



NPHS News



Winter 2023

Volume 27, Issue 2

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



NPHS Inc.

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Head 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.**



2021-2022 Top Parent Volunteers Recognized

Our Top Volunteers:

Top 5 Male Volunteers:

Charles Robert—565.5 hours
Christopher White—501.75 hours
Garrett Swiger—460.25 hours
Logan Dulaney—326 hours
Adrian Henry—227.5 hours

Top 5 Overall Volunteers:

Renne McDougal—811.25 hours
Jubilee Prosser—656.5 hours
Amanda White—638 hours
Heather McDougal—568 hours
Charles Robert—565.5 hours

Top 5 Hancock County Volunteers:

Miranda Shannon—310.25 hours
Laurie Sweigart—304 hours
Malaina Arbogast—287.5 hours
Stephanie LaChance—250 hours
LizAnna Boyer—247.5 hours

Top 5 Brooke County Volunteers:

Jubilee Prosser—656.5 hours
Danielle Dirks—311.75 hours
Natasha Colebank—182 hours
Ashley Moore—149.5 hours
Stacy Nichols—138.75 hours



Top 5 Ohio County Volunteers:

Brandi Duffy—474.25 hours
Frances Schiffer—386 hours
Eve Watson—385.25 hours
Samantha Blake—359.25 hours
Kristen McConn—345.25 hours

Top 5 Marshall County Volunteers:

Amber Cook—499 hours
Brittany Rice—475.5 hours
Helcia Dickson—428 hours
Caitlin Rogers—407.25 hours
Courtney Bull—394.25 hours

Top 5 Wetzel County Volunteers:

Renee McDougal—811.25 hours
Amanda White—638 hours
Heather McDougal—568 hours
Charles Robert—565.5 hours
Christopher White—501.75 hours

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Policy Council

2022-2023

Tiana White
Chairperson

Corianne Dobbs
Vice Chairperson

Monica Sovil
Secretary

Kaylee Robinson
Treasurer

William Mayfield
Parliamentarian

Brain Building Zone

In the first 3 years of a child's life between 700 and 1,000 new brain connections form every second! These connections allow the child to build skills for learning and development. The connections that are made during this time are very important for the child's cognitive, physical, social and emotional development.



Building a child's brain is easy!

Whenever you see children interacting with people or materials, what you're really seeing is brain building in progress. These early experiences actually build the foundation of their developing brain; much like a house is built from the bottom up. Each new interaction lays the groundwork for the next set of skills, for example reading to a child prepares them to learn to read. This leads to a lifetime of learning, and success!

Be a Brain Builder!

Having engaging interactions with a young child helps to build their brain for example: Talking, reading and singing to your child builds language skills. Make eye contact, play peek-a-boo and cuddling helps build emotional connections. Every interactive experience that an adult has with a young child creates valuable connections that permanently wire the foundation of their brain. **All of us are brain builders!** Thank you for being involved in your child's education and development you are the most important part of this process!!



For complete article <http://selfhelpcpc.org/our-programs/bbip/>

Beth Prettyman, MSSL
Early Head Start Manager

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 Parents Should not Use Food as Reward or Punishment

Using food as a reward or as a punishment can undermine the healthy eating habits that you're trying to teach your children. Giving sweets, chips, or soda as a reward often leads to children overeating foods that are high in sugar, fat, and empty calories. Worse, it interferes with kids' natural ability to regulate their eating. It also encourages them to eat when they're not hungry to reward themselves.



Offering otherwise off-limits food as a reward or special treat is also confusing. Children hear that they're supposed to enjoy foods that are good for them and stay away from foods with little nutritional value. Being told that they can indulge in foods that are bad for them as a reward for doing something good sends a mixed message. They may also start relating unhealthy foods to certain moods—when you feel good about yourself, for instance, it's OK to reach for a sweet.

More drawbacks to disciplining with food

Offering treats as rewards can also lead to cavities and weight gain. When sweets or chips are given as a reward, they may become more appealing. This leads children to start to prefer them instead of healthier foods with nutritional value. The practice of forcing children to "clean their plates" as a punishment for bad behavior can encourage them to develop bad eating habits, such as eating when they're not hungry. It can also lead to a distaste for those nutritious foods they're being forced to eat.

Alternative rewards and punishments

Parents can offer a number of other rewards, not related to food, to reinforce good behavior. Consider these creative options:

- Trip to the library, zoo, or other favorite outing; New art supplies or coloring books; Special bath toy; Listening to their favorite music as a family; Extra reading time before bed; Playing a favorite game with a parent

Establish healthy habits

Getting young children to eat nutritiously can be a challenge. Try not to force them to eat when they're not hungry or if they don't like a certain food (try offering the same item again at other meals, perhaps cooked a different way). Overall, serve a wide variety of nutrient-rich, kid-friendly foods. Do not show concern or get upset if your child turns down a food. For young children, keep servings small. And for all family members, use portion control and healthy serving sizes.

Finally, make mealtime pleasant. Don't argue, talk about problems, or discipline children at the table. Family meals should be relaxed, happy occasions where you can talk about your children's day and share experiences. We do family style eating in school!

Always remember, healthy eating habits connect with positive behavior!
<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=160&ContentID=32>

Amanda Ames, M.A.Ed.
Child Development & Disabilities Coordinator

Let's Run!

