

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

February 2023



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HEAD START CENTERS

Baileysville 1
304-732-7711

Baileysville 2
304-682-7097

Clear Fork 1 & 2
304-682-4625

Glen Fork
304-682-4899

Hanover
304-664-5614

Maben 1 & 2
304-294-6079

Southern
304-294-7344



EARLY LEARNING CENTERS

Baileysville
304-732-6695

Clear Fork
304-682-5435

Maben
304-294-6079

Matheny
304-682-0474

Mullensville
304-732-0011

Westside
304-682-7099

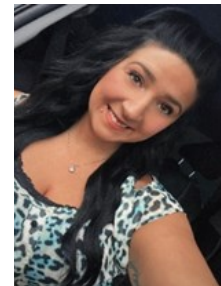
Wyoming East
304-294-4809

SAY CHEESE!

MountainHeart Community Services and Oceana Dental Center served approximately 30 children from the HS/EHS/PAT Programs in March. They received a dental exam and a fluoride varnish.

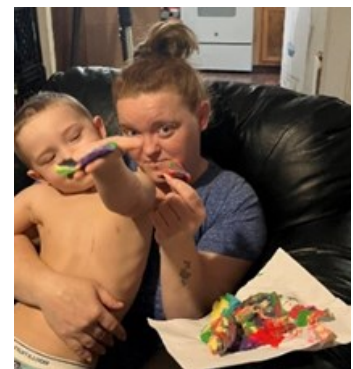
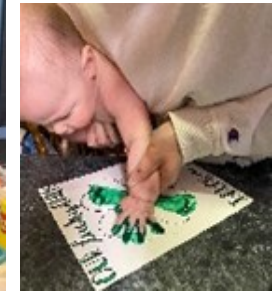


***CONGRATULATIONS TO GLEN FORKS
TEACHER, CLARISSA BAILEY, FOR RE-
CEIVING HER ASSOCIATES OF ARTS IN
EARLY CHILDHOOD
EDUCATION!***



LOOK AT ALL THE FUN PAT AND HOME BASE ARE HAVING!!

HOME VISITORS AND FAMILIES PARTICIPATE IN FUN AND EDUCATIONAL ACTIVITIES WITH THEIR CHILDREN



When was the last time you connected with nature?



It's easy to get caught up in a screen-to-screen routine – starting the workday in front of computer screens and ending the day in front of another screen. According to the Environmental Protection Agency, most Americans spend 90% of their lives indoors. No wonder a lot of people are stressed out! Now the good news: spending time in the great outdoors is a free and very effective way of releasing and managing stress. To improve your health and reduce stress, don't forget to add "spend time outdoors" to that to-do list.

Here are six reasons why getting outdoors can help with stress management.

Being Outside Reduces Stress and Anxiety People need time in a natural environment to improve physical, emotional, and mental health. A study by Science Direct found that spending time outdoors can help improve mental health. According to their research, nature excursions can help alleviate feelings of time pressure and mental stress. Taking a break from urban settings and spending time outdoors in the wilderness increased life satisfaction, happiness and mindfulness in study participants.

Adventures Take Our Mind Off Stressful Routines Taking time outs from work is not a luxury – it's essential. The New York Times reports that taking breaks from stressful routines can amp up one's creativity, productivity, and focus. Working non-stop without taking a break, on the other hand, can lead to stress and chronic exhaustion. Combine that with the health and stress reduction benefits of spending time outdoors, and you have yourself a powerful, stress-busting, creativity-producing outdoor adventure.

The Outdoors Recharges Us There's a reason why outdoor adventures can make you feel better. Research points out that the great outdoors has a "restorative" property. The mental load that comes with stress can affect your work performance. After a while, you lose your gusto and passion for your goals and plans. Nature can help restore your attention, creativity, and your desire to do more. Long story short: spend your weekends exploring the outdoors, and you'll be pumped up and ready for Monday.

The Outdoors Can Improve Your Mood Feeling down in the dumps? Don't turn to anti-depressants just yet. Exploring the outdoors – whether you're walking, hiking, biking, swimming, or camping – can improve your mood and your self-esteem. Increased blood circulation to the brain, as well as the release of "happy" chemicals like serotonin and endorphins, help contribute to this increased sense of well-being.

