



Winter 2025

# NPHS News



Volume 29, Issue 2

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



## NPHS Inc.

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

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



## 2023-2024 Top Parent Volunteers Recognized

### Our Top Volunteers:

#### Top 5 Male Volunteers:

Christopher White—1372 hours  
Charles Roberts—607.25 hours  
Rueben Rouse—307.25 hours  
Basil White—228.25 hours  
Shawn Slusarek—130.50 hours

#### Top 5 Overall Volunteers:

Amanda White—1482.25 hours  
Christopher White—1372 hours  
Shay Casper—862.25 hours  
Crystal Lucas—760 hours  
Amanda Buenaventura—756.25 hours

#### Top 5 Hancock County Volunteers:

Victoria Delcourte—267.25 hours  
Katy Romitti—238 hours  
Davyn Baumgarner—175.50 hours  
Kaymiah Todd—168.25 hours  
Devin Champagne—161 hours

#### Top 5 Brooke County Volunteers:

Jubilee Prosser—409.75 hours  
Danielle Dirks—389.25 hours  
Rebekah Richards—382.25 hours  
Kristian Bennett—331.50 hours  
Zoey Mayhew—208.25 hours



#### Top 5 Ohio County Volunteers:

Dyshque Chatman—620.75 hours  
Melinda Davidson—433.78 hours  
Shelly Scott—425.25 hours  
Shelby Nash—394.75 hours  
Brittany Collins—388.50 hours

#### Top 5 Marshall County Volunteers:

Shay Casper—862.25 hours  
Crystal Lucas—760 hours  
Bethany Ewing—619.75 hours  
Makenna Passarello—540.50 hours  
Rachel Gracik—372.75 hours

#### Top 5 Wetzel County Volunteers:

Amanda White—1482.25 hours  
Christopher White—1372.00 hours  
Amanda Buenaventura—756.25 hours  
Renee McDougal—711.75 hours  
Autumn Amos—622 hours

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**Policy Council**  
2024-2025

Chairperson  
Travis Haught

Vice Chairperson  
Kari Turvey-Gantz

Secretary  
Breanna Dietrich

Treasurer  
Trisha Lacefield

Parliamentarian  
Kori Tomic

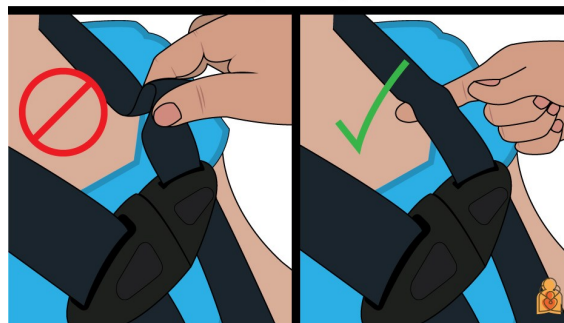
## How to Keep Your Child Warm and Safe in a Car Seat this Winter

As a general rule children in car seats should NOT wear bulky clothing including winter coats and snow suits underneath of a harness in a car seat. In a car crash fluffy padding is immediately flattened leaving extra space under the harness. A child can slip through the straps and be thrown from the car seat. Follow these tips to keep your child safe in their car seat during the winter time!

- Store the carrier portion of infant seats inside the house when not in use
- Dress your child in thin layers
- Don't forget hats, mittens, socks or booties
- Tighten the straps of the car seat harness— if you can pinch the straps of the car seat harness, it needs to be tightened!
- Use a coat or blanket over the straps to keep your child warm
- Remember, if the item did not come with the car seat, it has not been tested and may interfere with the protection provided in a crash
- Pack an emergency bag for your car

For more tips and complete article see:  
[healthychildren.org](https://www.healthychildren.org)  
[Winter Car Safety Tips: Keeping Kids Safe & Warm](#)  
Source: American Academy of Pediatrics 2021

### Pinch Test



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

### Head Start and Early Head Start Federal 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**

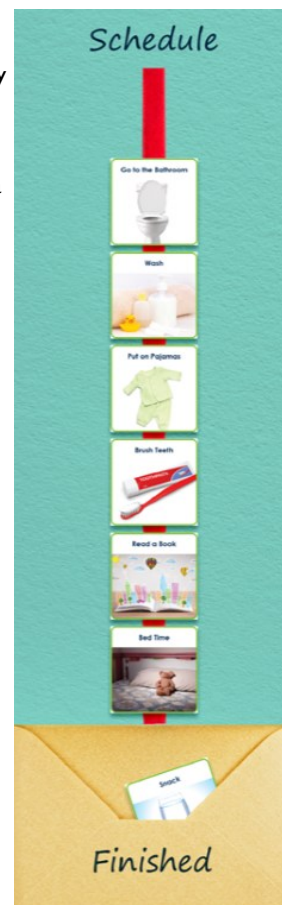
## Visual Schedules

Using a visual schedule at home provides young children with predictability (i.e., they know what activity or routine is coming and when) and consistency (i.e., the schedule of activities or routines is the same). Visual schedules help children know what their day will look like by letting them know when activities or routines will happen.

### Making a Visual Schedule

1. Identify when you need a visual schedule. A visual schedule might outline parts of a day, half day, or an entire day. Pick the times of your day when your child might need extra support to engage in activities or cope with transitions.
2. List the steps you want your child to follow.  
For example, for a bedtime routine, you might list:
  - Go to the bathroom
  - Wash
  - Put on pajamas
  - Brush Teeth
  - Read a book
  - Bed time
3. Cut out the cards. You can use print/cut out pictures and write the labels.
4. Select the visual cards for the schedule you want to create.
5. Get creative! Use tape, Velcro, or magnets to post the visual cards in the order your child will do them. Families find that posters, file folders, or hanging pocket charts work great for visual schedules.
6. Post the schedule. Place the schedule at the child's eye level in a place where you go often (e.g., kitchen) to promote consistent use. Use the schedule as part of your daily routine!

