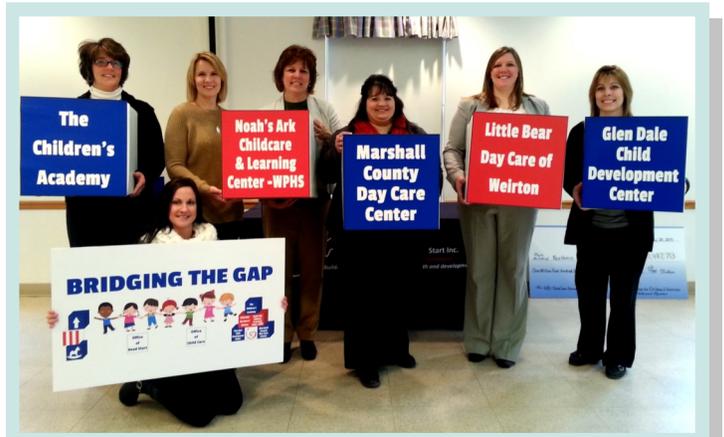
Thus far, 243 preliminarily selected grant applicants in 49 states, Washington D.C., Puerto Rico and the Northern Mariana Islands will receive over

\$435 million funding to help offer care and services to ensure that infants and toddlers have access to Early Head Start services in their communities. As a result, it is expected that more than 30,000 additional children will be able to access Early Head Start services.

The Office of Head Start has highlighted research identifying the first three years as being critical for brain development, and Early Head Start provides high-quality early care and learning opportunities for our most vulnerable young children. These partnerships between Early Head Start and Child Care will support working families by providing a full-day, full-year program for young children.

President Obama first mentioned the Early Had Start - Child Care Partnership in the 2013 State of the Union address, when he proposed a comprehensive plan to support high quality early education for all children from birth through school age.

Northern Panhandle Head Start, Inc., is very excited and pleased to be one of only three recipients of the Early Head Start-Child Care Partnership grants in the state of West Virginia, states Marlene Midget, Executive Director for Northern Panhandle Head Start, Inc. This grant of \$1,487,713 will offer NPHS the opportunity to enhance early care services with 5 well-established local child care organizations, who provide a safe and nurturing environment for working families with very young children. This collaboration will support 72 children ages 6 weeks to 3 years old in four of the northern panhandle counties and offer our partners with resources and monies to upgrade classrooms, facilitates, increase teacher trainings and support added with early learning materials.



Pictured from left to right: Chris Rosnick—The Children's Academy, Beth Hinebaugh—Noah's Ark at Wheeling Park High School, Mary Lu Hutchins—Ohio County Schools, Cathryn Cochran—Marshall County Day Care, Jackie Bell—Early Head Start Manager; standing in place of Misty Woods not photographed for Little Bear Day Care of Weirton, Debie Sauriol—Glen Dale Child Development Center. Kneeling: Jessica Shuble—The Children's Academy.

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**Policy Council**  
2014-2015

Jessie Wade  
Chairperson

Kara Bellen  
Vice Chairperson

Lisa Burgess  
Secretary

Cheryl Smith  
Treasurer

Tena Carraway  
Parliamentarian

**Head Start and  
Early Head Start  
Federal Base Funding  
Information for the  
2014-2015 Program  
Year**

**Head Start**  
\$3,631,268.00

T&TA \$42,007.00

**Early Head Start**  
\$1,603,083.00

T&TA \$39,563.00

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**

**Building Baby's Brain** By Dr. Diane Bales, Associate Professor and Extension Human Development Specialist

**Everyday Activities Are Important**

The good news is that supporting healthy brain development isn't difficult or expensive. The things you already do as a parent contribute to your child's brain development.



Simple activities like cuddling, reading, and singing are important for your baby's growing brain. When you rock your baby, her brain strengthens the emotional connections that lead to secure relationships. When you read aloud or sing to her, the brain pathways for language become stronger. These little things make a world of difference in brain development. Here are some more simple but important ways to build your baby's brain:

- **Take care of yourself during pregnancy.** The baby's brain starts developing very early in pregnancy. Pregnant women should eat a healthy diet, avoid alcohol, tobacco, and other drugs, and have regular prenatal checkups.
- **Breastfeed if possible.** The growing brain needs good nutrition to thrive. Breast milk provides the ideal nutritional balance for a baby. If you don't breastfeed, feed your baby an iron-fortified infant formula. And always hold your baby when you feed him.
- **Make baby's world safe.** Look at your baby's world from her perspective. Are her surroundings clean? Are there dangers such as sharp objects or choking hazards? Does she always ride in the appropriate car safety seat for her size and age?
- **Talk to your child.** Make eye contact, smile at him, play rhyming games, read aloud, and sing songs. As he gets older, ask questions and explain things to him. All of this helps strengthen brain connections for language skills and teaches him to be curious about his world.
- **Find high-quality child care.** Look for sensitive caregivers who provide a safe, secure environment and enriching new experiences for your child.
- **Limit television, and don't use it as a babysitter.** Children need interaction with real, live people to enhance their brain development.
- **Take care of yourself.** Parents who are stressed can pass some of that stress on to their children, and stress can slow brain development. So take some time for yourself. Find people who can support you as a parent. Talk to other parents about their experiences. The better you take care of yourself, the better equipped you will be to care for your baby.
- **Remember that it's never too late.** The brain never stops growing and changing. Whether your child is 9 months, 9 years, 19 years, or 29 years old, he can continue to learn from new experiences.

*Jackie Bell*

*Early Head Start Manager*

**Learning Skills Through Play!**



Children love to play! Play provides them opportunities to learn, practice skills, and engage in their world. When adults play with children they not only physically interact with their child, but create warm and positive relationships, explore and imagine together, and develop vocabulary and build and strengthen skills. Parent and child play is proven to encourage creativity and lessen behavior problems in children. Often times parents want to play with their child, however they are unsure what play involves or how to engage with their child using simple toys. The following are some ways that parents can engage in play with their children.



- **Follow the child's lead-** Play does not need to be structured or based around lessons. Play is the perfect time for children to engage their imagination and be creative. By following children's leads, parents will find that their children will want to play more with them and engage them in the play as well.
- **Play at your child's pace and level-** As adults we sometimes feel that life needs to move quickly and in an orderly fashion. We need to remember to that our kids sometimes play the same game over and over again, because they enjoy that activity. Children also move at a slower pace than we do. Letting children control the pace of play allows them to concentrate on one activity at a time and work to complete a game or activity and feel successful.
- **Praise and Encourage Your Child's Ideas and Creativity-** One of the greatest way parents can support their children is through praise. Specific praise such as, "Wow, I like how you stacked that green block on top of that blue block" reinforces children that their ideas matter. Children want to hear they are doing a good job, praising children through play encourages their creativity and teaches them positive vocabulary to use as well.
- **Have fun, laugh, and be actively engaged-** When your children are playing quietly, you can often get many things done. However, seizing the opportunity to spend time with your child and actively playing with them is the perfect way to build a positive relationship.

Play can be fun, challenging, and an enjoyable experience for children and adults. Adults can help children engage in new ways and build new skills. By playing together children and adults build positive relationships through social, emotional, and cognitive development.

*Stacy Flowers, HealthyCHILD DHC*



Lead poisoning can affect nearly every system in the body. Called the silent epidemic because it often occurs without obvious symptoms, it frequently goes unrecognized. Lead is much more harmful to children than adults because it can affect children's developing nerves and brains. The younger the child, the more harmful lead can be. Unborn children are the most vulnerable.

**Possible complications include:**

- Behavior or attention problems
- Failure at school
- Hearing problems
- Kidney damage
- Reduced IQ
- Slowed body growth

Lead is a very strong poison. When a person swallows a lead object or breathes in lead dust, some of the poison can stay in the body and cause serious health problems. Lead is everywhere, including dirt, dust, new toys, and old house paint. Unfortunately, you can't see, taste, or smell lead.

- House paint before 1978. Even if the paint is not peeling, it can be a problem. Small children often swallow paint chips or dust from lead-based paint.
- Toys and furniture painted before 1976.
- Painted toys and decorations made outside the U.S.
- Lead bullets, fishing sinkers, curtain weights.
- Plumbing, pipes, and faucets. Lead can be found in drinking water in homes containing pipes that were connected with lead solder.
- Soil contaminated by decades of car exhaust or years of house paint scrapings (soil near highways and houses).
- Hobbies involving soldering, stained glass, jewelry making, pottery glazing, and miniature lead figures (always look at labels).
- Children's paint sets and art supplies (always look at labels).
- Pewter pitchers and dinnerware.
- Storage batteries.

