



NPHS News



October 2023

Northern Panhandle Head Start, Inc.

Volume 28, Issue 1

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

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



Welcome back Head Start family!!

“Building foundations for life-long growth and development” is our vision statement.

Building a foundation is critical to the overall success of a child’s social and academic journey.

Children attending our classrooms start building their foundation by learning the structures of play, like what to expect through a daily schedule, how to regulate emotions when feeling overwhelmed or scared, and practicing sharing toys and items with others. These skills are crucial first steps in being ready for learning and life, and it takes lots of practice! Children have time to explore the classroom throughout the day with areas set up to encourage play. These interest areas are guided by the Creative Curriculum used in all NPHS classrooms. Each area is designed to facilitate learning within all the content areas so that children can learn math, science, literacy, etc. all while doing something they love. Early in the year, rules are established helping children feel safe and protected. Children are taught and given time to practice how to work with others so that they can be successful in getting through each day.

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We use a supplemental program called Conscious Discipline which guides our emotional and social interactions with others. This program works to create a safe, loving environment where everyone feels valued demonstrating that cooperation is more important than competition. It stresses the importance of adults staying calm when presented with big emotions and demonstrating how to regulate those emotions. Conscious Discipline offers breathing techniques as well as classroom practices such as the Wish Well rituals. Some of these guidelines and practices are also shared through our home base program to prepare families for what will come within our classroom community. We are all super excited to start off this new year with the power of positive intent and the ability to keep practicing. After all, mistakes are just an OOPS – our opportunity to practice a skill. Life is full of opportunities to practice, and we are here to help give a safe space, so keep practicing!

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**Amber Boring,
Education and Training Manager**

Policy Council

2023-2024

Chairperson
Vice Chairperson
Secretary
Treasurer
Parliamentarian

Our next Policy Council Meeting is scheduled for October 25th, 2023.

Speak with your Family Resource Advocate or Parent Educator for more information on how you can get involved.

Head Start and Early Head Start Federal Funding Information for the 2023-2024 Program Year

Head Start/
Early Head Start
\$7,533,568.00
Head Start T&TA
\$47,683.00
Early Head Start T&TA
\$41,241.00

CCP
\$1,499,721.00
CCP 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

- ◆ **NPHS Board of Directors**
- ◆ **NPHS Parent Volunteers**

The Benefits of Developmental Monitoring and Screening for Young Children

What is Child Development?

Child development refers to how a child grows which includes physical, social-emotional, cognitive, and language development.

What are Developmental Milestones?

Skills like taking a first step, smiling at people or things, and waving goodbye and hello are called developmental milestones. How your child learns, speaks, and plays offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

What is Developmental Screening?

Developmental screenings are ways that professionals can determine if a child is reaching developmental milestones or if they need additional support. Intervention works!

Why is Developmental Screening important?

Developmental screening is important because it can help you celebrate when your child meets his or her developmental milestones. It is also important because it can help you to determine if your child needs additional support. Earlier support can lead to better outcomes as your child grows and develops.

Ages and Stages Questionnaires

The Ages and Stages Questionnaires (ASQ-3 and ASQ:SE-2) are a screening and monitoring tool designed to provide early and accurate identification of infants and young children who may be in need of further assessment to determine whether they are eligible for early intervention services.

The ASQ-3 tool has 5 areas of development

1. Communication: refers to children's language skills and includes what they can say and what they can understand.
2. Gross Motor: refers to children's use and coordination of their arms and legs when they move and play.
3. Fine Motor: refers to children's movement and coordination of their hands and fingers.
4. Problem Solving: refers to children's problem-solving skills and how they play with toys.
5. Personal-Social: refers to children's self-help skills and their interactions with others.

The ASQ:SE-2 tool has 7 areas of development

1. Autonomy: Your child's ability or willingness to self-initiate or respond without guidance (moving to independence).
2. Compliance: Your child's ability or willingness to conform to the direction of others and follow rules.
3. Adaptive functioning: Your child's success or ability to cope with bodily needs (sleeping, eating, toileting, safety).
4. Self-regulation: Your child's ability or willingness to calm or settle down or adjust to physiological or environmental conditions or stimulation.
5. Affect: Your child's ability or willingness to demonstrate their own feelings and empathy for others.
6. Interaction: Your child's ability or willingness to respond to or initiate social responses with parents, other adults, and peers.
7. Social-communication: Your child's ability or willingness to interact with others by responding to or initiating verbal or nonverbal signals to indicate interests, needs, or feelings.

If you have concerns or questions about your child's development and are interested in a developmental screening, contact your child's pediatrician or the agency's Child Development and Disabilities Department.



Amanda Ames,
Child Development and Disabilities Coordinator

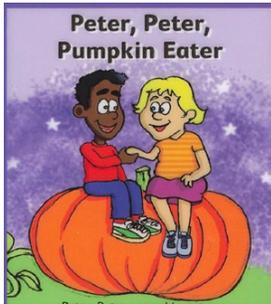
Forming Connections

"I Love You Rituals" are a component of the Conscious Discipline curriculum that strengthen adult-child relationships. These rituals are structured activities that include eye contact, touch, presence, and playfulness.

