



Spring 2022

NPHS News



Volume 26, Issue 3

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



NPHS Inc.

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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.**

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Bugs!! Who Knew We Could Learn So Much Through Exploring Insects?

Spring means everything is starting to warm up and animals who were hibernating are beginning to wake up and come out. This includes all those bugs! One of the Creative Curriculum studies in preschool is the insect study. This study encourages young children to explore their interest about insects and allows them to learn school readiness skills along the way. It is important for children to learn about topics that are relevant to their lives and able to be actively explored firsthand.



Children can go outside and see bugs, touch them, watch them, and ask questions about them so this makes for a great study topic for our children. While investigating insects, children have the opportunity to develop skills such as math, science, literacy, problem solving, communicating, and characterization. More pathways in the brain are developed through this active exploration than would be through worksheets or flash cards. Movement is extremely important in overall health development but also for brain development. The active manipulation throughout our Creative Curriculum investigations keeps our children's brains and bodies the healthiest they can be to learn and be successful in school and life. Here are some things you can do at home to investigate insects and add to the fun that your child is having at school:

- Take your child for a walk and see what kinds of bugs you can find. Where do they live?
- Flip over rocks and see what lives under them. Why do they live there? What if they lived somewhere else?
- Why did they hibernate? What does hibernate mean? What does dormant mean? Can we pretend to be dormant/active bugs? Do this like a freeze game, freezing when it is time to be dormant.
- Do they crawl vs slither vs fly? Vocabulary word: Travel. Move our bodies and try it out!
- Do they live in water, in a nest, hive, cocoon, tree, ground? Vocabulary word: Habitat.
- What do they eat? How do they eat? Compare this to humans. Compare to domesticated animals like our dogs and cats.



Amber Boring,
Education/Training Manager

Policy Council

2021-2022

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Secretary

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Head Start and Early Head Start Federal Base Funding Information for the 2021-2022 Program Year

**Head Start/
Early Head Start**
\$6,802,392.00
Head Start T&TA
\$47,683.00

Early Head Start T&TA
\$41,241.00

CCP
\$1,350,645.00
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 is Sensory Play Important for Infant and Toddler Development?

If you have ever seen a plastic bin filled with leaves or perhaps a zip-lock bag filled with paint, you are familiar with sensory play. This kind of hands-on stimulation is focused on letting your child explore their senses and experience different textures, sounds, sights, smells and even tastes on their own terms. But sensory play isn't just for fun, it offers huge developmental milestones for infants and toddlers.

Sensory play is unstructured, allowing infants and toddlers the ability to play at their own pace. Research shows that sensory play builds nerve connections in the brain, which ultimately allows the child to complete more complex learning tasks. Sensory play supports language development, cognitive growth, along with fine and gross motor skills. Sensory play also allows infants and toddlers to develop problem solving skills and become more skilled in their social interactions. Children and a lot of adults learn best and retain more information when they engage their senses, and many of our favorite memories are associated with at least one of our senses. By providing opportunities for children to actively explore their world using sensory play, you are building nerve connections in the brain that allow crucial brain development.

Sensory play for Infants

- Newborns can look at black and white shapes
- Tummy time on a colorful play mat
- Taking a walk in the stroller
- Noisy toys
- Clean, safe toys baby can place in their mouth

Sensory play for Toddlers 1-2 years

- Finger painting
- Water or Sand Table
- Making music – play your favorite songs and have your child play along
- What's that Smell? – encourage your toddler to smell different spices that you select and if they like them, let them try it to see if they like the taste as well as the smell.

Sensory play for Toddlers 2-3 years

- Sensory bin – fill a plastic bin with assorted items including leaves, dirt, etc. Add small items, plus cups or scoops for the child to dig and explore.
- Freeze it! - fill ice cube trays with water and add food dye and freeze. Allow child to use to watercolor on paper or outside to draw on the sidewalk.
- Feel and find! - Use a shoe box with a hole cut out on top. Place an item inside and let your child place their hand inside and describe what they feel.
- Squishing and squeezing play dough!
- Puddle jumping

For more information visit the following websites:

<https://theinspiredtreehouse.com/10-sensory-activities-2-3-year-olds/>

<https://www.whattoexpect.com/first-year/play-and-activities/sensory-play-activities-babies-toddlers>

<https://www.educationalplaycare.com/blog/sensory-play-important-development/>



**Beth Prettyman,
Early Head Start Manager**

Why Are Fine Motor Skills Important?

