



NPHS News



September 2024

Northern Panhandle Head Start, Inc.

Volume 29, Issue 1

Serving Hancock, Brooke, Ohio, Marshall and Wetzel Counties In West Virginia



NPHS Inc.

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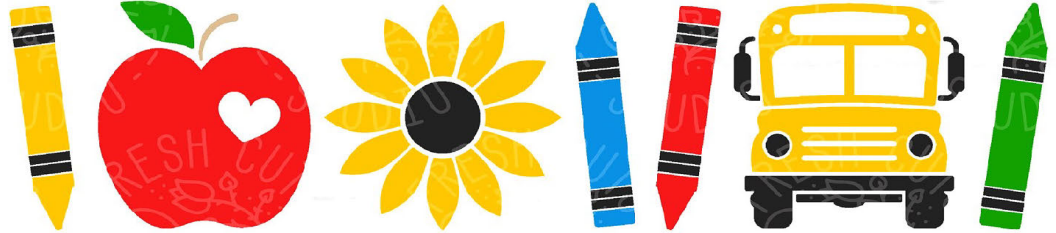
www.npheadstart.org

Jackie Bell, Executive Director
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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.**



Welcome back!

At Northern Panhandle Head Start, we strive to provide quality education and care to all the wonderful children and amazing families that have joined our Head Start family. In our classrooms, the beginning of the year is an exciting and scary time for both the children and their families. Teachers and children are getting to know each other, and families are learning to let go of their babies by allowing some independence to take hold. This journey is important for children's overall success in schooling moving forward. The beginning of the year is all about learning the rules and routines of the classroom, how to exist in space with other people, and how to get our needs met appropriately by someone other than our family members. This can be very challenging since we all come from different homes with different rules and routines. To help your child be successful in our program, here are some things you can do and expect at each of our centers:



- Be sure you are being very clear with your messages to your child. If you say you are leaving, then it is okay to go ahead and leave. It is developmentally appropriate for children to cry for you. Don't worry, we won't let them cry all day without calling you. Typically, children calm down within the first 15 minutes after their family leaves. This time gets longer and longer with extended goodbyes that are not clear, so don't say goodbye until you are ready to leave.
- Each one of our centers has a sign-in process to keep your child safe. Please be sure you sign in your child and let us know who will be picking them up. Having ID is extremely important as we want to make sure your child is safe leaving our centers. Even if you have been to our centers a million times, please always bring your ID with you as we may have to ask for it from time to time.
- We encourage all children to learn to do things for themselves so please send them in clothes that are okay to get messy. We have a child dress code in the family handbook for your reference. We expect spills, and we teach children how to clean them up. We paint, we serve ourselves food with serving spoons, we go outside, and we begin learning how to use the potty. This is never a clean process, and we are okay with that because practice makes improvements.

We are excited to share all the experiences we are going to have this year and hope you will join us for them too. We love having visitors and parents are always welcome to come play with the children.

*Amber Boring,
Education and Training Manager*

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Policy Council

2024-2025

Chairperson
Vice Chairperson
Secretary
Treasurer
Parliamentarian


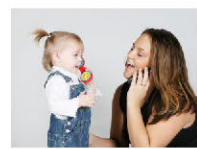

Our first Policy Council Meeting is scheduled for September 18th, 2024.

Speak with your Family Resource Advocate or Parent Educator for more information on how you can get involved.




3 Ways Your Child Builds Important Life Skills Through Play

Children are busy learning about the world well before they start school. In order for them to learn and how to engage with their surroundings, they do this through play. Play helps build different developmental skills that lay the groundwork for resilient little humans.



Flexible, creative thinking

Infants	Toddlers	Preschoolers
<p>Infants can't pretend yet, but they can copy you.</p> 	<p>Toddlers can start to think in symbols, so play up your pretending at this age. This banana is a phone!</p> 	<p>At this age, kids start to pretend. When they put their mind into a toy or shift into another person's perspective, it builds flexibility.</p> 

Longer Attention Spans

Infants	Toddlers	Preschoolers
<p>Infants naturally look at what their caregivers look at. By putting a toy (blocks, stacking cups, puppet) in both of your lines of vision, and then talking about it (name it, talk about colors, what it's used for), infants can start learning both language and concepts.</p> 	<p>By age 1-2 years old, toddlers are proud to DO STUFF with their improved fine motor skills that can keep them focused on an activity for 15 or more minutes.</p> 	<p>Attention spans start to stretch longer at 3-4 years. At this age, you can try more longer stretches of pretend play, or more complicated puzzles and simple turn-taking board games.</p> 

Building a Big Heart

Infants/Toddlers	Preschoolers
<p>Infants and toddlers are always absorbing what we caregivers say, so it's worth it to talk out loud about emotions in a problem-solving way.</p>  <ul style="list-style-type: none"> ✓ Feelings Vocabulary ✓ Understanding of Own Feelings ✓ Understanding of Others' Feelings 	<p>Young children love stuffed animals, and their relationship with a favorite plush pal can play many roles. They imbue them with magical thoughts, feelings, and personalities—so ask your child about their favorite stuffies sometimes.</p> 

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**

**Amanda Ames,
Child Development and Disabilities Coordinator**

10 Safety Tips for Parents to Keep Children Safe This Fall

Volume 29, Issue 1

From Institute for Childhood Preparedness: www.childhoodpreparedness.org

1. Dress Children in Bright-Colored Clothing

With daylight growing shorter, kids still like to play outside on warm evenings. Be especially cautious with young children; they are still learning traffic safety and may inadvertently dart out into the street.