Nature Helps You See the Bigger Picture Your daily routine can cause anxiety and stress that can feel overwhelming. Escaping the rat race and retreating to the great outdoors can help you see a bigger perspective. You will begin to see that life is more than just your cubicle or your office. Being outdoors will allow you to see the world as a big, bright, interconnected community.

Taking on Outdoor Adventures Helps You Feel Fulfilled If you want to succeed at work, you need to live a life outside of it. It does sound pretty counterintuitive, but having an outdoor hobby can help you work better. One study found that hobbies provide instant stress relief to overwhelmed individuals. Another study noted that those who engage in creative hobbies are more creative and innovative at work. Hobbies like hiking and biking that allow you to be active outdoors combine the benefits of spending time in nature with the increased stamina and confidence of active pursuits. [How Being Outdoors and Getting Active Impacts Stress Management - The American Institute of Stress](#) February 27, 2020 (Daily Life)

Derek Adkins, Mental Health & Trauma Specialist

Door Prize Winners!!!!

Our Early Head Start & Head Start Classrooms participated in some friendly Door Decorating Competition.

Congratulations to each of the winners!

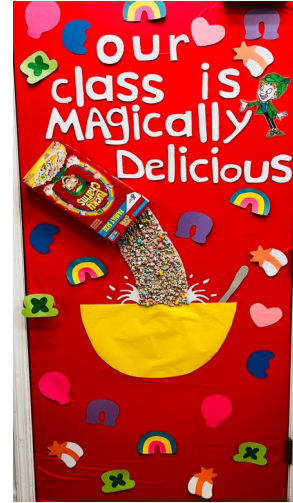
BHS 2 (Jan)



MVELC (Feb)



CFEHS (March)



HEAD START FIELD TRIPS TO THE LIBRARY

The children enjoyed going to the local libraries

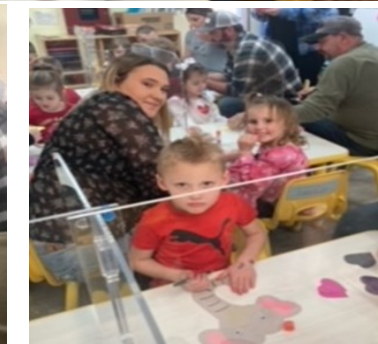


***Hanover HS parents assisted the children in the classroom
to make Valentine cards that were delivered to the residents
at Wyoming Nursing and
Rehabilitation Center in New Richmond***

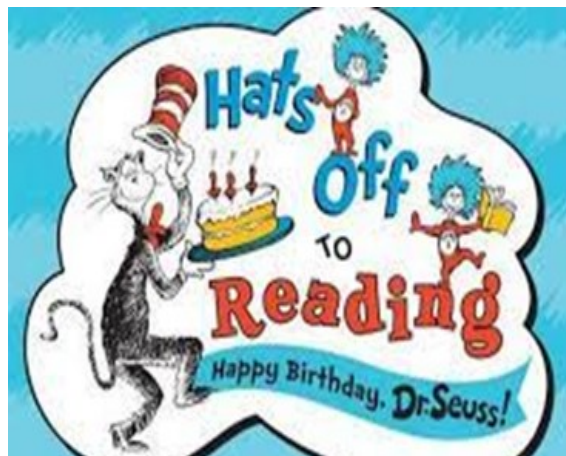
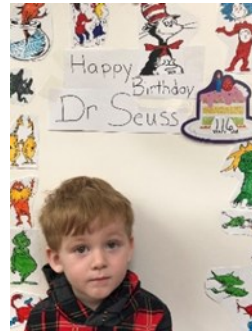
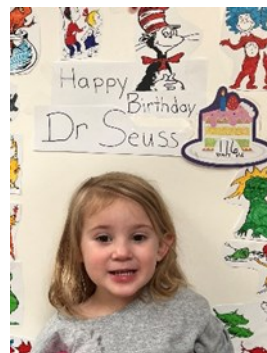


