

# ***MountainHeart Head Start/Early Head Start***

*a division of*

MountainHeart Community Services, Inc.

P O Box 1509

Oceana, WV 24870

(304) 682-8271 Fax: (304) 682-8274

*September/October 2014, Volume 4, Issue 1*



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## **HEAD START CENTERS**

**Baileysville I & II**  
304-732-7711

**Glen Fork**  
304-682-4899

**Hanover**  
304-938-3177

**Kopperston I, II, &  
III**  
304-682-4625

**Maben I & II**  
304-294-6079

**Southern**  
304-294-7344

## **EARLY HEAD START CENTERS**

**Baileysville**  
304-732-6695

**Clear Fork**  
304-682-5435

**Maben**  
304-294-6079

**Mullensville**  
304-732-0011

**Oceana**  
304-682-0474

**Wyoming East**  
304-294-4809

## **Welcome**

Welcome all Head Start and Early Head Start families to the 2014-2015 program year! I have a feeling this is going to be one of our best years yet! ! We have made a few changes in the program and although it has been a challenge I know we can only make our program better. MountainHeart Community Services strives to provide the highest quality services for your and your child and your input into our program is always WELCOME. All ten of our Head Start classrooms are WV Pre-K classrooms through a collaborative agreement with Wyoming County Schools and all ten meet or exceed the standards for Pre-K as well as the federal (Continued on Page 10)

## ***Head Start Safety Procedures for Parents***

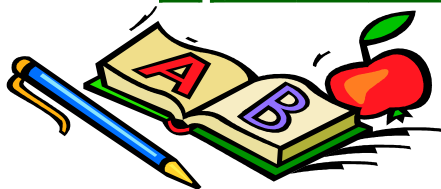
The following safety procedures apply for parents (or guardians) of Head Start children when both putting your child on the bus and your child returning home and is Head Start policy that teacher reviews



with parents during your first home visit:

Buses are on a schedule and try very hard to maintain the same schedule everyday so parents and children will not wait too long for the bus and children will not have to stay on the bus longer than necessary. PLEASE try to have your child ready for the bus in the mornings and if you will be late in the evening, call the center to let the driver know.

(Continued on Page 12)



# School Readiness

Children are active learners. Children learn through active involvement (exploring, playing, manipulating, and problem-solving). Each child is an individual learner. Children go through similar stages of development but at individual rates. Classrooms should be designed and equipped in a manner that supports discovery, small group and individual learning, exploration, and problem solving.

Article Submitted by Glenna McCoy, Early Childhood Specialist

The Wyoming County Board of Education will have 2-Hour delays on the following dates:  
October 23, 2014  
January 20, 2015  
March 24, 2015

### Office Personnel Earl D. Smith, Executive Director Susan Stafford, Head Start/Early Head Start Director

- Dreama Padgett, Chief Financial Officer
- Medena Lester, Family & Comm. Partnership Spec. HS/EHS
- Amanda Cook, Health & Safety Specialist
- Charissa Cook, Prenatal & Health Specialist
- Tracy Cox, File Manager
- Glenna McCoy, Early Childhood Specialist
- Marcia McKinney, Infant and Toddler Specialist
- Sarah "Liz" Roberts, Support Specialist
- Dillard Tate, Transportation/Facilities Specialist
- Patricia (P.J.) Estep, Family Service Aide
- Rita Cline, I/T Home Visitor
- Mary Nutter, I/T Home Visitor
- Wanda Adkins, I/T Home Visitor
- Lori Brown, I/T Home Visitor
- Pam Nelson, Prenatal Home Visitor
- Lisa Harper, Prenatal Home Visitor
- Ami Gullett, Prenatal Home Visitor

Telephone: (304) 682-8271  
Fax: (304) 682-8274

Visit us on Facebook at  
<http://fb.mountainheartwv.org>  
(or) [www.mountain-heart.org](http://www.mountain-heart.org)



## Be Choosy and Be Healthy!



Choosy

Our Head Start/Early Head Start Program has introduced Choosy to the children to help us become choosy about our health. The children have enjoyed meeting him. Together with Choosy, we are learning about what our bodies can do, how and where our bodies move, the relationships our bodies create with ourselves and other movers and objects, and exploring healthy eating and drinking.

