



NPHS News



Spring 2024

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

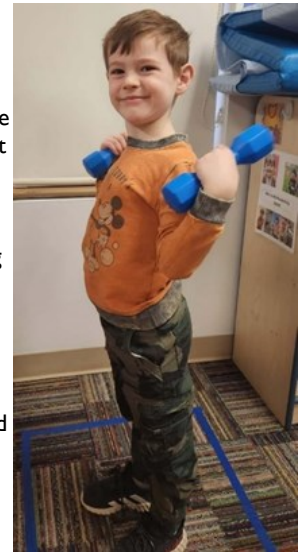
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Exercise as a study topic? In early education? Why not!

In our Creative Curriculum, one of the studies children can participate in is called Exercise. This might seem simple, but many Americans do not get the regular amount of exercise they need so let's start this exploration with our youngest of learners so that they find the joy and curiosity in their own bodies. As stated in the exercise study, our bodies are made to move. Many young children are in constant motion when they are awake. They wiggle, stretch, run, jump, hop, bounce, and climb. Moving makes children feel capable and confident, releases tension, and builds strong bodies and minds. The Exercise study explores children's natural desire to move. Physical activity is important for the health and wellbeing of young children. It not only helps children develop strong and healthy bodies, it also helps them form healthy habits that will last through adulthood. Exercise is done throughout the world in a variety of ways for a variety of purposes. Children are often curious about different ways to move their bodies and will imitate movements that they see. While doing the following activities with your child, think about asking some questions such as what are some different types of exercise and then discuss and try out a few of them like running, balancing, climbing, stretching, yoga, or sports.



Activities to do with your child about exercise:

1. What is exercise?

Invite your child to perform different types of movements, such as running in place, jumping jacks, hopping on one foot. Introduce new movements, such as sit-ups, push-ups, skipping, jumping. Perform the movements with your child and say, I noticed that when I move my body to [run in place], I breathe faster than before. Are you breathing faster, too? What else do you notice about your body? Invite your child to share what he notices about his body as he moves. Is he getting warmer, thirsty, tired? After the movement activity, introduce the term exercise. Explain that exercise is when someone moves their body to stay healthy. You could continue this activity by assigning numbers to the movements and doing them together to increase math skills while moving the body and being healthy.

2. Endurance

Show your child a stopwatch or the stopwatch on your phone. Explain to your child that a stopwatch is a tool that helps keep track of how long something takes. Show your child how the stopwatch works. Explain that people who exercise often use a stopwatch to see how long they can exercise for. Say, I wonder how long you can run for? Let's find out using our stopwatch. Invite your child to run in place for as long as they can while you time them. Remind them that exercising for a long time is called endurance.

There are so many more activities you can do to support the whole family in getting curious about exercise and becoming a little healthier along the way. Did you know? Physical activity can help you think, learn, problem-solve, and enjoy emotional balance. It can improve memory and reduce anxiety or depression. Regular physical activity can also reduce your risk of cognitive decline, including dementia. (Centers for Disease Control and Prevention, 2023) So, get up and get moving! Your brain, your heart, and your soul will thank you!

Amber Boring,
Education & Training Manager

The Importance of a Summer Routine

Policy Council

2023-2024

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Summertime is often a time for fun, but for some families summer months can be a cause for stress and anxiety. **Changes in routine can be disruptive for children and lead to increased behavior problems.** Although schedules may be more relaxed over the summer, most children benefit from a summer routine as a means of knowing what to expect on a daily basis, which can reduce stress and anxiety. Consistent routines over the summer will also ease the transition back to a school routine in the Fall.

Here are **FIVE** tips for staying on track with routine during the summer:

- 1) **Morning meeting:** Start your day with a brief family meeting to discuss plans and responsibilities for the day. If you find it difficult to keep your child's attention in the morning, consider a bedtime meeting to discuss plans for the next day.
- 2) **Consistent wake and bedtime:** Although there will be occasional special circumstances, attempt to maintain your child's waketime and bedtime at the same time each day. A consistent sleep/wake routine will keep your child's body rhythm on track, make bedtime easier, and reduce the likelihood of your child being overtired (along with related behavior changes).
- 3) **Regular meals and snacks:** Kids are busy over the summer which can mean they pay less attention to when to eat. Regular meals and snacks remain essential to maintain blood sugar levels and avoid the moody moments when your child is low on fuel. Plan snacks and meals ahead of time; engage your child in this planning, particularly if they will be independent with mealtime.
- 4) **"Plan" some down time:** Avoid overscheduling. Kids enjoy summer activities but often look forward to relaxation and "me time" over summer break. Help your child reduce stress by discussing ways to include down time in their routine, including discussion of what relaxation means to them.
- 5) **Assign responsibilities:** Provide age-appropriate responsibilities for your child. Helping a child feel that they actively contribute to the family unit can help improve self-esteem. For children who are resistant, discuss responsibilities as "family goals" and plan something to look forward to later in the day when everyone's responsibilities are complete.

