

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

2022 Dream Tree Project

MountainHeart Community Services, Inc. received 500 gifts from the Greenbrier Dream Tree for Kids holiday gift drive this year for most of the children in the agencies programs. This is the ninth year that the Greenbrier held the gift drive and more than \$1 million in toys were donated to local and national charities. Medena Lester completed the required application process and multiple other employees of MountainHeart completed volunteer hours at the Greenbrier Resort to help with the wrapping of the gifts. MountainHeart is very thankful to Mr. Jim Justice and others who have donated toys that make this event possible.

Quilt Giveaway And Breakfast With Santa And Mrs. Claus



The Early Head Start Home Base Program and Parents as Teachers held their annual Quilt Presentation and Breakfast with Santa and Mrs. Claus at the administrative office at Matheny on December 15th. The families enjoyed breakfast and receiving complimentary quilts which was provided by the ladies from the Quilter's Corner at Saint Andrews in Brandon, Florida.



Wyoming County Head Start/Universal Pre-K Registration 2023-2024 school year.

Registration is for All Wyoming County Classrooms

Classroom sites:

Baileysville Pre-K/Head Start
Berlin McKinney Pre-K
Clear Fork Pre-K/Head Start
Glen Fork Pre-K/Head Start
Hanover Pre-K/Head Start
Herndon Pre-K/Head Start

Huff Consolidated Pre-K
Maben Pre-K/Head Start
Pineville Pre-K/Head Start
Road Branch Pre-K
Southern Pre-K/Head Start

Children turning 4 years old prior to July 1, 2023
are eligible.

Children turning 3 years old may also qualify and
are encouraged to apply.

Please bring the following documents if you have them available:

*Certificate of Live Birth, Social Security Card, Proof of Income, Immunization Record,
Health Check/Physical, and Dental Check.*

*All children attending registration day will receive a
goodie bag!!!*

Enroll Now



Wyoming County Head Start/Pre-K Registration

Wyoming County Board of Education

February 15, 2023 9:30 - 2:30

Mullens Opportunity Center

February 22, 2023 9:30 - 2:30

Hanover Fire Department

February 23, 2023 9:30 - 2:30

MountainHeart Community Services, Inc.

February 24, 2023 9:30 - 2:30

Appointments are encouraged, walk-ins welcomed.

To schedule an appointment or for more information, please contact:

Deanna Bailey, Wyoming County BOE

(304) 732-6262 ext. 1204

dmbailey@k12.wv.us

OR

Medena Lester, MountainHeart Community Services, Inc.

(304) 682-8271 ext. 110

mlester@mthtwv.org

Door Prize Winner!!!!

Our Early Head Start & Head Start Classrooms participated in some friendly Door Decorating Competition. Congratulations to each of the winners!

CFELC



Mullensville ELC



BHS 2



Why Is Diversity Important In Early Childhood Classrooms?

Supporting diversity in early childhood programs is a two-pronged process: helping children to feel good about themselves, their families, and their communities, and also exposing children to differences, things that are unfamiliar, and experiences beyond their immediate lives.

Glenna McCoy, Early childhood & Disabilities Services

2022 MountainHeart Trunk N Treat



Baileysville 1 HS



Baileysville 2 HS



Clear Fork 1 HS



Clear Fork 2 HS



Not Pictured

Glen Fork HS



Hanover HS

2022 MountainHeart Trunk N Treat



Mabon 1 HS



Mabon 2 HS



Southern HS



Westside ELL



CELE



MELE

*2022 MountainHeart
Trunk N Treat*



Mullensville ELL



BELC



MELL



Wyoming East ELL



PAJ/HomeBase



PAJ/HomeBase

2022 MountainHeart Trunk N Treat





MAKE A DIFFERENCE

**MountainHeart Head Start and Early Head Start
is hiring substitutes....**

Apply Today!

Registration Requirements:

- *Must Be at Least 18 Years Old*
- *Current Parent or Guardian*
- *Pass a Criminal Background Check (provided)*
- *Pass a Maltreatment/Child Abuse and Neglect Check (provided)*
 - *Tine Test*
 - *Physical*
- *Food Handlers Card (provided)*
- *Sign a Statement of Criminal Record*

For more information please contact
Medena Lester 304-682-8271ext. 110.

sub·sti·tute- [suhb-sti-toot, -tyoot]

An outstanding individual who steps up in a time of need to maintain order, peace, and structure within a given classroom or school. (see also: educator, superhero)

Join Our Team!