As an ambassador for healthy children:

**Choosy** wants to help prevent childhood obesity;  
**Choosy** is a role model who encourages healthy decision-making from all of us;

**Choosy** assists parents, teachers, and health professionals by supplying consistent health messages;

(Continued on Page 12)

# Recent Birth Announcements.....



*Jennifer LeAnn*

Angela and Eddie Blankenship of Kopperston, announce the birth of their daughter, Jennifer LeAnn, born July 31, 2014. Jennifer weighed 6.2 lbs. and was 18.75" in length.



*Addison*

Samantha Miller and Steven Tilley of Pineville, announce the birth of their daughter, Addison, born July 21, 2014. Addison weighed 6.10 lbs. and was 19.25" in length.



*Levi DeWayne*

Samantha and Bobby Cook of Pineville, announce the birth of their son, Levi DeWayne, born August 12, 2014. Levi DeWayne weighed 8.2 lbs. and was 22" in length.



*Christopher*

Holly Hurley and Joshua Neace of Hanover, announce the birth of their son, Christopher, born September 3, 2014. Christopher weighed 8 lbs. and was 21" in length.



*Nicholas*

Shasta and Nick Hatfield of Pineville, announce the birth of their son, Nicholas, born July 20, 2014. Nicholas weighed 8.14 lbs. and was 19.25" in length.

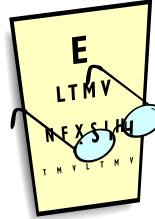


## UPCOMING SCREENING DATES

### Hearing/Vision Screenings

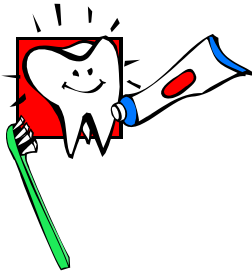
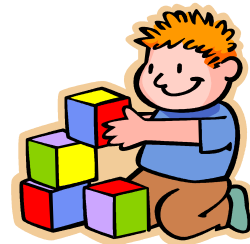


September 23—Maben  
September 24—Southern  
September 25—Glen Fork  
September 26—Hanover  
September 29—Baileysville  
September 30—Kopperston



### DIAL Screenings

October 1—Baileysville  
October 2—Hanover  
October 3—Glen Fork  
October 7—Southern  
October 8—Maben  
October 9—Kopperston



### Dental Screenings

October 16—Matheny (All Centers)

### Physical Screenings

October 9—Matheny Central Office  
October 22—Maben (Integrated Resources)  
October 28—Baileysville (Wyoming Methodist Church)



### Speech Screenings

Board of Education will provide  
Dates for the month of October  
Teacher will inform parents of individual center dates.

\*\*\*( Parents please provide your child's medicaid/insurance card  
at the time of screening.)

## Car Seat Safety

### **WV Child Seat Law (Primary Law)**

Any child under Age 8 must be properly secured in a Federally Approved child or booster seat. Note: If child reaches the height of 4'9" before their 8th birthday, the seat belt is legally sufficient.



For more information about car seat safety contact Lisa Harper or Pamela Nelson at (304) 682-8271.

### **4 STEPS FOR KIDS**

- 1. Infant**
- 2. Toddler**
- 3. Booster**
- 4. Safety Belt**

- 1. Rear-facing Infant Seats** in the back seat from birth to at least one year old and at least 20 pounds.
- 2. Forward-facing Toddler Seats** in the back seat from age one to about age four and 20 to 40 pounds.
- 3. Booster Seats** in the back seat from about age four and 40 pounds to at least age eight, unless 4'9".
- 4. Safety Belts** at age eight or older or taller than 4'9". All children 12 and under should ride in the back seat.

# Fun With KIDS in the Kitchen COOKBOOK

## **BANANA/PINEAPPLE SLUSHY**

### **READ THE RECIPE**

#### **READY—GET YOUR COOKING TOOLS**

- ◆ **Measuring Cups**
- ◆ **Utility Knife**
- ◆ **Tall Drinking Glasses**
- ◆ **Blender**
- ◆ **Spoons**
- ◆ **Straws**

#### **SET—Get Your Ingredients**

- 2 Bananas**
- 2 Cups Orange Juice**
- 2 Cups Pineapple**  
(fresh, frozen or canned)
- 2 Tbs Shredded Coconut**
- 5-10 Ice Cubes**

#### **GO—Follow The Directions**

1. Peel the bananas, and put them into the blender.
2. Add the orange juice.
3. Cut up the pineapple if it is fresh, and put it in the blender.
4. Add coconut to the blender.
5. Add about five ice cubes to the blender. Add more if needed. Replace the blender cover.
6. Blend until slushy.