Help your child stay on track with routine and help everyone enjoy an easier and fun summer!

<https://thinkingtreepsychology.com/>

Amanda Ames, MA Ed.
Child Development and Disabilities Coordinator

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

**Head Start/
Early Head Start**
\$7,553,568.00
Head Start T&TA
\$47,683.00
Early Head Start T&TA
\$41,241.00

CCP
\$1,499,721.00
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.

Special Thank You

◆ **NPBS Board of Directors**

◆ **NPBS Parent Volunteers**

Sun Safety for Kids

During the summer months, outdoor activities are in full swing and the sun is shining bright. It's important to teach children that a healthy and safe summer starts with protecting their skin. Take these five easy steps to protect your children from the sun's harmful rays.

1. **Use sunscreen:** Apply sunscreen that has a sun protection factor (SPF) of at least 30 to protect their skin.
2. **Protect against UVA and UVB rays:** Look for broad spectrum sunscreens that protect against UVA and UVB rays. UVA rays can cause tanning, ageing, leathery skin and skin cancer including melanoma. UVB rays can cause sunburns, skin cancer and increased moles in some individuals.
3. **Apply and then reapply sunscreen:** Put more sunscreen on your child about every 3 hours or sooner when there is prolonged activity in the water.
4. **Stay inside or in the shade during peak hours:** Avoid activities during peak sunshine hours (10:00 a.m.—4:00 p.m.) when possible. Seek shade if your shadow is shorter than you are.
5. **Use sun protective clothing:** Dress your children in a variety of available UV protective clothing that can be worn in and out of the pool/water (wide brimmed hats, long sleeved cotton clothing and sunglasses).

By helping your child develop regular skin protection habits, you can help reduce their risk of skin cancer and ensure they safely enjoy the sun's rays all year long.

[Sun Safety Tips for Kids – Children's Health \(childrens.com\)](https://www.childrenshealth.org/healthy-living/sun-safety-tips-for-kids/)

Car Seat Safety

Did you know that more than half of car seats are not used or installed correctly. When used correctly car seats can prevent risk of death by as much as 71%. The best way to keep your child safe in the car is to use the correct car seat the right way. Here are some car seat safety basics that can protect your child.

⇒ Buying the right car seat.

Your child needs to ride in a rear-facing car seat as long as possible until 2 or more years of age. When your child has outgrown that seat, you are ready for a forward-facing car seat.

⇒ Installing your car seat.

You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time. Once your child is forward facing, it is important to use the tether with the seat belt or lower anchors.

⇒ Getting the right fit.

A properly-fitted harness gives the best possible protection for your child.

⇒ When to change your car seat.

Look on the car seat label to make sure your child is still within the weight, height and age limits for that seat.



For more information on finding the correct car seat, installing your child's car seat and much more please visit www.safekids.org

(Information from www.safekids.org/car-seat)

Beth Ott, MSSL
Early Head Start Manager

Banana Cocoa Yogurt Pops

Take a bite out of these creamy frozen yogurt pops!

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 medium banana
- 2 teaspoons cocoa powder
- 1 ice cube tray (or paper cups)

Directions

1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 3 small paper cups (or 8 mini muffin cups) and place in popsicle sticks (or cut paper straws).



www.myplate.gov

More Is Better: Fruits and Vegetables Is Sharing Good Health

Eating five or more servings of fruits and vegetables can be simple

- colorful and crunchy
- easy to prepare
- low in fat and calories
- cholesterol free
- full of vitamins, minerals, and fiber

Take the 5-day Healthy Kids Nutrition Challenge

1. Start the day with **fruits** and **vegetables** (low fat, high fiber)
Glass of 100% juice
Sliced banana or berries on cereal
2. Fruits and vegetables are **portable**.
Pack an apple or bag of carrot sticks, raisins etc.
Keep fruits/veggies within easy reach.
Make sure they are easily visible on the counter or in the refrigerator.
3. **Stock up** for the week.
Fruits/Veggies can be fresh, frozen, canned, or dried.
4. Fixing a **meal in a hurry**.
Microwavable potato topped with salsa, broccoli, corn.
Scoop of low-fat frozen yogurt topped with fresh berries or sliced peaches.



Denise Musolino,
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 2024

May 10—Parent Banquets
May 15—Corporation Meeting
May 24—Staff Enrichment No Class
May 27—Memorial Day No Class/No Staff

June 2024

June 13—Tentative Last day of Head Start Full Year class
June 18—Tentative Last day of Early Head Start class
June 19—Juneteenth No Class/No Staff

July 2024

July 1—July 5 Summer Break for line staff

Welcome All New Employees!

Madysyn Barnette
Quentin Shreve
Christa Ayers
Paula Trigg
Elena Joyce
Stephanie Jones
Catie Nesbitt
Deborah Taylor
Tonnette Orr
Elizabeth MacDonald



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 NPNS, 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.