On the job training!

\$13.00 hour

Flexible Scheduling

**Contributing to the
lives and education
of the youth in our
community!**

MountainHeart
Community Services, Inc.

PO Box 1509
Oceana, WV 24870

304-682-8271

www.mthtwv.org

RSV in Infants and Young Children

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages

Each year in the United States, an estimated 58,000–80,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

Early Symptoms of RSV

RSV may not be severe when it first starts. However, it can become more severe a few days into the illness. Early symptoms of RSV may include:

- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing or difficulty breathing

Call your healthcare provider if your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Severe RSV Infection

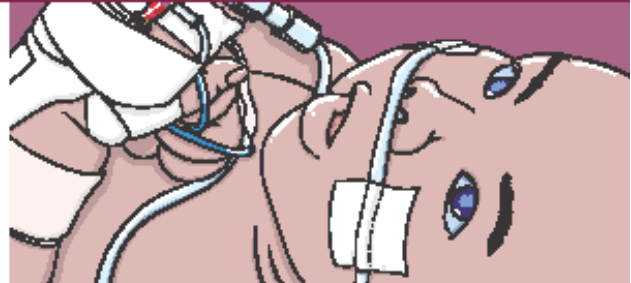
Virtually all children get an RSV infection by the time they are 2 years old. Most of the time RSV will cause a mild, cold-like illness, but it can also cause severe illness such as:

- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, IV fluids (if they aren't eating and drinking), and/or mechanical ventilation (a machine to help with breathing). Most improve with this type of supportive care and are discharged in a few days.

Medication for Babies at High Risk

There is a medicine that can help protect some babies at high risk for severe RSV disease. Healthcare providers usually give this medicine (called palivizumab) to very



premature infants and young children with certain heart and lung conditions as a series of monthly shots during RSV season. If you are concerned about your child's risk for severe RSV infection, talk to your child's healthcare provider.

RSV in Very Young Infants

Infants who get an RSV infection almost always show symptoms. This is different from adults who can have few or no symptoms with RSV infection. In very young infants (less than 6 months old), the only symptoms of RSV infection may be:

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses in breathing more than 10 seconds)

What you should do if your child is at high risk for severe RSV infection

RSV season in most regions of the U.S. starts in the fall and peaks in the winter. If you have contact with an infant or young child, especially those who were born prematurely, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- Stay home when you are sick



Centers for Disease
Control and Prevention
National Center for Immunization
and Respiratory Diseases

CS335623-C
November 2022

www.cdc.gov/rsv

Tara Harvey, Health/Safety/Nutrition Specialist



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 every **SECOND WEDNESDAY** of each month at 11 a.m. at the Administrative Office at Matheny.

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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

MountainHeart Community Services will be having Pre-K registrations with times to be announced:

February 15- Pineville Board of Education Office

February 22- Hanover Fire Department

February 23- Mullens Opportunity Center

February 24-MountainHeart Matheny Office

Please call Medena Lester for more information at 304-682-8271 ext 110

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.

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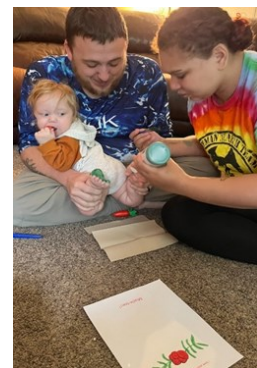
TAXES

The MountainHeart 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



Class Room Activities!



Perfect attendance

Inclusion in Early Childhood Education



Why Inclusion?

For children with special needs, an inclusive childcare program provides belonging, acceptance, and developmentally appropriate practices. Children with disabilities learn typical developing skills from their classmates, when and how to use the skills, and they have an opportunity to develop friendships with typically developing peers. They are provided opportunities to develop positive attitudes toward themselves and others who are different from themselves.