#### **Serving Ideas**

- ◆ Pour the slushy into colorful glasses. Serve with a straw or spoon.



# COMMUNITY BULLETIN BOARD



Policy Council meets every **FOURTH TUESDAY** of each month at 11 a.m. at the Central Office in Kopperston.

\* \* \*

The following is a list of dates for Food Handler’s Classes for 2014 to be held at the Wyoming County Vo Tech Center at Pineville: October 6; and December 8. All classes start at 1:30 p.m. And everyone must pre-register through the Health Department by calling 304-732-7941. There is a \$10 fee for the class.

\* \* \*

The “Rock-A-Bye Baby Pantry” sponsored by the Family Resource Network is open. The pantry can serve families once per month on an as needed basis to help with basic infant needs for infants age 12 months and younger. Visits to the pantry are scheduled through “referral only”, if you need a referral, please speak with your child’s teacher or home visitor to get one in place.

\* \* \*

The House of Hope Food Pantry located at the old John McGraw Grade School is open from 9:00 AM to 12:00 PM every 4th Tuesday of each month. Participants must provide name, total amount of household income and phone number. For more information, contact Dave Shumate at (304) 294-4433 or (304) 294-4661.

\* \* \*

Health Advisory is scheduled for October 10, 2014 at Fox’s Pizza, Pineville at 12 noon.

\* \* \*

October is Domestic Violence Awareness Month. For more information on Domestic Violence and S.A.F.E. (Stop Abusive Family Environments, Inc.) contact Linda Vance at 304-732-8176 or 1-800-688-6157. You can also can visit their website at [www.safewv.org](http://www.safewv.org).

\* \* \*

The ZOMBIE 5K Run/Walk will be held November 1, 2014 at Twin Falls State Park. Registration is at 3 p.m. Walk/Run begins at 4 p.m. Pre-Register at the Powerhouse Youth Center, Pineville, for more information call 304-202-0357. All proceeds will be donated to the Wyoming County Toy Fund.

# July - October 2014 Birthdays!

Happy Birthday!  
Baileysville 1  
Taliesin B.—07/07  
MaKaylee H.—07/07  
McKaylee M.—07/07  
Charles M.—07/26  
Braxton B.—08/22  
Miley M.—08/29  
Braylee C.—09/07  
Caydence M.—09/17  
Aaliyah C.—10/13

Happy Birthday!  
Glen Fork  
Emily H.—07/10  
Mary S.—08/09  
Evan R.—08/10  
Abigail V.—08/11  
Brooklyn H.—08/24  
Isaac F.—09/01

Happy Birthday!  
Kopperston 1  
Raylee W.—07/16  
Devonte P.—07/29  
McKinlei L.—08/18  
Jazlynn V.—08/27  
Kayleigh J.—10/26

Happy Birthday!  
Maben 1  
Joshua B.—07/24  
Zoey S.—08/31  
Bradon G.—09/15  
Eric H.—09/20

Happy Birthday!  
Maben EHS  
William L.—07/26

Happy Birthday!  
Wyoming East EHS  
Ella H.—08/17



Happy Birthday!  
Kopperston 2  
Jordan G.—08/08  
Evan H.—09/09  
Colton V.—09/13  
Aiden B.—10/23  
Keyierra M.—10/30

Happy Birthday!  
Maben 2  
Melia S.—08/06  
Searria S.—09/04  
McKenzy C.—09/15  
Lane L.—10/01

Happy Birthday!  
Baileysville EHS  
Ashton W.—07/04  
Kaden T.—10/12  
Happy Birthday!  
Mullensville EHS  
Jaclyn C.—10/06  
Jace L.—10/11  
Brantley L.—10/25

Happy Birthday!  
EHS Home Base 1  
None Reported

Happy Birthday!  
EHS Home Base 3  
None Reported

Happy Birthday!  
Baileysville 2  
Takayla M.—08/06  
Braxton G.—08/14  
Cooper H.—08/26  
Adison H.—08/27  
Alexis W.—09/13  
Isabella L.—09/19  
Myia S.—10/06  
Lacy L.—10/15

