

# 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

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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

*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

Rita Cline, I/T Home Visitor

Mary Nutter, I/T Home Visitor

Wanda Adkins, I/T Home Visitor

Pam Nelson, Prenatal Home Visitor

Lisa Harper, Prenatal Home Visitor

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



## *Head Start Safety Procedures for Parents*

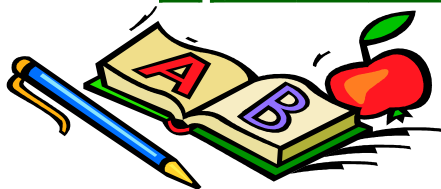
The following safety procedures apply for parents (or guardians) of Head Start children when both putting your child on the bus and your child returning home and is Head Start policy that teacher reviews



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*



**Glenna McCoy and Marcia McKinney enjoying a moment with Smokey the Bear at Track and Field Day held at Oceana Middle School football field.**

## *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*
- M - mozzarella cheese sticks*
- 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*
- Z - zwieback toast*

## *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.....



*Cullen*

Megan and Matthew Kirkendoll of Kopperston, announce the birth of their son, Cullen, born April 20, 2013. Cullen weighed 4.13 lbs. and was 17.75" in length.



*Olivia Grace*

Tabitha Kinser and James Cline of Brenton, announce the birth of their daughter, Olivia Grace, born May 28, 2013. Olivia Grace weighed 10.2 lbs. and was 21.5" in length.



*Ashlyn Miah & Hayden*

Tashia and Zach Belcher of Reedy Creek, announce the birth of their daughter, Ashlyn Miah, born June 7, 2013. Ashlyn Miah weighed 7.2 lbs. and was 20" in length.



*Jeffrey Dean*

Erica Glasgow and Curtis Paynter of Oceana, announce the birth of their son, Jeffrey Dean, born June 16, 2013. Jeffrey weighed 7.13 lbs. and was 21" in length.



*Bryson John*

Kayla Farley and Josh Poe of Stephenson, announce the birth of their son, Bryson John, born June 25, 2013. Bryson John weighed 7.12 lbs. and was 20.25" in length.



*Keevin Ray*

Myra Ramsey and Steven Hash of Brenton, announce the birth of their son, Keevin Ray, born July 2, 2013. Keevin weighed 8.10 lbs. and was 19.75" in length.

Recent  
Birth

Announcements Cont...



*Mylicee-Jae Louisee*

Candace and Steven Grimmett of Pineville, announce the birth of their daughter, Mylicee-Jae, born July 18, 2013. Mylicee-Jae weighed 5.14 lbs. and was 18" in length.



*Tre-Shaun*

Felicia Brown of Oceana, announce the birth of their son, Tre-Shaun, born July 22, 2013. Tre-Shaun weighed 6.7 lbs. and was 20.25" in length.



*Jordynn Hope*

Brittany Vance and Kevin Mullins of Oceana, announce the birth of their daughter, Isabella Grace, born July 28, 2013. Isabella Grace weighed 5.14 lbs. and was 19.5" in length.



*Easton Gage & Braxton*

Kelli and Garrett Smith of Brier Creek, announce the birth of their son, Easton Gage, born August 9, 2013. Easton Gage weighed 6.2 lbs. and was 19" in length.



*Johnathan Roy*

Sylvia Howard and Thad Mosley of Pineville, announce the birth of their son, Johnathan Roy, born August 13, 2013. Johnathan Roy weighed 5.7 lbs. and was 18" in length.



*Brantley Wade*

Ashley and Tyler Lester of Brier Creek, announce the birth of their son, Brantley Wade, born September 17, 2013. Brantley Wade weighed 3.15 lbs. and was 17" in length.

## 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 third Wednesday of each month at 11 a.m. at the Central Office in Kopperston.

\* \* \*

Volunteer Income Tax Assistance (VITA) is available at MountainHeart Community Services, located at the old Kopperston Grade School and will run through April 15, 2013. If you need your income taxes prepared, please stop by any MountainHeart location between 8 am and 3:30 pm. There is no charge for this service.