There are four goals to I Love You Rituals:

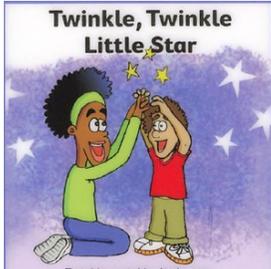
- #1 I Love You Rituals optimize your child's brain for success at school and in life.
- #2 I Love You Rituals increase your learning potential and effectiveness through touch.
- #3 I Love You Rituals create loving rituals that hold families together even through the roughest times.
- #4 I Love You Rituals strengthen the bond between adults and children that insulates children from drugs, violence, and peer pressure, laying the foundation for mental and emotional health.

Try these I Love You Rituals with your child and help your child form connections!



**Peter, Peter,
Pumpkin Eater**

Peter, Peter, pumpkin eater,
(Wiggle your booty or twist your waist.).
Had a friend he loved to greet.
(Shake hands with the child).
Treated her with kind respect,
(Gently put your left arm on child's right shoulder and demonstrate a kind touch).



**Twinkle, Twinkle
Little Star**

Twinkle, twinkle, little star,
(Hold child's hands up high, touch fingers and twinkle).
What a wonderful child you are.
(Bring arms down to rest on each other's shoulders).
With bright eyes and nice round cheeks.
(Touch near child's eyes and cheeks).
A talented person from head to feet.
(Swing child's arms up to his head and down to feet).
Twinkle, twinkle, little star,
(Twinkle fingers together again).
What a wonderful child you are.
(Smile and hug)!

*Beth Ott, MSSL
Early Head Start Manager*

Apple Oatmeal Muffins Makes 6 Muffins Ingredients

- 1/2 cup milk, non-fat
- 1/3 cup applesauce
- 1/2 cup flour, all-purpose
- 1/2 cup quick cooking oats (uncooked)
- 1 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple (tart, cored & chopped)

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400 F.
3. Place 6 cupcake holders in baking tin.
4. In a mixing bowl, add milk and applesauce. Stir until blended.
5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
6. Gently stir in the chopped apples.
7. Spoon into cupcake holders.
8. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
9. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.



From the Nurse's Desk...

Welcome back to the new school year, we are excited to start this new year but along with the excitement of going to school also comes sickness as well. There are (5) types of rashes that your child may bring home from Preschool with number one being Hand, Foot, and Mouth which is a contagious viral illness which is more common in the summer but can occur anytime. Look for fever, small sores in mouth, small blisters on hands, feet, and buttocks, sometimes arms and legs. Second is fifth disease, which is spread through mucous and saliva when kids cough or sneeze, symptoms include reddening of cheeks, no fever, several days of flat, lacy-looking rash inside the upper thighs and forearms. Third is Impetigo which is a bacterial infection. It is a honey-colored crust and red borders usually start on the face and under the nose. Fourth is Hives, an allergic skin response that develops after allergy prone children are exposed to soaps, detergents, lotions, antibiotics, or new foods, and lastly is Poison Ivy, it is highly itchy with tiny blisters that develop quickly, open and ooze quickly over time, but not contagious to others. If your child should develop any of these rashes, please do not hesitate to call me for questions and directions on what should be done to help you and your child. Call me at 233-3290 Ext 5046.



*Kimberly Harris, LPN, BSP
Head Start Nurse*

For Enrollment Opportunities in Head Start or Early Head Start, please contact Cher McKeever, Enrollment/Recruitment Coordinator. 304-233-3290

“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, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
pro-gram.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 2023

October 25—Policy Council/Advisory Meeting

November 2023

November 7—Election Day: No Class/No Staff

November 10—Veterans Day: No Class/No Staff

November 15—Policy Council

November 23-24—Thanksgiving Break: No Class/No Staff

December 2023

December 13—Joint Policy Council/Board Meeting

December 25-January 3—Winter Break—Staff Off

January 2024

January 4—Head Start/Early Head Start return to class

January 15—Martin Luther King Jr Day: No Class/No Staff

January 19—Brooke County, Martyn Early Learning Center, Marshall County, Pipinos, Magnolia, Ohio County, & Newell—Family Activity Night

January 24—Policy Council/Advisory Meeting

Welcome All New Employees

Samantha Mangual	Anna Sibert
Kashia Robbins	Myriah Evans
Courtney Courtwright	Kathy Price
Abigail Long	Jennifer Kokosinski
KC Colley	Tara Cross
Samantha Shifflett	Denise Musolino
Lilyan Bungard	Lisa Kasler
O'Linda Woods	Mary Goddard
Barbara Gallaher	Kelsie Galbraith
Tammy Adams	Kristen McConn
Jennifer Pulice	

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 Human Resources 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 Jackie Bell, Executive Director, with any questions regarding membership roles and responsibilities at 304-233-3290 or jbelle@npheadstart.org.