



NPHS News



October 2022

Northern Panhandle Head Start, Inc.

Volume 27, Issue 1

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

Jackie Bell, Executive Director
jbelle@npheadstart.org

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.**



Building foundations is our vision and our motto for those first few weeks in our new settings. Some of our children are stepping their feet into a classroom for the very first time and that can be exciting, scary, and confusing. So, we focus on the foundations to teach children exactly what to do at school to be successful. This includes how to properly wash hands, walk in a line with many other children, take out materials, put them back away when finished, sit down to eat with friends, and follow a schedule each day. This can sound easy but when you put between 8-20 children in a room together, things can get a little wild very quickly. For a classroom to be successful, children must learn social skills and emotional skills in the very beginning and keep practicing those skills throughout the year. Social skills are those skills we all use every day to interact with each other and to communicate with each other. Emotional skills are those skills that allow us to regulate our feelings, show empathy to others and notice their feelings, and connect with others to eventually create friendships.

Here are some ways you can help your child be successful at our school:

-Practice sitting at the table for meals together and opening our own food. (We have family style meals, so we all sit together and practice passing bowls, serving ourselves, and opening our own foods like bananas)

-Practice putting on and taking off clothes. (This helps with potty training, and we want to keep our eyes on children as much as possible so the more children can do by themselves, the more we can keep our eyes on all the children in our classrooms)

-Practice waiting for a turn to play with a toy and asking, "Can I play with that?" (Children share all the toys in class and they are not developmentally ready to share just yet so the more you practice this at home the better they will be with it at school)

-Talk to your child about leaving you at drop off. This can be a very difficult time for you as the caregiver and for the child. Your child needs to feel your energy be calm even if they are feeling sad and crying/ screaming. When you say goodbye, mean it and leave even if your child is still upset. Do this every time and with consistency and practice, your child will learn how this routine works. It is completely normal and developmentally appropriate for your child to feel sad at drop off. You will always be their number one pick when given a choice. This is a good thing because it shows you have built a strong relationship with your child. Their teachers will build this relationship too, but you will always be their number one pick, so talk to them often about going to school and being with their teachers and friends. We will call you if they stay upset for too long. Most times, once children realize the option is no longer available, they start to self-regulate those sad emotions and they are good to go by the time we eat breakfast. Take some deep breaths from afar and wish them well. We will take care of the rest and help your child be successful.

We use the Creative Curriculum, and it says play is most important for a child's development. We agree! Therefore, you will see our classrooms broken into groups that we call learning centers, including Toys & Games, Blocks, Dramatic Play, Discovery, Technology, Art, Library, Sand & Water, and Music & Movement. Children will participate in math/science, social-emotional, physical activities, health, nutrition, and language and literacy experiences daily. After children learn the routines of the classroom, they will move onto their "Studies". Through the studies, children will manipulate real life objects to learn all they can about their world while increasing their academic skills.

We cannot wait to show you what all our children are learning! Keep an eye out for our Facebook page to see all the fun!

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**Amber Boring,
Education/Training Manager**

Policy Council

2022-2023

Chairperson
Vice Chairperson
Secretary
Treasurer
Parliamentarian

Our next Policy Council Meeting is scheduled for October 19th, 2022.

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 2022-2023 Program Year

Head Start/ Early Head Start
\$6,987,303.00
Head Start T&TA
\$47,683.00
Early Head Start T&TA
\$41,241.00

CCP
\$1,391,440.00
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.

American Rescue Plan Act
Funding
4/1/2021 - 3/31/23
\$877,517.00

Special Thank You

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

Why Act Early if You're Concerned about Development?

Act early on developmental concerns to make a real difference for your child and you! If you're concerned about your child's development, don't wait. You know your child best.

Early intervention is:

- Services and support that help babies and toddlers (from birth to 3 years of age) with developmental delays or disabilities and their families.
- May include speech therapy, physical therapy, and other types of services based on the needs of the child and family.
- Can have a significant impact on a child's ability to learn **new** skills and increase their **success** in school and life.



Why Early Intervention is Important:

Earlier is better! Intervention is **likely to be more effective** when it is provided earlier in life rather than later.