It's cold and you're stuck inside. The children are complaining they are bored and if you hear your name one more time today, you might just scream! Get ahead of the boredom with games that require running. This helps keep things fun and interesting while wearing out your little ones on those days when exercise is at the back of our minds.

Here's how you do it. Grab something to make a start line. It could be a block, a piece of tape on the floor, a chair, anything to symbolize the start line. Determine what the game will be. You can do a basic race from start to finish but this may lose interest quickly so having a goal at the end may help keep interest. Some ideas are:



matching games - match colors, letters, shapes, words, etc. (you could write a whole sentence neatly for those older children that are in school)

writing games - write something after they run to a specific place like a letter, shape, or word (you could also do math problems for those older children that are in school)

search and find games – search for something in the house that is a specific color, shape, or category, whoever does this the fastest wins! (This is a great game to play when it is clean up time and children won't even know they are helping you clean up the house!)

You do not need fancy materials to make these games happen. Use whatever you have in your house. This could be markers, toilet paper rolls, paper, newspaper, anything can become a game.

Be sure to encourage this with cheering and excitement because children love an audience! Also remember the goal is running so if children get the wrong answers, that is okay. You can lovingly correct them but if it hinders the running, just keep encouraging the fun. As the children keep doing the activity, they will learn the skill, so it isn't as important for them to get the "right answers" every time.



Benefits of Exercise:

- Helps prevent unhealthy weight gain.
- Reduces the risk of many chronic diseases, such as heart disease, cancer, and type 2 diabetes.
- Helps reduce feelings of anxiety and improves sleep quality.
- Improves cognitive ability and reduces risk of dementia.
- Improves bone and musculoskeletal health.
- Improved ability to perform everyday activities.

benefits information sourced from

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>



Amber Boring,
Education/Training Manager

When to keep your child home from school?

When to keep your child home from school has been a question for most of our parents this school year. Since COVID many rules have changed. The American Academy of Pediatrics recommends that if your child has a fever, cough, cold or congestion the pediatrician should be called. Our policy is that if your child has a temperature of 100.4, they cannot be in school and must be fever free for 24 hours to return, this also applies to vomiting and diarrhea. Children who come to school with rashes may require a physician visit to be sure they are not contagious. Some viruses that cause rashes are chickenpox, hand-foot-and-mouth, Rubella, Mumps and Measles. Some of these diseases require a longer stay at home than others because of the severity of being contagious. Conjunctivitis, commonly known as pink eye, is very contagious and requires an antibiotic that is instilled in the eyes for at least 24 hrs. After that the child can return. We have had children with RSV, flu, common cough, colds and COVID all of which can be easily transferred from one person to another. Our first defense is to keep your child at home if they have any symptoms related to these illnesses. A diagnosis with any of these illnesses does require a Return to School slip from the child's doctor. Attendance is very important but so is everyone's health. If you are not sure if you should keep your child home from school, please do not hesitate to call me at 304-233-3290 Ext, 5046.

Kimberly Harris LPN,BSP
Head Start Nurse

Easy Stuffed Pasta Shells

Ingredients

- 1 package frozen chopped spinach, thawed (10 ounces)
- 12 ounces cottage cheese, low fat
- 1 1/2 cups mozzarella, part skim shredded (save 1/2 cup for topping)
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon black pepper
- 1 jar light tomato basil pasta sauce, low-sodium (26 ounces)
- 1 cup water
- 6 ounces pasta shells, uncooked (large)

Directions

1. Preheat oven to 375. Lightly coat a 13x9x2 inch baking dish with cooking spray.
2. Drain spinach by placing a colander over the sink and squeezing out liquid. Place in medium bowl.
3. Add the cottage cheese, 1 cup of mozzarella cheese, oregano, and pepper to the spinach. Mix thoroughly.
4. Pour half of the pasta sauce into baking dish. Add water and stir.
5. Spoon about 3 tablespoons spinach/cheese mixture into each uncooked pasta shell and arrange in a single layer.
6. Sprinkle with remaining 1/2 cup mozzarella cheese evenly over sauce.
7. Cover tightly with foil. Bake for 1 hour or until shells are tender. Let cool before serving.



www.myplate.gov



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, audiotope, 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:
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 children for learning and life.

VISION STATEMENT

“Building foundations for life-long growth and development”

Up and Coming

February 2023

February 1—Family Satisfaction Surveys go out
February 15—Policy Council
February 20—President's Day—No Class/No Staff
February 27—Family Satisfaction Surveys due

March 2023

March 15—Policy Council
March 23—Family Activity Night Newell, Pipinos, Brooke County, Ohio County, Marshall County, MELC, & Magnolia

April 2023

April 3-7—Spring Break for Early Head Start & Head Start Staff
April 7—Good Friday—No Class/No Staff
April 19—Policy Council/Advisory

Welcome All New Employees!

Amy Dunn
Kaydi Thomas
Byron Anderson
Madelyn Adkins
Destiny Walsh
Danielle Preston
Lisa Orum
Amber Deaton
Jenna Roberts
Denise Blakemore
Marsha Bush
Whitney Walker
Emily Groves
Katelynn Kiefer

Stephanie Young
Casey Stratton
Clarissa Wright
Mary Schramm
Mary Paige
Kayla Chappell
Kayla Randazzo



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.