Fine motor skills are important for several reasons.

Children must develop fine motor coordination in order to learn to perform basic everyday tasks such as dressing, tying shoe-laces, preparing food, and other self-care tasks. At school, they need to be able to cut, paste and draw and fine motor skills are absolutely essential for learning to write. Before children can learn to write letters and have the finger strength and pencil control necessary to form them, they must develop their small muscles.

During the early years, it can be tempting to try to teach young toddlers and preschoolers to form letters and write as early as possible, but this is not necessary at such a young age.

Their muscles are not yet developed enough for the type of pencil control needed.

Fine Motor Skills Activities for Preschoolers

- Drawing, Painting, Puzzles, Threading and Lacing, Playdough, Pasting
- Cutting and tearing
 - Cutting is an important skill that should be practiced regularly. With time, children learn to hold a pair of scissors properly and hold the paper with their other hand, controlling the paper as they cut. Demonstrate the correct grip, and help correct it when necessary.
 - Tearing is an excellent activity for developing the finger muscles. At first the pieces will be large and random but eventually, your child will have the control to tear small pieces of paper into the sizes they want.
 - Let your toddler or preschooler (even your baby) tear paper freely and get used to controlling it with their fingers.

<https://empoweredparents.co>

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



Butterfly Bites

Prep Time: 7 min

Designed with kids in mind, this recipe puts a new spin on snack time. Try different vegetables or dried fruit for different bugs.

Ingredients

- 3 celery (stalks)
- 12 twist pretzels (large, 3 ring)
- 6 tablespoons creamy peanut butter
- 3 tablespoons raisins

Directions

1. Clean celery under cool running water.
2. Cut celery in half cross wise.
3. Fill center of each celery stick with one tablespoon of peanut butter.
4. Add two pretzels to form the wings.
5. Use extra pretzel pieces for antenna and raisins for decoration.

www.myplate.gov



Health/Nutrition Summer Food Tips

Summer foods that will surely please your taste buds, they are not only tasty but also nutritious, and packed with vitamins to energize and hydrate.

The Top 7 foods of Summer are:

Cucumbers - low in calories, carbohydrates, sodium, fat, and cholesterol, and they are 95% water.

High in Vitamins A & K, magnesium, potassium and manganese.

Zucchini - low in calories, low in sodium, fat, carbs and cholesterol. High in antioxidants and water.

Corn - high in carbs and packed with fiber, vitamins and minerals, also high in lutein and zeaxanthin, but higher in calories.

Melons - watermelon, honeydew, cantaloupe have huge doses of vitamins and water.

Plums - contain a small amount of Vitamin B, phosphorus and magnesium, they are antioxidants that reduce heart disease and diabetes.

Cherries - are rich in Vitamins A, B, & C, manganese, copper, magnesium and Vitamin K. They also reduce inflammation.

Strawberries - are great for overall health, they contain Vitamin C, manganese, Vitamin B9 and potassium.

So, there they are the healthy foods of summer, they can be eaten different ways but no matter how you eat them they are full of vitamins and minerals for good health and nutrition.

Have a Healthy and Safe Summer!



*Kimberly Harris LPN, BSP
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 children for learning and life.

VISION STATEMENT

"Building foundations for life-long growth and development"

Up and Coming

May 2022

May 6—Parent Banquets
May 11—Corporation Meeting
May 13—Staff Enrichment No Class
May 30—Memorial Day No Class

June 2022

June 17—Last day of Early Head Start class
June 28-July 4—Summer Break for Staff

Welcome All New Employees!

Erin Alcorn
Cheyenne Fonner
Ellen James
Elizabeth Little
Katherine Livingston
Melanie Nething
Tammy Pickens
Fawn Quick
Stephanie Scandinaro
Nicole Smith
Douglas Teagarden
Ashley Tharp
Tara Tharp
Amber Vincent
Kisha Washington

Erin Woolley
Brittney Taylor
Alyssa Vetanze
Paula Goldbaugh
Joanna Hatfield
Myleah Green
Rebecca Bean
Bobbie Cremeans
Jordan Arca
Kala Aston
Mackenzie Conroy
Emma Ueltschy
Mckinzee Duerr
Christopher Gould
Amanda Blon

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