\* \* \*

The following is a list of dates for Food Handler’s Classes for 2013 to be held at the Wyoming County Vo Tech Center at Pineville: October 7; and December 9. 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.

\* \* \*

Dollar Energy Assistance will start December 1, 2013 at MountainHeart Community Services, Inc. at the Kopperston Central Office. For more information contact Angie Beaver, Delana Daniels or Marcella Hood at (304) 682-8271 clients can also visit [www.dollarenergy.org](http://www.dollarenergy.org), click on Tools (upper right of page) then click Agency Finder, then enter client’s zip code, select # of miles to search. This search will help with locating agencies in the area that will be taking applications for assistance.

\* \* \*

## **EMPLOYEE ACKNOWLEDGMENTS !!**



*Mary Nutter*

**Congratulations Mary Nutter, Early Head Start Home Visitor for receiving her Associates in Applied Science Degree in Early Childhood Development. Mary received her degree from Southern WV Community and Technical College on May 4, 2013.**



*Pamela Renea Nelson*

**Congratulations Pamela Renea Nelson, Prenatal Home Visitor, for receiving her Associates of Arts Degree in Early Childhood Education. Pamela received her degree from Ashford University on April 1, 2013**



***MountainHeart employees, along with the Governor's Highway Safety Program employees held a car seat safety checkpoint at Magic Mart in Oceana. Pictured left to right are Lisa Harper, Earl Cook, Pam Nelson, Ladonna Lambert, Tracy Cox, Dillard Tate, and Amanda Green.***

# *September/October 2013 Birthdays!*

**Happy Birthday!**  
Baileysville 1  
Braylee C.—09/07  
Kaleb D.—09/09  
Caydence M.—09/17  
Dalton B.—09/22  
Jeremy C.—10/07

**Happy Birthday!**  
Glen Fork  
Timothy B.—09/02  
Nicholas B.—09/08  
Aiden B.—09/19  
Kayleigh S.—09/25

**Happy Birthday!**  
Kopperston 1  
Arabella D.—09/23  
Adam T.—10/12  
Kayleigh J.—10/26

**Happy Birthday!**  
Maben 1  
Nicole R.—09/25  
Harley—09/30  
Tristen—10/27

**Happy Birthday!**  
Baileysville EHS  
Rachael B.—10/08  
Kaden T.—10/12

**Happy Birthday!**  
Maben EHS  
Lillee V.—10/20

**Happy Birthday!**  
EHS Home Base 1  
Elijah L.—09/15

**Happy Birthday!**  
EHS Home Base 3  
Kensleigh C.—09/15

**Happy Birthday!**  
Prenatal 1  
Samantha M.—10/13  
Melissa K.—10/23



**Happy Birthday!**  
Kopperston 2  
Raylin J.—09/25  
Madison L.—09/29  
Natalie E.—10/09  
Madilyn S.—10/16  
Ayden B.—10/23  
Madison C.—10/24  
Abigail C.—10/24  
Keyierra M.—10/30

**Happy Birthday!**  
Maben 2  
Searria T.—09/04  
Bradon G.—09/15  
Abigail W.—09/17  
Elizabeth C.—09/20  
Lane L. \_ 10/01  
Alexander P.—10/03  
Kaelyn M.—10/30

**Happy Birthday!**  
Mullensville EHS  
Jaclyn C.—10/06

**Happy Birthday!**  
EHS Home Base 2  
Kayden M.—10/01

**Happy Birthday!**  
Baileysville 2  
Allison—09/02  
Jacob—09/02  
Braxton B.—09/10  
Isabella L.—09/19  
Ethan E.—10/10  
Baylee—10/10

**Happy Birthday!**  
Hanover  
Ivan L.—09/15  
Nataya B.—10/15  
Chloe M.—10/23  
LeahAnna L.—10/28  
Alivia C.—10/31

**Happy Birthday!**  
Kopperston 3  
Jayla F.—09/15  
Sarina W.—10/10

**Happy Birthday!**  
Southern  
Evan H.—09/09  
Emily C.—09/30

**Happy Birthday!**  
Clear Fork EHS  
Colton V.—09/13  
Noah B.—09/29

**Happy Birthday!**  
Oceana EHS  
Jeremiah V.—09/13  
Dylan T. – 10/16  
Ian L.—10/22  
Brantley L.—10/25  
Jace L.—10/11

