



Spring 2023

NPHS News



Volume 27, Issue 3

Northern Panhandle Head Start, Inc.

Serving Hancock, Brooke, Ohio, Marshall and Wetzel Counties In West Virginia



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Start, Inc.

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Ohio, Marshall and Wetzel
Counties In West Virginia

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

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Alphabet Awareness; Crucial to Future Success

“Children’s knowledge of letter names and shapes is a strong predictor of their success in learning to read.” (Reading Rockets) For children to learn to read and write, they must start with the basic knowledge that letters are symbols with meaning and then move on to knowing the name of each letter, then learning the sound of each letter. It is easy to leave this up to the school system to teach but children will have much higher rates of success if this is also practiced at home. Below is an example of a learning game that can be found in our Creative Curriculum resources and helps with early literacy.



Letters in My Name

Teach your child the letters in his name by first saying them, then pointing them out in print, and finally tracing the shape of each letter with him. Your child will eventually remember the letters and begin to understand that letters make words. This is important because the letters of your child’s name provide a good beginning for learning letters. Your child will become aware of letters as symbols and recognize the sound and sight of the letters in his name. Learning to recognize the letters of his written name is part of early literacy.

What you do

- Make a point of saying and spelling your child’s name together: Joey, J-O-E-Y. Can you come here, please? He will begin to associate the letters with his name.
- Try getting his attention using only the letters once he becomes familiar with them. The next step will be helping him learn to recognize the letters.
- Point out one letter at a time until he can recognize all the letters in his name. Cereal boxes, magazines, signboards, toys, and labels provide good sources of big, colorful letters.
- Trace the letter with your finger when you see it and encourage your child to do the same.
- Use his knowledge of circles and lines when you’re acquainting him with the letter: An O is a circle. An E is four straight lines. A J is curved at the bottom.
- Encourage him to remember any associations he makes, such as a J resembles a candy cane.

Use consistent language when he learns to write his letters. The same descriptions will help him remember the shape of each letter in his name. If his interest continues, help him recognize additional letters beyond those in his name.

Other ideas to help with recognizing letters:

- Hide letters in the sandbox and dig for them
- Hunt for letters in the neighborhood, in your home, or at public places like a scavenger hunt
- Have a race to see who can find a certain letter first, change up the letters to practice new ones

<https://www.readingrockets.org/article/alphabetic-principle#:~:text=Children's%20knowledge%20of%20letter%20names,words%20as%20sequences%20of%20letters.>

<https://eclkc.ohs.acf.hhs.gov/culture-language/article/planned-language-approach-alphabet-knowledge-early-writing#:~:text=As%20children%20develop%20alphabet%20knowledge,and%20eventually%20to%20forming%20letters.>

**Amber Boring,
Education/Training Manager**

Policy Council

2022-2023

Tiana White
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Kaylee Robinson
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Head Start and Early Head Start Federal Base 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**

Creativity for Kids: Tips for Nurturing Creative Minds

Spend time outdoors. The benefits of nature for child development are endless. Because nature is ever changing, it provides countless opportunities for discovery, creativity, and problem solving. The natural world inspires children to think, question, make suppositions, and develop creative minds.

Invent scenarios. When your child invents a scenario, he tries on lots of different roles and organizes his thoughts while developing social and verbal skills. Encourage your child to play house, doctor, zoo, farm, space station, school, or store. Join in the imaginative play by taking on a role yourself. If your child is into superheroes, think of the power your child might want as his own superpower feeling. Consider having your child create a new superhero!

Verbal activities. From rhymes to riddles, silly sounds to phonics, games such as "I Spy" or making up lyrics to common tunes, verbal interactive activities can inspire and nurture creative minds. Simultaneously, these activities build vocabulary and help your child learn phonics.

Encourage art activities. Art is creative expression that nurtures imagination, not a lesson in following directions. Through painting, sculpture, collage, clay, drawing or any other medium, art is a way for children to work through emotions, make decisions, and express their ideas. Art activities also develop fine motor skills and hand-eye coordination. Furthermore, art activities build confidence because children gain a sense of mastery over materials resulting in a new creation.

Ask open-ended and thought-provoking questions. Asking questions that provoke imaginative and creative thinking is an effective way to invite your child to express his ideas and share his visions, while giving him the message that his ideas are important. "What do you think would happen if....?" "What's the difference between a dog and a cat?" "What are some other ways to do this?"

Remember to allow for down time. Unstructured, unscheduled time allows children opportunities to imagine and create.

