



NPHS News



October 2020

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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
Counties In West Virginia

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

Welcome Back!



We are so excited to start this year and provide a quality education and learning experience for your child. Whether from home or in the classroom, activities for your child will be engaging and exciting.

In the beginning of the year, children are learning that their classroom is a school family where they will make decisions together and learn along with other children and their teachers. The school family is created through routines, rituals and structures. It is where intrinsic motivation, helpfulness, problem-solving and connection happen.

The Creative Curriculum guides the teacher in developing lesson plans for the class and for individual children. Children will participate in math/science, social-emotional, physical activities, health, nutrition, and language and literacy experiences daily.

Teachers establish a relationship with each child through positive interactions, conversations, and listening to children. Children will learn about expressing their feelings, making choices during the day, and making friends. Getting to know your child and his/her abilities allows the teacher to provide individual support and plan for his daily preschool experience.

Children will learn how to organize the classroom and put things back where they go. Everything in our classroom has a place so that children can find things and put them away more easily. During the first few weeks of school, children explore almost all of the main materials in our classroom while learning rules for using materials. Learning areas include computer, library, blocks, art, dramatic play, table toys and games, and writing area.

There is also a 'safe place' to go to when they need to calm themselves, be alone, or where children can safely self-regulate and gain or maintain composure. The goal of the safe place is to provide a place in their classroom that they can go when they are angry, sad, frustrated, anxious, etc... This place will have tools they need to help them identify their emotion and gain control and composure.

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Cheche Price,
Education/Training Manager

Policy Council

2020-2021

Chairperson

Vice Chairperson

Secretary

Treasurer

Parliamentarian

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 Base Funding Information for the 2020-2021 Program Year

Head Start/ Early Head Start

\$7,172,110.00

Head Start T&TA
\$47,683.00

Early Head Start T&TA
\$41,241.00

CCP

\$1,397,640.00

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**

Supporting Your Child at Home

Supporting your child's healthy development starts at home.

During the early years of a child's life their brains are developing fast. That's why early childhood is such an important time for learning and development.

The relationships and experiences a child has in the first years of life impacts how the brain develops. That's why it's so important that we make sure that our children spend time with people and in situations that support their healthy development – whether they are at home with us or in child care.

Below are some tips to help you support your child's development:

- Read to your child every day
- Talk to your child as much as possible about daily routines and activities; about their feelings; and what you see
- Sing songs to your child every day (e.g., Row, Row Row your Boat, Itsy Bitsy Spider, etc)
- Play with your child every day; get down to their level and follow their lead

REMEMBER: YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER



Article courtesy of Colorado Shines

**Beth Prettyman, MSSL
Early Head Start Manager**

Handwashing: A Family Activity

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your child develop handwashing skills: Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the [five easy steps for handwashing](#)—wet, lather, scrub, rinse and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

Give frequent reminders: Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

Lead by example by washing your hands: Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.

What if soap and water aren't available? Washing hands with soap and water is the best way to get rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that has at least 60% alcohol, and wash your hands with soap and water as soon as you can.

Baby Wipes: Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.

Remember to make handwashing a healthy habit at home, school, and at play!

Content source: [Centers for Disease Control and Prevention](#)



Practice "Serve and Return"

Practice "serve and return," or back-and-forth interaction with your little ones. Even before they learn to talk, infants and children reach out for attention—babbling, gesturing, or making faces. When young children "serve up" a chance to engage with them, it's important to "return" with attention. It can be as simple as a game of peek-a-boo. Or, if a toddler points at a toy, name it out loud as you hand it to the child.

Why? Serve-and-return interactions help build developing brains and resilience, something we all need in these challenging times.



Take a Break

Take a break (with or without children). If you feel overwhelmed, find a way to give your stress response a rest. Take a walk around the block. Try a few minutes of meditation or deep breathing. Taking a minute to close your eyes and breathe in and out can also help. That's because slow breathing tells your body's stress system to ease up a bit. This can help you respond better at even the most difficult times. Be kind to yourself and understand that you can't do it all.

