



# NPHS News



Spring 2026

Volume 30, Issue 3

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

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

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## Spring Into Success: Supporting Your Child This Season

As we welcome the warmer weather and all the excitement that spring brings, it's a great time to refocus on routines that help your child continue to grow, learn, and thrive. Here are a few important ways you can support your child this season:

### Attendance Matters

We know spring can get busy with nicer weather, family activities, and changing routines. However, consistent attendance is still very important for your child's success. Each day in the classroom helps children build friendships, practice important skills, and stay connected to their learning. Even missing a few days can make it harder for children to keep up with routines and feel confident in the classroom.

*Tip:* Try to keep a regular morning and bedtime routine to help your child arrive on time and ready to learn each day.



### Health and Wellness

Spring is the perfect time to get outside and stay active! Outdoor play supports children's physical health, reduces stress, and builds strong bodies and minds. Along with staying active, maintaining healthy habits at home is just as important.

- Encourage daily outdoor play and limit screen time when possible
- Keep consistent sleep routines so children are well-rested
- Practice good handwashing habits
- Be mindful of seasonal allergies and check in with your child's doctor if needed
- Stay up to date on well-child visits and immunizations

Healthy children are better able to learn, play, and fully enjoy their day!

### Social-Emotional Development

At Head Start, we focus on helping children understand their feelings, build relationships, and develop self-control—and you can support this at home, too!

- Help your child name their feelings: "I see you're feeling frustrated."
- Create simple, predictable routines so your child knows what to expect
- Practice calming strategies like deep breathing, counting, or taking a break
- Celebrate your child's efforts when they solve problems or express emotions in a positive way

These small moments at home make a big difference in helping children feel safe, confident, and ready to learn. Thank you for partnering with us to support your child's growth this spring. Together, we are building strong foundations for lifelong success!



**Amber Boring,  
Education & Training Manager**

## Growing Together: Supporting Children Through the Pyramid

### Policy Council

2025-2026

Chairperson  
Kristen Owen

Vice Chairperson  
Trisha Lacefield

Secretary  
Erin Wood

Treasurer  
Amanda Jarrett

Parliamentarian  
Gerald Vaughan

Spring is a time of growth, fresh starts, and new learning and we see that every day in your children! At NPBS, we continue to focus on helping children build strong social-emotional skills through the Pyramid Model.

The Pyramid Model guides how we support every child's social and emotional development. It focuses on:

- Building strong relationships so children feel safe and connected
- Creating supportive environments with clear routines and expectations
- Teaching social-emotional skills like sharing, calming down, and problem-solving
- Providing individualized support when needed

Think of this as building a strong foundation that helps children succeed in school and in life. Using the same expectations language at home helps children make meaningful connections. Children learn best when they experience consistent support between home and school.



When families are involved, children feel more secure, learn skills more quickly, show more consistent behavior, and build stronger confidence over time.

You are your child's first and most important teacher, and what you do at home truly makes a difference.

This spring let's continue working together to support your child's growth socially, emotionally, and academically. Small moments (talking, listening, and guiding) make a big difference over time. Thank you for being such an important part of your child's journey. If you ever have questions or concerns, please reach out we are here to partner with you.

**Amanda Ames, MA Ed.**  
**Child Development and Disabilities Coordinator**

### Head Start and Early Head Start Federal Funding Information for the 2025-2026 Program Year

**Head Start/ Early Head Start**  
\$7,710,607.00

Head Start T&TA  
\$47,683.00

Early Head Start T&TA  
\$41,241.00

**CCP**  
\$1,534,964.00  
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

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

## Summer Safety Tips

**Sun Protection:** Children are particularly vulnerable to sunburn and UV damage. Apply sunscreen with SPF 30 or higher whenever kids are outdoors and reapply every 2 to 3 hours or after swimming or sweating. Dress children in lightweight, sun-protective clothing, wide brimmed hats, and sunglasses. Limit outdoor play during peak sun hours (10 a.m. to 4 pm) and provide shaded areas whenever possible.

**Hydration and Heat Safety:** Ensure children drink plenty of water, even if they are not thirsty, and avoid sugary drinks or soda that can worsen dehydration. Watch for signs of heat exhaustion, such as dizziness, cramps, or fatigue, and encourage frequent water breaks and rest in cool areas.

**Water Safety:** Drowning is a leading summer risk. Always supervise children around pools, lakes, or beaches, and ensure they swim only with adult permission. Teach kids not to push, dunk or run near water, and use life jackets when appropriate. Check water temperature and pool surfaces to prevent burns or slips.

**Outdoor Play and Injury Prevention:** Inspect play areas for hazards such as hot slides, sharp tools, or chemicals in gardens. Ensure children wear helmets when biking or scootering, and shoes when playing outside. Supervise trampoline use and avoid mixing children of very different sizes to prevent accidents. Teach kids to look both ways before crossing streets and to always inform an adult of their whereabouts.