Early childhood is the peak time to nurture children's imaginations. So if your child comes home and says, "...and then we drank purple milk that came from a purple cow," or something similar, offer encouragement for their creativity and imagination.

<https://www.brighthorizons.com/resources/Article/nurturing-creativity-and-imagination-for-child-development>



Amanda Ames, MA Ed.
Child Development and Disabilities Coordinator

5 Summer Exercise Tips for kids!

Most kids are not motivated to start doing pushups and crunches. Any physical activity is fine. Keep it fun.

Take a family outing: Walk in your neighborhood. Take a hike through a park or ride bikes.

Create an obstacle course: Pull items out of your garage—buckets, broomsticks, lawn chairs, balls and let your imagination take over. You can create play stations within the course. Use a broomstick for limbo, walk while balancing on a wood beam or dribble a ball. Jump around a chair or toss clothespins in a bucket. Kids can use their imaginations and stay physically active for hours.

Encourage children to help with gardening and lawn work: They learn new skills and can help you out at the same time.

Play traditional childhood favorites: Simone Says, Red Light/Green Light and Hide and Seek. Try hula hoops and jump ropes.

Have a dance party: Move furniture to clear the floor, blow up balloons and turn on dance music. Encourage everyone to take turns dancing in the middle of the room to perform their favorite dance moves.

[How to Stay Active in Summer - Children's Health \(childrens.com\)](https://www.childrenshealth.com/healthy-living/summer-activities)



Math for Babies and Toddlers?? What??

Infants and Toddlers begin developing their math skills very early on in life. They develop these skills through their interactions with the environment and the people in it. You, as the loving adult in infants and toddlers' lives, make all the difference when you talk to them and encourage this important area of development. We tend to think of math as just numbers and counting but there is much more to it than that. "Mathematical thinking involves noticing similarities and differences, organizing information, and understanding quantity, numbers, patterns, space, and shapes." (Creative Curriculum)

So, what can you do to strengthen your child's math development even when they cannot fully talk with you?

- Recite Nursery Rhymes that include numbers, such as One, Two Buckle My Shoe
- Read stories that involve numbers.
- Count as you perform regular duties or while playing.
- Provide nesting toys or Tupperware that will fit inside each other.
- Use comparison words such as "You picked out the biggest ball."
- Sing repetitive songs.
- Puzzle play
- Point out patterns when you see them, "Look at that pattern. It goes red, blue, red, blue."
- Provide large cardboard boxes for your child to crawl through and over and around.
- Use positional words such as "Let's put the block **IN** the box, **ON** the box, **BESIDE** the box."
- Point out groups such as "You grabbed all the red blocks."

Resources: Creative Curriculum

<https://eclkc.ohs.acf.hhs.gov/publication/supporting-math-skills-infants-toddlers>

<https://www.naeyc.org/our-work/families/math-talk-infants-and-toddlers>



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Strawberry Yogurt Pops

Cool off with frozen pops that are fun to make!
Mix different yogurt and fruit combinations to find your favorite.

Ingredients

- 1 cup low-fat strawberry yogurt
- 6 large strawberries, fresh or frozen
- 1 ice cube tray (or paper cups)

Directions

1. Cut strawberries into small pieces.
2. Mix fruit and yogurt.
3. Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut paper straws).
4. Freeze.
5. Enjoy as a frozen treat!



www.myplate.gov

Beth Prettyman,
Early Head Start Manager



While your children are enjoying sunny days at home remember to talk about these safety topics with your family to keep them healthy and safe.

- Actively supervise children in or around water.
- Never leave a child unattended in a car. The temperature inside a car can rise quickly.
- Apply sunscreen with SPF whenever your child is going to be outdoors.
- To avoid bug bites, apply insect repellent before spending time outdoors.
- Always supervise children on playgrounds. Choose the right play equipment for your child's age and skills.
- It is a good idea to carefully touch outside equipment on sunny days to check for hot surfaces before playing.

Don't forget to drink water and enjoy healthy fresh fruits that are found during this season.

Kayla Randazzo,
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

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 2023

May 12—Parent Banquets
May 17—Corporation Meeting
May 26—Staff Enrichment No Class/ No Staff
May 29—Memorial Day No Class/ No Staff

June 2023

June 21—Last day of Early Head Start class

July 2023

July 3- July 7—Summer Break for staff

Welcome All New Employees!

Amy Zeek
Katherine Padgett
Bryant Anderson
Shila Danielson
Samantha Reineke
Leah Burgy
Deana Pasztor
Emily Hunter



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