Happy Birthday!  
Hanover  
Kowen L.—07/14  
Destiny F.—08/22  
Alexis M.—09/08

Happy Birthday!  
Kopperston 3  
Braydon H.—08/30  
Jayla F.—09/15  
Harley H.—09/28  
Aria R.—10/11

Happy Birthday!  
Southern  
Hayden C.—09/06  
Hailey F.—09/23

Happy Birthday!  
Clear Fork EHS  
Joseph B.—08/17  
Colton V.—09/13

Happy Birthday!  
Oceana EHS  
Colby B.—07/01  
MaKaleigh T.—10/05  
Dylan T.—10/16

Happy Birthday!  
EHS Home Base 2  
Kevin H.—07/02  
Jonathan M.—08/13



Happy Birthday!  
Prenatal 1  
Stephanie W.—07/09  
Samantha R.—08/14  
Breanna A.—10/02  
Keisha L.—10/03  
Shasta H.—10/26

Happy Birthday!  
Prenatal 2  
Misty B.—07/04  
Kelsey B.—07/07  
Alyssa W.—08/24  
Kristin W.—09/18



# *Annual Staff Recognition Picnic 2013/2014*

MountainHeart Head Start/Early Head Start employees held their annual staff recognition picnic at Gilliland Park, Oceana, on June 13, 2014. The staff participated in several activities and received various awards for accomplishments achieved throughout the 2013/2014 program year.



***5 Years of Service - (L.toR.) Lisa Workman, Susan McNeely, Heather Morgan, Sarah "Candy" Short, and Kathy Milam.***



***Child Development Credential (CDA) - (L. to R.) Rita Cline, Ginger Meade, Nancy Sue Bratton, Martha Gibson, Patricia Tilley and Tabitha Maynor.***



***Certified Professional Collector's— (L. to R.) Charissa Cook, Amanda Walker, and Tracy Cox.***



***Commercial Driver's License Holders (CDL) - (L. to R.) Lisa Harper, Wanda Adkins, Kelsey Johnson, Kristen Justice, P.J. Estep, Kayla Short, and Tiffany Lester.***



***Certified Lactation Consultant's—(L. to R.) Lisa Harper and Pam Nelson.***





## ***Important Information That Every Parent Needs To Know***



- 1. We do not permit fundraising of any kind and we do not allow parents to make or solicit donations of any kind. As a parent, I truly understand some parents are good at this and some just simply don't have the time. We believe all families and all children are equal and will not put anyone in a situation where a fundraising activity becomes a competition. So, we do not have any parent fundraising activities.**
- 2. We do not permit children to bring backpacks or bags to the classrooms. This is a safety issue in regards to items on the bus. And also prevents the spread of communicable disease.**
- 3. We ask that families limit phone calls to the classrooms when the children are present. Our number one priority is the safety of your child(ren) and our staff need to provide them with their undivided attention.**
- 4. We ask that you communicate with the staff in person, by phone, or by email. Please do not communicate using Facebook, Twitter or any other social media. All staff have a MountainHeart email address and they will provide you with this if they have not already. We hope to set up a Facebook page just for our Head Start and Early Head Start program and will let you know when we do.**
- 5. And please limit phone calls with staff to during their work time and not in the evenings when they are enjoying time with their families unless it is an emergency.**
- 6. Please visit our website [www.mountainheartwv.org](http://www.mountainheartwv.org) and like our agency Facebook page MountainHeart Community Services, Inc.**

**Susan Stafford  
Head Start/Early Head Start Director**

# Annual Staff Recognition Picnic 2013/2014



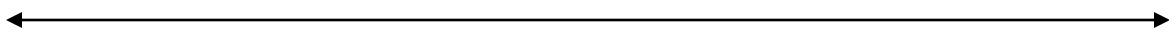
**10 Years of Service —  
Mary Nutter**



**CLASS Reliable Certifica-  
tions—(L. to R.) Marcia McKin-  
ney and Glenna McCoy.**



**Bachelor's Degree in Early  
Childhood Education—  
Caitlin Thorn.**



## *The ABC's of Healthy Snacking (Try a new snack daily!)*

**A - "ants on a log"**  
**B - bean burrito**  
**C - carrots**  
**D - dry unsweetened cereal**  
**E - egg salad (low-fat mayo)**  
**F - Fig Newtons**  
**G - graham crackers**  
**H - honeydew melon**  
**I - ice cream/frozen yogurt**  
**J - jerky**  
**K - kiwifruit**  
**L - low-fat granola**