**Happy Birthday!**  
Wyoming East EHS  
Kamden H.—09/28

**Happy Birthday!**  
Prenatal 2  
Candi W.—10/03  
Natashia Z.—10/10  
Leigh S.—10/14  
Ashley B.—10/28

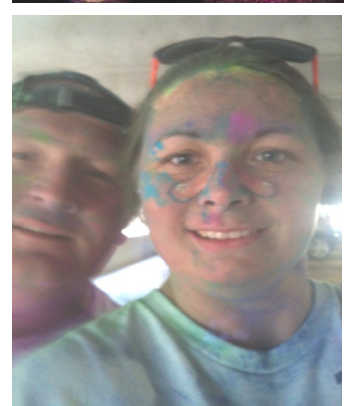




# Color Vibe 5K Walk Held in Charleston



MountainHeart employees participated in the Color Vibe 5K Walk held on September 28, 2013 in Charleston. All donations and entry fees went towards the West Virginia Special Olympics organization.





## *Growing Healthy*



### Jump Aboard The 5210 Plan!

#### **5 Fruits and Vegetables a Day**

- ◆ Go for the rainbow, Each month, pick a color from the rainbow and try to eat a new fruit or veggie of that color (green, purple, orange, yellow, red). It's a great way for little ones to learn colors while you're all eating healthy.
- ◆ Whenever possible, let your child help get fruits and veggies ready to serve. Maybe he can wash an apple or mix the salad. Your little chef may be more likely to try foods that he helps to prepare.

#### **2 Hours or Less of Screen Time a Day**

- ◆ A great way to cut down on screen time is to make a “no television (or computer) while eating: rule.
- ◆ If your children are watching TV, watch with them. Use commercial breaks for an activity break—hula hoop, dance, or come up with a crazy new way to do jumping jacks.
- ◆ If you need a break and want to let your child watch TV, set a time for 30 minutes. You can get a lot done and you'll know how long they watched.
- ◆ Television in your child's bedroom might seem like a convenience but watching TV close to bedtime can affect your child's ability to sleep.

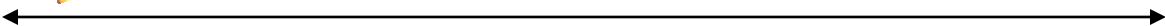
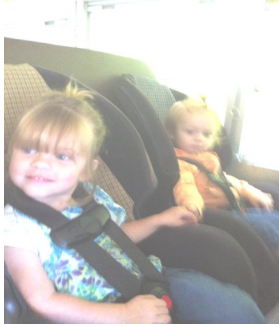
#### **1 Hour of Active Play or Physical Activity a Day**

- ◆ An hour of active play might seem like a lot but you don't' have to do it all at one time. Try being active for 10-15 minutes several times each day.
- ◆ What were your favorite active games when you were a child? They might seem old school to you but they'll be new to your child. Try one today.
- ◆ Rain or bad weather has you stuck in the house? Try one of these fun activities.
  - Have an indoor parade.
  - Set up a scavenger hunt inside.
  - Start your own indoor Olympics—who can jump on one foot the longest or do the most sit ups?

#### **0 Sugary Drinks a Day**

- ◆ Serve milk with meals and offer water at snack time.
- ◆ Let your child pick their favorite “big” kid” cup to use for water.
- ◆ Think plain water is too boring? Try adding a fruit slice (like orange) for natural flavor.
- ◆ Avoid buying juice—if it's not in the house, no one can drink it.
- ◆ If you're still trying to cut sugary drinks down to zero, keep up the great work! Young children should never have soda pop or sports drinks but if you choose to give juice, please remember:
  - make sure the label says 100% fruit juice;
  - limit the amount to 1 small cup a day (4-6 ounces if you measure it out).

## Home Base 1, 2, and 3 Holds Socialization At Baileysville and Oceana Early Head Starts



## *Car Seat Safety At Magic Mart*



## *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!***

# MABEN 2 PHOTO SHOP




# 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**