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



## Playing is SNOW much fun!

This winter is giving us the chance to experience snow. According to the Illinois Early Learning Project, "Playing with snow can be an important winter-time experience for preschoolers. When children play with snow, they can strengthen their fine- and gross-motor skills. They can also apply basic principles of art, science, and engineering." The following list are some things recommended to build valuable school readiness skills for your child just by playing in the snow.



- Ask questions that invite children to investigate: "Which do you think is heavier—this bucket (cup) of snow or that bucket (cup) of water?" "Where is the snow deepest in the yard or on the sidewalk? Where does it melt first?" "Do you think this pile of snow will be here tomorrow?"
- Bring snow indoors for some experiments. For example, how long does it take for a snowball to melt in the yard? In the refrigerator? On the sidewalk? In the sun? In the shade?
- Try snow art. Place some snow on a cookie sheet or Tupperware bowl and let children add large drops of colored water using basters. You can also make snow coloring with a squirt bottle, water, and food coloring. Squeezing the bottle is great for building those small muscles in the hands that will later write words on paper.
- Introduce words such as pack, freeze, melt, and snowdrift. Show your child photographs of snowflakes and natural snow formations. You can pull these up on your phone from google. Show your child videos about ways that people have used snow to make structures or art.
- Let children plan structures or designs that they want to create with snow. How much space will they need? How will they shape and pack the snow? Do they want to include other items, such as sticks, sand, or ice? Discuss first, then experiment and build, and finally come back to decide if it worked or what needs to change next time.
- Provide sturdy buckets and shovels. Add shallow bins or pans for making bricks or blocks of snow. Some children may enjoy using yardsticks to measure snow depth.
- Throughout the winter, help children notice and describe different types of snow—dry, wet, slushy, etc. Ask them to compare what it's like to make structures or designs with each type of snow.

<https://illinoisearlylearning.org/tipsheets/mess-snow/#:~:text=Playing%20with%20snow%20can%20be,art%2C%20science%2C%20and%20engineering.>

**Amber Boring,**  
Education/Training Manager

### Minestrone Soup 6 Servings

#### Ingredients

- 1 10-ounce package frozen vegetables, any type
- 2 cans stewed tomatoes, canned, low-sodium (14.5 ounce)
- 2 cans broth, any flavor, canned, low-sodium (14 ounce cans)
- 1 can beans, canned, any type, low-sodium (15.5 ounce)
- 1 ounce pasta, dry, any type (1 cup)

#### Directions

1. Wash hands with soap and water.
2. In a large pot, combine frozen vegetables, tomatoes, broth and beans.
3. Bring the soup to a boil and add the pasta. Then reduce to low heat. Let simmer for 6 to 8 minutes or until the pasta and vegetables are tender.

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



## Pediatric Illnesses: Signs & Symptoms

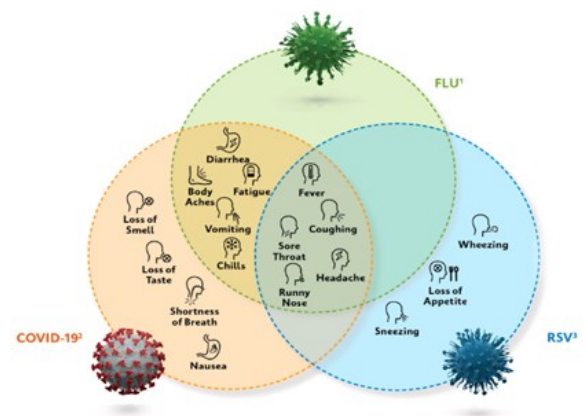
In early 2025 the CDC reported a surge in the number of emergency room visits for pediatric illnesses like **INFLUENZA, RSV, NOROVIRUS** and **COVID**. Severe influenza can cause pneumonia, which can lead to sepsis or death, often triggered by a secondary bacterial infection in severe cases of the flu. Norovirus symptoms typically begin 12 to 48 hours after exposure to the virus, per CDC. These are often sudden and "explosive". "As of mid-January 2025, acute respiratory illnesses are driving high healthcare demand nationwide, with increased COVID-19 and flu activity, and very high RSV activity particularly among young children.

### SIGNS & SYMPTOMS:

**RSV:** runny nose, congestion, decreased appetite, coughing, sneezing, fever, wheezing.

**Flu:** fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue.

**Norovirus:** diarrhea, vomiting, abdominal cramps and nausea.



**As always, choosing healthy meals and staying current on vaccinations is a great way to stay healthy and illness free!**

**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

### February 2025

February 3—Family Satisfaction Surveys go out  
February 12—Policy Council  
February 17—President's Day—No Class/No Staff  
February 27—Family Satisfaction Surveys are due

### March 2025

March 13—Allison, Pipinos, Brooke County, Ohio County, Marshall County, MELC, & Magnolia Family Activity Night  
March 19—Policy Council

### April 2025

April 14-April 18—Spring Break No Class/No Line Staff  
April 18—Good Friday—No Class/No Staff  
April 23—Policy Council/Advisory

### May 2025

May 9—Parent Banquets  
May 14—Corporation Meeting  
May 23—Staff Enrichment—No Class  
May 26—Memorial Day—No Class/No Staff

## Welcome All New Employees!

Kimberley Main  
Jamie Varner  
Beth Kovalski  
Skylar Stevey  
Matthew Pitkin  
Haley Perot  
Danee Williams  
Billie Melott

Lydia Boyd  
Alanna Coley  
Mary Reinbold  
Sandy Donahey  
Kenny Williamson  
Jessica Crawford  
Cassidy Garloch

## 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).