**Insect and Animal Safety:** Use insect repellents to protect against mosquitoes and ticks, and check children for bites after outdoor play. Supervise interactions with pets, as dog bites are more common during the summer when children spend more time with animals.

**Travel and Car Safety:** Never leave children unattended in cars, as temperatures can rise rapidly. Ensure car seats and seatbelts are properly fitted, and establish a routine to check the car before locking it.

By following these guidelines, parents and guardians can help children enjoy a **fun, safe, and healthy summer** while minimizing risks from the sun, heat, water, and outdoor activities.

## Hot Car Safety

As temperatures rise in the spring and summer months, it's important to remember that vehicles can heat up dangerously fast, even on mild days. For infants and toddlers, whose bodies heat up three to five times faster than adults, this can quickly become life-threatening. Hot car incidents are preventable, and a few simple habits can make all the difference.

### Why It Matters

Even when the outside temperature feels comfortable, the inside of a parked car can reach extreme temperatures within minutes. Cracking a window does little to slow this process. Because young children cannot regulate their body temperature as effectively as adults, they are at a much higher risk for heat-related illness.

### Simple Steps to Keep Children Safe

- **Never leave a child alone in a vehicle**, even for a short time.
- **Always check the back seat** before locking your car, make it a routine every time you exit.
- **Keep your car locked** when parked to prevent children from climbing in during play.
- **Place a reminder item in the back seat**, such as a purse, phone, or work badge, to prompt you to look before leaving the vehicle.
- **Set a "check-in" system** with your childcare provider. If your child doesn't arrive as expected, they can follow up with you.

For additional information and training about hot car safety, please visit [www.nsc.org](http://www.nsc.org)



Beth Ott, MSSL  
Early Head Start Manager

## Spring Allergies for Preschoolers

Doctors can suggest safe medicines to help your child feel better.

Spring is a fun time to play outside, but some children get "spring allergies." This is called allergic rhinitis. It happens when tiny bits of pollen from trees and flowers get into the air and bother a child's body.

Talk to child's doctor if child **has trouble breathing**, **cannot sleep well** or **have symptoms that don't go away after 10 days**.

### What Do Allergies Look Like?

- \* Sneeze a lot
- \* Have a runny or stuffy nose
- \* Rub or itch their eyes
- \* Have watery, red eyes
- \* Feel tired or cranky

### Simple Ways to Help

- \* Keep windows closed on windy days
- \* Wash hands and face after playing outside
- \* Change clothes after outdoor play
- \* Keep bedrooms clean and dust-free

### Easy Remedies

- \* Use a **saline (saltwater) spray** to clean the nose
- \* Give warm drinks like soup or tea (with adult help)
- \* Use a cool-mist humidifier in the room



## Blueberry Pancake Poppers

- 1 2/3 cup Bisquick Original Pancake and Baking mix
- 1/2 cup milk
- 2 tablespoons maple-flavored syrup
- 2 eggs
- 1 cup fresh or frozen (thawed) blueberries

### Cinnamon Smear

- 1/4 cup butter, softened
- 3 tablespoons maple-flavored syrup
- 1/4 teaspoon ground cinnamon

### Directions

1. Heat oven to 375 F. Spray 24 mini muffin cups with cooking spray.
2. In medium bowl, mix all Pancake Popper ingredients except for blueberries. Lightly fold half of the berries into the batter and divide evenly among muffin cups. Evenly divide remaining blueberries over batter.
3. Bake 10 to 12 minutes or until toothpick inserted in center comes out clean. Remove from muffin cups to cooling rack. Cool 5 minutes.
4. Meanwhile, in small bowl, stir together Cinnamon Smear Ingredients. Spread butter mixture over tops of Pancake Poppers. Serve immediately.



Denise Musolino, BSN  
Health & Nutrition Coordinator

**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](mailto: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 children for learning and life.

## VISION STATEMENT

“Building foundations for life-long growth and development”

## Up and Coming

### May 2026

May 13—Corporation Meeting  
May 15—Parent Banquets  
May 22—Staff Enrichment No Class  
May 25—Memorial Day No Class/No Staff

June 19—Juneteenth No Class/No Staff  
June 29 & 30—Summer Break for line staff

### July 2026

July 1—July 3 Summer Break for line staff

### June 2026

June 18—Tentative Last day of Head Start Full Year class  
June 18—Tentative Last day of Early Head Start class

## Welcome All New Employees!

Courtney Biernesser

Khloe Trussell

Lisa Sosinski

Robin Lee



TO OUR NEW STAFF!

## 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 our HR Department 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 Beth Ott, Interim Executive Director, with any questions regarding membership roles and responsibilities at 304-233-3290 or [bott@npheadstart.org](mailto:bott@npheadstart.org).