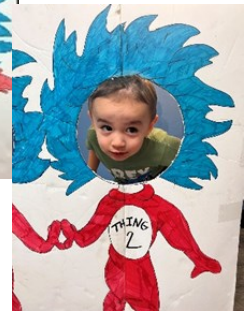
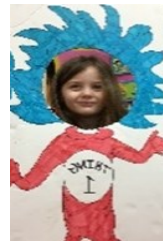
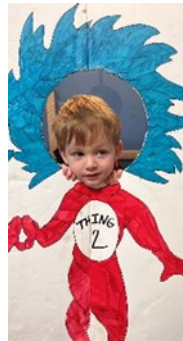
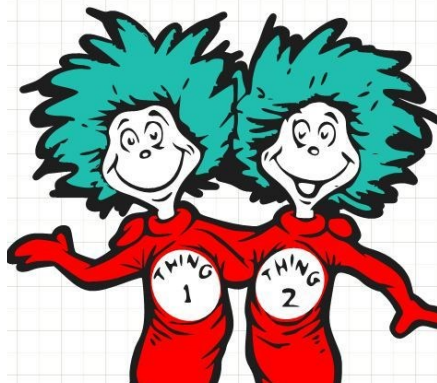
"Alone we can do so little, together we can do so much" ~ Helen Keller

LOVE IS IN THE AIR AT GLEN FORK HEADSTART



*Maßen Head Start 1, 2, and Early Head Start
Celebrated Dr. Seuss' Birthday*





the more that you
READ the more things
you will **KNOW**, the more
that you **LEARN** the
more **PLACES** you'll go!
-Dr. Seuss

**HEAD START EARLY HEAD START
PARENTS AS TEACHERS**



WHAT IS IT?

- Providing comprehensive services including health/physical, nutrition, mental health, and family engagement
- Home visiting program offered through Early Head Start and Parents As Teachers for children and pregnant moms
- Developmental, health, nutrition, hearing, vision, mental health, and behavioral screenings provided for early detection and intervention
- Parent Engagement Activities
- Research Based Curriculum
- Referrals to Community Resources
- Trained and qualified staff
- Families with children who have special needs are encouraged to apply

HOW TO APPLY?

Call 304-682-8271 or Scan QR Code



www.mthtwv.org





***CLASSES AT CLEAR FORK 1 & 2, HANOVER, AND SOUTHERN HEAD STARTS ALL HAD PERFECT ATTENDANCE DAYS THIS QUARTER!
MISSING SCHOOL=MISSING OUT***





Recruiting Families

Our Early Head Start *Home Base Program* is now recruiting families that are Prenatal to 3 years old. It provides individualized services to pregnant women, infants, and toddlers to promote school readiness of young children by enhancing their cognitive, social, and emotional development. For more information please contact Medena Lester at 304-682-8271 extension 110.





COMMUNITY BULLETIN BOARD



Policy Council meets once a month at 11 a.m. at the Administrative Office at Matheny.

* * * * *

Food Handlers: Food Handler classes will be held on the following dates:

January 26, 2023 at the Wyoming County Vocational Center

March 9, 2023 One Voice (Oceana)

All classes start at 1:30. Please call the Wyoming County Health Dept to register or ask any questions at 304-732-7941

The Cost of the classes vary. They are as follows:

IN PERSON

Countywide-\$15.00

Statewide- \$25.00

ONLINE

Countywide- \$20.00

Statewide- \$30.00

Food Handler Class will be given by the Wyoming County Health Department at the following location:

One Voice in Oceana @ 10:00 an on April 13, 2023

County wide card: \$15.00

State wide card: \$25.00

The “Rock-A-Bye Baby Pantry” sponsored by the Family Resource Network is opened in Oceana. 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.

Food Pantry

UMWA (Oceana) David Kidd– please call ahead for a date they will receive products 304-682-4438

Matheny Methodist Church (Matheny) Lakie Bailey– x1/month. Please call 304-682-6676

Itmann Food Bank– 4th Friday each month, 9-12. Call 304-294-6061 or 304-732-8959

Oceana Better Living Center (Oceana)- x1/month, also has emergency food boxes. Call 304-682-4466

Class Room Activities!