Statistics indicate that 50 percent of Medicaid families will move four times before a child's second birthday, so the only way to ensure that children aren't continually re-exposed in this most-critical time period is to make sure parents have the education they need to protect their children wherever they go. Testing, intervention when necessary, and education: this counties experience proves that all three are truly critical when it comes to preventing lead poisoning in children.

<http://www.nlm.nih.gov/medlineplus/ency/article/002473.htm>

*Susanne Whipkey, LPN,  
Health/Nutrition Coordinator*

**Winter Vegetable Soup**

**Ingredients**

- 1/2 cup sliced green onions
- 1 tablespoon canola oil
- 1 can (14-1/2 ounces) chicken broth
- 1 small potato, peeled and cubed
- 1 large carrot, sliced
- 1/4 teaspoon dried thyme
- 1 cup broccoli florets
- 1/4 teaspoon salt, optional
- 1/8 teaspoon pepper

**Directions**

In a large saucepan, sauté onions in oil until tender. Add the broth, potato, carrot and thyme. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add the broccoli, salt if desired and pepper; simmer, uncovered, for 5-7 minutes or until vegetables are tender. Yield: 2 servings.



Read more: [www.tasteofhome.com](http://www.tasteofhome.com)

**My Child is a Scientist—Who Knew!**



Yes, your child is a scientist. Young children have many questions about the world around them. They ask, "Where did the puddle go?" "What do worms eat?" "How can I make my truck go faster?" "Do fish go to sleep?"

In our classrooms, the Discovery area is a place where children can **explore** and **investigate** to answer their questions. They observe, experiment, measure, solve problems, take things apart, and handle the materials and living things we provide. They **predict** what will happen as a result of their actions.

In the Discovery area children do what scientists do. They ask questions, plan and conduct investigations, gather information, construct explanations, and communicate findings. They study plants, animals, magnets, materials, light, shadows, how things work, rainbows, the human body, the senses, how things move and change. They solve problems together and communicate with others.

Science is all around us. At home you can make bubbles in the bathtub, freeze and melt ice, help make dinner, play in the back yard, take a walk. You can ask your child: "I wonder how that little ant can carry that big piece of food?" "I wonder why your shadow is sometimes small and sometimes big." "What do you think will happen if...?" "How do you think we can find out?"

Adapted from Creative Curriculum for Preschool.

**Cheche Price, Education/Training Manager**



**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"**

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at [www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complain form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [pro-gram\\_intake@usda.gov](mailto:pro-gram_intake@usda.gov).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service 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 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**

**March 2015**

March 18—Policy Council  
March 19—Head Start Re-enrollment Final Due Date  
March 19—Early Head Start Re-enrollment Final Due Date  
March 25—FAN Hancock Co, Brooke Co, Ohio Co, Marshall Co & WCCCF  
March 26—FAN MELC  
March 30—Hancock Co, Ohio Co, & Wetzel Co Spring Break Starts  
March 31—Marshall Co & Brooke Co Spring Break Starts

**April 2015**

April 3—Good Friday-No Class/No Staff  
April 13-17—Week of the Young Child  
April 15—Mini-Monarch Early Childhood Fair  
April 30—Policy Council/Advisory

**May 2015**

May 15—Parent Banquets  
May 22—Staff Celebration-No Class  
May 27—Annual Corporation Meeting  
May 25—Memorial Day-No Class/No Staff

**Welcome All New Employees!**

Tina Clevenger—Teacher Assistant  
Melissa Dennis—EHS Parent Educator  
Corinna Erbacher—Substitute Teacher  
Marcy Jo Evans—Program Operations Manager  
John Frazier—Maintenance Associate  
Hillary Linzy—Substitute Teacher  
Heather Mcabee—Family Resource Advocate  
Dakota Muha—EHS Parent Educator  
Carson Pennington—Substitute Teacher Assistant  
Laura Hayhurst—Teacher

**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. Flyers with more information will be coming to you soon. Thank you!**

**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.nphheadstart.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 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 Marlene Midget, Executive Director, with any questions regarding membership roles and responsibilities at 304-233-3290 or [mmidget@nphheadstart.org](mailto:mmidget@nphheadstart.org).

**NPHS Wish List**

- ◇ Donations for our Annual Winter Dinner
- ◇ Donated Office Space
- ◇ Paint for our Centers & Playground Equipment
- ◇ Upkeep and Maintenance on our Program Vehicles