2. Stay Alert Around Moving Vehicles

Hold your child's hand in parking lots, and teach children to back away from a vehicle when it turns on.

3. Don't Let Your Guard Down at the Playground

Check playground equipment for sharp edges, faulty equipment, and make sure kids can't squeeze their heads between bars.

4. Practice At-Home Sports Safety

Parents should always have children wear protective sports gear, even if they're practicing alone at home.

5. Leaf Piles Present Hidden Dangers

Kids may want to help rake leaves, so it's important to keep sharp, dangerous tools stored away and out of sight of children. Leaves can also carry various molds, bugs, and critters, so monitor children when they play in leaf piles.

6. Teach Children the Importance of Handwashing

Children should wash their hands often to avoid getting sick and spreading germs. Make a habit for children for washing their hands before eating, after using the bathroom, and after playing outside.

7. Instant Soups Account for 1 in 5 Pediatric ER Visits Each Year

Avoid pediatric burns by always checking the temperature of hot soup, water, and cider before serving to children. Most burns come from children pulling soup down from the microwave themselves. Other reasons include uncoordinated walking while holding a soup and hot beverages, and spilling hot soups while eating.

8. Dress Children in Weather-Appropriate Clothing to Avoid Sickness and the Common Cold.

Choose light layers and remove damp clothing immediately. Because evenings are chillier than sunny afternoons, make it a habit to pack a sweatshirt or light jacket in your child's backpack.

9. Keep Safety in Mind During the Holidays

Make sure to check gifts for loose strings and ribbons, as they could strangle or choke young children.

10. Make Sure Your Aware of Your Surroundings

As it gets dark outside, take time to ensure that areas are free from unwanted dangers.

Beth Ott, MSSL
Early Head Start Manager

Pumpkin Chocolate Muffins Makes 24 Muffins

Ingredients

- 2 cups all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 cup cocoa powder
- 1 can pumpkin
- 1 cup water
- 1/2 cup chocolate chips

Directions

1. Wash hands with soap and water.
2. Whisk all the dry ingredients together. Add pumpkin and water.
3. Fold the wet ingredients into the dry ingredients until combined. Fold in chocolate chips.
4. Place batter into 24 prepared muffin tins and bake at 350 F for 10 to 12 minutes.



For more recipes check out

[MyPlate | U.S. Department of Agriculture](https://www.myplate.gov)

A Warm Welcome From the NPHS Health Department

Welcome to the 2024-25 school year at **Northern Panhandle Head Start Inc.** We are excited to see you all after the refreshing summer break. The Health Department is thrilled to be a part of your child's growth and development. Achieving a welcoming environment in which everyone is valued and celebrated makes a big difference to a child's overall health! Through our guidance and support in maintaining well visits, immunizations and dental exams etc., we strive to keep your child on the right track for learning and growth. Your child's healthy habits in and out of the classroom will allow them to reach their fullest potential. Looking forward to a great school year!

Sincerely, 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, audiocassette, 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 each child for learning and life.

VISION STATEMENT

"Building foundations for life-long growth and development"

Up and Coming

September 2024

September 18—Policy Council
September 18—Pipinos Family Activity Night
September 19—Marshall County Family Activity Night
September 25—Ohio County Family Activity Night
September 15—Martyn Early Learning Center Family Activity Night

October 2024

October 2—Allison Family Activity Night
October 3—Brooke Family Activity Night
October 9—Magnolia Family Activity Night
October 23—Policy Council/Advisory Meeting

November 2024

November 5—Election Day: No Class

November 11—Veterans Day: No Class/No Staff
November 20—Policy Council
November 28-29—Thanksgiving Break: No Class/No Staff

December 2024

December 18—Joint Policy Council/Board Meeting
December 24-January 2—Winter Break—Staff Off

January 2025

January 2—Head Start/Early Head Start Return
January 6—Head Start/Early Head Start Children Return
January 16—Brooke County, Martyn Early Learning Center, Marshall County, Pipinos, Magnolia, Ohio County, & Allison—Family Activity Night
January 20—Martin Luther King Jr Day: No Class/No Staff
January 22—Policy Council/Advisory Meeting

Welcome All New Employees

Alyssa Newhart

Kevin Brightwell

Clarissa McCardle

Helcia Davis

Melissa Davis

Esther "Michelle" Cornett

Marley Wilson

Allison Danver

Emily Gust



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 Human Resources 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.