**N—nectarines**  
**O—orange slices**  
**P—popcorn**  
**Q—quick oatmeal**  
**R—raisins**  
**S—salsa & baked tortilla chips**  
**T—turkey roll-ups**  
**U—unsalted pretzels**  
**V—vanilla pudding**  
**W—whole-wheat crackers**  
**X—eXtra-lean ham cubes**  
**Y—yogurt with fruit**

### **Welcome Continued.....**

**(Continued from Page 1)**

Standards set by Head Start. So you are getting the best of both worlds if your child is enrolled in one of the Head Start classrooms. Your child's safety, development and happiness are always our top priorities. Please feel free to

Stop by the Matheny office or give me a call at 304-682-8271 if you have any concerns or questions. You can also email me at [ssafford@mountainheartwv.org](mailto:ssafford@mountainheartwv.org).

Susan Stafford  
Head Start/Early Head Start Director

## *Head Start Safety Procedures for Parents Cont.....*

(Continued from Page 1)

Try not to board the bus with your child during morning pickup to avoid delays. During cold or rainy weather, parents should step up on the first step of the bus to sign any papers or talk to the assistant if needed. This is done so the driver can shut the bus door to keep the bus warm.

### **Morning pickup:**

While waiting for the bus, please try to stand at least ten feet from where the bus comes to a stop. This will prevent your child from stumbling into the path of the bus and any water, mud, etc. , splashing onto the parent and child.

If possible, it is recommended the parent (or guardian) walk their child to the bus and assist them upon the first step.

If the child cannot be assisted to the bus, visual contact by parent (or guardian) must be made with the driver before the child can be loaded on the bus.

**At no time can any child be allowed to cross the road without an adult!!!**

### **Riding the Bus:**

Parents and siblings may ride the bus, only when there is available room.

If parents are to ride the bus, it is our policy, they **MUST** be seat belted in at all times.

If a sibling is to ride the bus and requires a car seat, only a car seat purchased by our agency can be used. The office must be notified so the car seat can be installed for this trip.

### **Evening Drop-Off:**

It is recommended that the parent (or guardian) come to the bus to pick up the child during the evening drop-off.

If the parent (or guardian) cannot come to the bus, visual contact must be made with the driver before the child can exit the bus.

Please stand at least ten feet, if possible, away from the bus stop to avoid injury.

Buses are not permitted to move until the child is with the parent (or guardian).

## *Be Choosy and Be Healthy Cont.....*

(Continued from Page 2)

**Choosy** recognizes that preferences for food and physical activity are “learned” from others early in life;

**Choosy** helps grownups to intentionally facilitate movement and nutrition experiences for young children so that healthy preferences are reinforced early and often;

**Choosy** helps promote healthy messages and behaviors in homes, child care centers, agencies, and schools with lively songs, activities, and helpful materials;

**Choosy’s** name is tied to his behavior, and his message is simple:

***Be Choosy Be Healthy!***

# HALLOWEEN SAFETY TIPS

Halloween is one of the most exciting times of the year for children, but sometimes the most hectic for parents and guardians. This Halloween, take a moment to consider basic safety precautions that will make your children's Halloween a safer night of fun.



## BEFORE HALLOWEEN

- Choose bright, flame-retardant costumes (Hint - Try adding reflective tape to costumes and candy bags!)
- Plan a trick-or-treating route in familiar neighborhoods with well-lit streets
- Make sure children know their home phone number and address in case you get separated
- Teach them how to call **911** in an emergency
- Teach children to say **"NO!"** in a loud voice if someone tries to get them to go somewhere, accept anything other than a treat, or leave with them



## HALLOWEEN NIGHT

- Never send younger children out alone - they should be with a parent or guardian, or another trusted adult
- Always walk younger children to the door to receive treats
- Don't let children enter a home unless you are with them
- Be sure children do not approach any vehicle, occupied or not, unless you are with them
- Discuss basic pedestrian safety rules when walking to and from houses

**HAPPY HALLOWEEN!**



Looking for a fun Halloween project for your children?

Sign them up for **Club UYN**® at [NetSmartzKids.org](http://NetSmartzKids.org) where they'll find exclusive activities for club members.



**NetSmartz.org**

A program of the  
NATIONAL  
CENTER FOR  
**MISSING &  
EXPLOITED  
CHILDREN**