"If it's autism, waiting for a child to 'catch up on his own' just won't work. Acting early can help a child communicate, play, and learn from the world now and for the future. It can also prevent frustration—so common in children with communication difficulties—from turning into more difficult behaviors." Pennsylvania clinical psychologist

The connections in a baby's brain are most adaptable in the first three years of life. These connections, also called neural circuits, are the foundation for learning, behavior, and health. Over time, these connections become harder to change.

Intervention works!

Early intervention services can **change a child's developmental path** and improve outcomes for children, families, and communities.

Help your child, help your family!

Families benefit from early intervention by being able to **better meet their children's needs** from an early age and throughout their lives.

Where to get an evaluation:

- Contact your child's doctor
- West Virginia Birth to Three for children ages birth to three
- County School System for children over the age of three

<https://www.cdc.gov/ncbddd/actearly/whyActEarly.html>

*Amanda Ames,
Child Development and Disabilities Coordinator*

Fine Motor Skills, What's that?

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Fine motor skills are the movements and coordination of the small muscles of the body, typically thought of as the movements that involve the fingers and the hands. Fine motor skills are important for supporting independence with dressing, feeding, eating and performance in school. Giving your child the opportunity to feed themselves, turn pages in a board book, or try and zip-up their own coat promotes the development of fine motor skills. To help your child develop their fine motor skills try the activities listed below.

Infants

- Grasping your finger
- Holding onto a small toy
- Grasping for objects



Waddlers

- Using utensils to feed self
- Turning pages of a book one at a time
- Picking up leaves when out on a walk



Toddlers

- Squeezing playdough
- Making something out of dough, such as pizza or cookies
- Picking up items with tweezers, clothesline pins, or kitchen tongs



Beth Prettyman, MSSL
Early Head Start Manager

Easy Chicken Pot Pie Makes 6 Servings Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut up)
- 1 can cream of chicken soup, low fat (10-3/4 ounce, condensed)
- 1 cup baking mix, reduced-fat (example: Bisquick)
- 1/2 cup milk (non-fat)
- 1 egg

Directions

1. Wash hands with soap & water.
2. Pre-heat oven to 400 F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate.
4. Stir remaining ingredients in a mixing bowl mix with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

www.myplate.gov



From the Nurse's Desk...



It's has been a very fast beginning of the year, seems like we just started, and the first 45-day screenings were due. Amanda Ames the Child Development & Disabilities Coordinator and I have been out visiting our centers collecting the required screenings in our agencies new Medi-Van. The Medi-Van allows us to complete Speech screenings as well as Hearing and Vision screenings. Hemoglobin checks are done, and Lead Level screenings are completed on the children with permission slips from the parents which does require a finger stick. One of the largest problems in West Virginia is high lead levels in children which can cause developmental learning problems. By getting this screening via finger stick we can report the levels to Charleston, and it is documented. There has been reluctance in blood draws so we felt that a finger stick would aid our children and if the levels are high, they are referred to the physician for a lab draw. The Medi-Van has been a fun way for the children to have health screenings done and for the most part they have been very receptive to it. We try to keep the children comfortable and explain what we are going to be doing. The most exciting part for the kids is getting their sticker after they are done. I have to say they like the puppy and kitty band aids the best. So, if you happen to be at any of our centers and you see a big black van sitting out front, that is our medical van. Parents are always welcome to come visit with us; we love visiting with our children's parents. As always, the health and safety of your children is very importance to us, and by keeping physicals, dentals, and immunizations all up to date, you are helping keep your child healthy. When your child is healthy, they have a smaller chance of missing a lot of school days. So, let's make this a healthy and safe school year for our children. If you have questions about anything health related, please do not hesitate to contact me at NPBS (304)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 2022

October 19—Policy Council/Advisory Meeting

November 2022

November 8—Election Day: No Class
November 11—Veterans Day: No Class/No Staff
November 16—Policy Council
November 24-25—Thanksgiving Break: No Class/No Staff

December 2022

December 14—Joint Policy Council/Board Meeting
December 23-January 3—Winter Break—Staff Off

January 2023

January 4—Head Start/Early Head Start return to class
January 16—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 25—Policy Council/Advisory Meeting

Welcome All New Employees

Samantha Klug
Diamond Cervenak
Andrea Cumberledge
Bruce Schultz Sr.
Ryan Kaputa
Tyler Crook
Katie Ridler
Theresa Morin
Christina Wetherell



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.