Why? When you're able to find ways to give yourself a break, it can help us connect better with the children we care for. This connection can help protect all of us, adults and kids, from the effects of stress. It also supports kids' healthy growth.

<https://developingchild.harvard.edu/resources/how-to-support-children-and-yourself-during-the-covid-19-outbreak/>

Amanda Huntsman,
Child Development and Disabilities Coordinator

Breakfast Egg Cups

- 1 nonstick cooking spray
- 6 large eggs
- 1/4 cup milk
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 medium bell pepper
- 3/4 cup spinach
- 1 ounce cheddar cheese

Directions

1. Spray a muffin tin with cooking spray & set aside. Preheat oven to 375.
2. Whisk the eggs and milk together in a bowl. Season with salt & pepper.
3. Dice bell pepper into small pieces. Cut spinach into small pieces.
4. Add the peppers, spinach, and shredded cheddar to the egg mixture.
5. Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny. Allow to cool slightly before serving.



Prevent Childhood Lead Poisoning: October is Lead Awareness Month

Exposure to Lead can seriously harm a child's health:

- Damage to the nervous system and the brain
- Slow growth and development
- Learning and behavior problems
- Hearing and speech problems

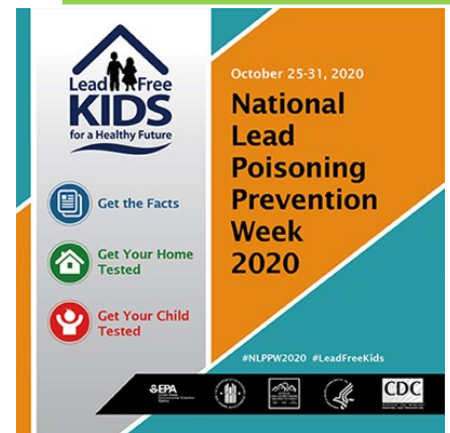
Which can cause:

- Lower IQ
- Decreased ability to pay attention
- Underperformance in school

Lead can be found in so many places:

- Homes built before 1978, water pipes, toys and jewelry, candies imported from other countries, and certain jobs and hobbies.

As with anything prevention is best, but having your child tested by his/her doctor is the best way to know your child's Lead score. All children should be tested before 2 years and before 5 years. For CDC Guidelines and for more information – Visit www.cdc.gov/nceh/lead to learn more.



Kimberly Harris LPN,
Head Start Nurse

For Enrollment Opportunities in Head Start or Early Head Start, please contact Cher McKeever, Enrollment/Recruitment Coordinator., 304-233-3290

"A special note to families— Regular attendance is very important to your child's learning experience and developmental growth. Thank you for sending your children to our centers, trusting us and being involved. We appreciate you!"

"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, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
Fax: (202) 690-7442; or

EMAIL: program.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

Tentative (Subject to Change)

October 2020

October 21—Policy Council

November 2020

November 11—Veterans Day—Staff Off

November 18—Policy Council

November 23-27—Brooke County & Wetzel County Schools closed.

November 25-27—Hancock County, Ohio County, & Marshall County Schools closed.

November 26-27—Thanksgiving Break—Staff Off

December 2020

December 16—Joint Policy Council/Board Meeting

December 18— January 4—Ohio County Schools closed.

December 21 - January 4—Hancock County and Brooke County Schools closed.

December 23- January 4—Marshall County & Wetzel County Schools closed.

Welcome All New Employees

Amanda Bailes
Corinne Chamberlin
Lauren Craig
Sierra Fertig
Melissa Frye
Blake Lee
Lisa Makris
Summer Moore
Katy Romitti
Edith Schuler
Kelly Sebroski
Megan Teater
Mallory Uscio
Jerrylyn Wells
Lewis Yoho



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 Kelli Martin 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 Cathy Williams, Executive Director, with any questions regarding membership roles and responsibilities at 304-233-3290 or cwilliams@npheadstart.org.