



# NPHS News



Spring 2025

Volume 29, Issue 3

**Northern Panhandle Head Start, Inc.**  
**Serving Hancock, Brooke, Ohio, Marshall and Wetzel Counties In West Virginia**



**NPHS 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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## Supporting School Readiness at Home

### **A Summer Guide for Head Start Families (Ages 0–5)**

Summer is a great opportunity to continue supporting your child's learning and development in fun, simple ways at home. At Head Start, we focus on the whole child—helping them grow socially, emotionally, physically, and academically so they are ready for school. Parents are a child's first and most important teacher, and your everyday interactions make a big difference!

Here are some easy, age-appropriate activities you can enjoy with your child (ages 0–5) to support school readiness this summer:

#### **1. Talk, Read, and Sing Every Day:**

Children learn language by hearing it. Talk to your child during daily routines - describe what you're doing, ask questions, and listen to their responses. Read books together every day, even if it's the same story again and again. For infants and toddlers, talk and sing while you diaper, feed, or cuddle. For preschoolers, ask questions about the story and encourage them to tell their own stories too.

#### **2. Explore Through Play:**

Young children learn through play. Set aside time for pretend play, building with blocks, sorting objects by color or shape, and outdoor activities like running, jumping, and climbing. These activities build thinking skills, imagination, motor skills, and social development.

#### **3. Practice Routines and Independence:**

Following daily routines helps children feel secure and builds important skills. Involve your child in simple tasks like brushing teeth, putting on clothes, and cleaning up toys. Give them choices when possible ("Would you like to wear the red shirt or the blue shirt?") to encourage decision-making.

#### **4. Count, Compare, and Explore:**

Incorporate simple math and science into everyday life. Count steps as you walk, compare sizes of fruits, and talk about the weather. Encourage curiosity by asking "What do you think will happen if...?" or letting them explore safe household items like pots and measuring cups.

#### **5. Build Social-Emotional Skills:**

Help your child name and understand their feelings. Use words like happy, sad, frustrated, or excited. Model how to solve problems calmly, take turns, and express needs with words. Praise positive behavior and effort, not just results.

#### **Stay Connected with us at Head Start!**

Ask your Head Start teacher, FRA, and/or PE for ideas or resources that match your child's developmental stage. Whether your child is a baby or getting ready for kindergarten, every moment you spend engaging with them helps prepare them for lifelong learning.

*Enjoy your summer together - you're helping build a strong foundation for your child's future success!*



**Amber Boring,**  
**Education & Training Manager**

### Policy Council

2024-2025

Chairperson  
Travis Haught

Vice Chairperson  
Kari Turvey-Gantz

Secretary  
Breanna Dietrich

Treasurer  
Trisha Lacefield

Parliamentarian  
Kori Tomic

### Head Start and Early Head Start Federal Base Funding Information for the 2024-2025 Program

#### Year

#### Head Start/ Early Head Start

\$7,799,531.00

Head Start T&TA

\$47,683.00

Early Head Start T&TA

\$41,241.00

#### CCP

\$1,564,628.00

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 Outdoor Play: Why It Matters

Outdoor play is beneficial for children beyond the physical activity it provides. It helps them socialize, understand their bodies better, engage in imaginative play and enjoy the outdoors. It is something you should prioritize for your child's healthy growth and development.

Unstructured physical activity improves the health of your child. It reduces the likelihood of obesity and weight-related health concerns which are becoming bigger issues for families today. Outdoor play also improves mental health as a result of physical activity. Children sleep better at night. It can increase concentration and improvement mood the next day. Perhaps the greatest health benefit is in a child's ability to learn how to engage with others while having fun!



### Consider the following activities: to do at home:

- **Have a scavenger hunt.** You can look for specific objects or be a bit more general like: things that begin with the letter B, or something for each color of the rainbow
- **Do leaf rubbings.** All you need are paper, crayons and any new leaves you can find.
- **Dig in the dirt.** Find worms and bugs, make mud pies, and flip over rocks to see what you'll find
- **Plant something.** Get some flower or vegetable seeds and start your own garden.
- **Make an obstacle course.** Time each kid as they jump, roll, climb, step or go under the various obstacles. Added bonus: You can do this inside if needed.
- **Get active.** Play a game like twister or hopscotch, Simon Says, Mother-may-I or the freeze dance. Take turns picking and leading the games and get involved. Kids love when you play too!
- **Learn something new.** Try yoga or fishing. Dance alone in your room or out in the front yard. Build something with sticks, Lincoln logs or Legos. Share your creations or the new skills you learned with friends and relatives.
- **Do the alphabet workout.** Create an "exercise alphabet" by assigning an exercise to each letter of the alphabet. Then spell out your name, performing the exercise designated for each letter. Be sure to take a 15-20 second rest between each exercise

<https://www.chop.edu/news/health-tip/benefits-outdoor-play-why-it-matters>

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

## Calling all Head Start Supporters

**IT'S GO TIME.**

We need Congress to hear from every single Head Start supporter—today.