Class Room Activities! (Cont.)



Free Income Tax Preparation

The MountainHeart Community Services office is now taking appointments for the upcoming tax season. For appointments in our Matheny office please call 304-682-8271 ext.112 Tuesday-Friday to make an appointment with Bri. For more information about all the tax sites you can go to www.wvasf.org



Have Your Taxes Prepared...
At No Cost To You!

EARN IT. KEEP IT.
SAVE IT!
with the Earned Income Tax Credit



Keep what you earn. EITC - Earned Income Tax Credit

The EITC is a refundable federal tax credit for eligible working families. Families may receive money back even if they do not owe taxes, although a return must be filed. Even if you have missed out in the past, you can go back 3 years and claim your EITC.

- Refunds can be directly deposited into your bank account at no cost or used to purchase U.S. Savings Bonds.
- Keep all of your refund by avoiding costly preparer fees and interest.



Outdoor Activities for Infants and Toddlers



- 1. Take A Walk** Buckle up your baby in their stroller and walk around your block. The simple activity is stimulating for the parent and the baby. The fresh air can be energizing, and your baby can explore the surroundings with trees, birds, vehicles, and people. A great way to make this walk educational is to talk to your baby and tell them what they see as you walk.
- 2. Eat Outside** Plan a picnic. As you unpack the basket and lay various food items, let them play in the open and then devour the tasty food.
- 3. Give Tummy Time** Tummy time for babies helps in digestion and encourages them to roll over and move their hands and legs. Turn your baby over and on to their tummy for 10 to 20 minutes each day with five-minute intervals. Leave bright colored toys nearby so that they can play with them and be entertained. You could lie down beside your baby to give them company and make their tummy time more fun.
- 4. Water Play** If your child loves water, you can include some outdoor water play activities in their schedule. Get a plastic bathtub or an inflatable one, fill it with water enough for your child's feet to be submerged. You can do this activity only after your child can sit up by themselves. Keep an eye on them at all times and never leave them alone while they are in the water.
- 5. Visit a Playground** Your infant might be too young to play at the playground, but they can certainly enjoy watching others running around and playing. They might enjoy watching the sights and listening to different sounds. Do not forget that they are always learning. Even as they watch, they are learning different nuances of games and developing their vocabulary.
- 6. Play With a Ball** If your baby has started sitting up, they would love rolling balls around outdoors. Roll the ball back and forth with your baby. Watch them laugh and enjoy themselves.
- 7. Read a Book** Babies like to hear your voice as you talk and read to them. You might be regularly reading to them at home, but when you sit under a tree and read them their favorite books, they may enjoy it even more. Reading books outdoors is a great way to help your child build associations. If there is an animal or tree in the book, you can point them out to your baby, and they would remember it.
- 8. Make Bubbles** Babies love watching and playing with bubbles. Take them outdoors and make bubbles with them. Encourage your baby to pop those bubbles that float close to them. Bubbles can keep your baby entertained for a long time while they touch the bubbles and see the rainbow hues.
- 9. Swing** When your baby can sit up and has control over the head and neck, you can explore the world a bit further. Make them sit on a playground swing. Push the swing gently and keep the chain in your hand at all times. Watch as your baby digests the new soaring sensation and begins to enjoy it with laughs and raucous screams.
- 10. Dance** Children are drawn to music from a young age. You can see three-month-old babies shaking their arms and legs and grooving to the music. Take your child for a walk, settle in a park or your balcony, and play the music you can dance to. Wear your child and let them bounce with you. By the end of the session, you will find your baby delighted.

Jared Harless, Infant Toddler Specialist

Baileysville Early Head Start Making Biscuits



THE GREAT OUTDOORS





MARCH CRAFTS



Looking For the Pot of Gold



FLOWERS ARE BLOOMING!!





All MountainHeart
Offices will be closed on
Friday, April 7, 2023 and
Monday, April 10, 2023

for the

Easter

HOLIDAY