### Take 2 minutes for 2 Actions:



Send a message to your members of Congress urging them to protect Head Start:



[nhsa.org/  
take-action](https://nhsa.org/take-action)



Are you a current or former Head Start parent, caregiver, or student?

Sign a special letter directly to President Trump:



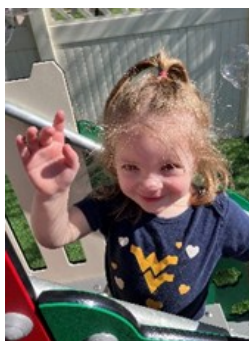
[go.nhsa.org/  
action](https://go.nhsa.org/action)

Then, spread the word—share these QR codes with families, staff, alumni, and friends. **Every voice counts.**

## Sun Safety

Warm and sunny days are the best. It's good for children to spend time outside playing and exercising, and it's important they do it safely. Here are some tips to keep your family safe from too much sun!

- **Keep babies younger than 6 months out of direct sunlight.** Find shade under a tree, an umbrella, or the stroller canopy.
- **Dress yourself and your children in cool, comfortable clothing made with a tight weave** that covers the body and use enough sunscreen to cover all exposed areas, especially the face, nose, ears, feet, hands and even backs of the knees. Rub it in well.
- **Put sunscreen on 15 to 30 minutes before going outdoors.** It needs time to absorb into the skin.
- **Use sunscreen any time you or your child spend time outdoors.** Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- **Reapply sunscreen every 2 hours and after swimming, sweating or drying off with a towel.** Because most people use too little sunscreen, make sure to apply a generous amount.
- **Wear a hat** with an all-around 3-inch brim to shield the face, ears, and back of the neck.
- **Limit your sun exposure between 10:00 a.m. and 4:00 p.m.,** when UV rays are strongest.
- **Wear sunglasses** with at least 99% UV protection. Look for youth-sized sunglasses with UV protection for your child.
- **Use a broad-spectrum sunscreen with a sun protector factor (SPF) of at least 15 (up to SPF 50) any time you or your child spend time outdoors.** Remember that you can get sunburn even on cloudy days because up to 80% of the sun's UV rays can get through the clouds. Also, UV rays can bounce back from water, sand, snow, and concrete, so make sure you're protected.
- **Put sunscreen on 15 to 30 minutes before going outdoors and reapply every 2 hours.** It needs time to absorb into the skin. Because most people use too little sunscreen, make sure to apply a generous amount.



Full article available at [www.healthychildren.org](http://www.healthychildren.org)

Beth Ott, MSSL  
Early Head Start Manager

## Safe Summer Tips

During summer, key health topics for supporting children include preventing heatstroke and heat exhaustion, ensuring proper hydration, and protecting against the sun's harmful UV rays. Safe water plays and activities are also important, along with awareness of potential allergens and bug bites.

### Heat Related Illnesses:

- \* **Heatstroke & Exhaustion:** Check air quality (Poor air quality, stay inside)
- \* **Hydration:** Children can not regulate their body temperature!!!!
- \* **Sun protection:** UV Index
- \* **Water safety:** Drowning leading cause of injuries ages 1-4
- \* **Allergies and bug bites:** Avoid products with more than 30% DEET. Don't apply repellent to infants younger than 2 months.



## Angel Food Pastry with Fresh Berries and Whipped Cream Ingredients

- 1 ounce angel food cake mix (3 tablespoons)
- 1/8 cup yogurt, low-fat vanilla (2 tablespoons)
- 1/4 cup raspberries
- 2 strawberries, sliced
- 1 1/2 tablespoons lite whipped topping

### Directions

1. Wash hands with soap and water.
2. Scoop 3 tablespoons of angel food cake mix into a microwave-safe cup or mug.
3. Add 2 tablespoons of vanilla yogurt and stir.
4. Place in the center of the microwave oven and microwave for 1 minute.
5. Take out of microwave and let cool for 1 minute.
6. Using a knife, cut around the sides of the cup to loosen the cake and dump it on a plate.
7. Dole 1 tablespoon of whipped topping on top of the cake.
8. Sprinkle raspberries around the angel cake and add sliced strawberries to top.

[www.myplate.gov](http://www.myplate.gov)



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 2025

May 9—Parent Banquets  
May 14—Corporation Meeting  
May 15—Tentative Last Day Part Year Head Start  
May 23—Staff Enrichment No Class  
May 26—Memorial Day No Class/No Staff

June 18—Tentative Last day of Early Head Start class  
June 19—Juneteenth No Class/No Staff  
June 30—Summer Break for line staff

### July 2025

July 1—July 4 Summer Break for line staff

### June 2025

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

## Welcome All New Employees!

Jessica White  
Ariana Hickman  
Kaitlynn Chapman  
Hailey Knight  
Karen Rogers  
Alexis Lemmon  
Tracy Cunningham  
Rachel Clampitt  
Alison Alexander  
Carrie Forrester



## 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](mailto:jbelle@npheadstart.org).