What Inclusion Means

Inclusion means making all programs and settings, including educational programs or community activities in which typical children and their families participate, accessible, and available to children with disabilities in their families. Inclusion is integrating infants and young children with disabilities into typical educational settings and programs like family child care homes and center-based programs. It also means placing children with disabilities in the same educational programs and setting their parents will choose for them to attend if they did not have disabilities. Inclusion is providing opportunities for special education services to be provided within typical educational settings.

For example, a child with a certified Individual Education Plan (IEP) may be receiving speech therapy in the classroom or family childcare home or a child with an Individual Family Service Plan (IFSP) for occupational therapy may be receiving services provided by an early start agency at a family child care home.

Inclusion is providing adequate support and training to caregivers, service providers, and families. It is addressing parents' concerns and priorities for their infants, children, and adults.

Benefits of Inclusion

Everyone benefits from inclusive practices. Children with special needs benefit from inclusion because they are seen as a child first with special needs secondary, becoming more independent and self-reliant, making new friends, and learning appropriate social skills. Children who are typically developing benefit as they are learning to accept and become comfortable with individual differences. They are also gaining awareness of the ability to express caring, concern, and compassion. They will also experience increased self-esteem through helping others. Parents and other family members benefit from inclusion as well as they expand the variety of social situations for themselves and their child. They experience a connection with a larger group of families within their community, reduce fears, and increase acceptance of people with special needs. Staff members, caregivers, and teachers benefit from inclusion as they expand techniques for individualizing activities, provide services for children with special needs and their families, and learn more about available resources.

Special education specialists who might come and provide services in your classroom will gain understanding as they observe typical development and expectation in children and broaden their understanding of child development and group dynamics. For the entire community, the greatest benefits are preparing the next generation for life together, as well as increasing an individual's ability to contribute to society.

Jared Harless, Infant/Toddler Specialist

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.





Birth Announcements



Bethany and David from Oceana announce the birth of their son, Koda, in November 2022. He weighed 5.10 pounds and was 20" long.



Alyssa and Jimmy from Oceana announce the birth of their son, Kason, in November 2022. He weighed 5.3 pounds and was 18.5" long.



Charity and BJ from Kopperston announce the birth of their son, Jaxtyn, in November 2022. He weighed 7.10 pounds.



Adrianna and Trey from Brenton announce the birth of their daughter, Aria, in December 2022. She weighed 8 pounds and was 19.75" long.



Angelica and Tim from Oceana announce the birth of their daughter, Kaylee, in October 2022. She weighed 7.2 pounds .

Congratulations on Your Great Accomplishments!!!!

Assistant Teachers, Amy Pauley, Clarissa Bailey, and Whitney Hill, received their Child Development Associate Credential.

Amy Pauley, Clear Fork HS 1 Clarissa Bailey, Clear Fork HS Whitney Hill, Matheny ELC



Lori Brown, EHS Home Visitor, received her Associates in Arts and her Associates in Applied Science in Early Childhood Education.



Melissa Rollyson, Parents As Teachers Parent Educator, received her Bachelors of Arts in Early Childhood Education.



Kristen Miller, Transportation/Nutrition Aid at Matheny ELC, received her Commercial Drivers License (CDL).



Parents As Teachers was awarded the “Blue Ribbon Affiliate”, which is the highest endorsement designation.



Ashley Stewart and Pam Nelson received their Prenatal to 3 year old *Foundational and Model Implementation* Certification for the Parents As Teachers program.



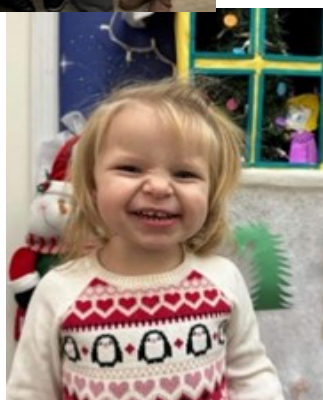


We all feel down in the dumps from time to time, particularly in winter. The lack of sunlight, the cold, the snow often leads us to want to hibernate inside until the Spring! There are some things you can do to make yourself feel better. Here are some tips to help boost your mood:

1. **Make your environment brighter.** Especially in winter the amount of sunlight we are exposed to is more limited. Opening the window shades and sitting closer to a window can help provide an extra dose of sunlight. If all else fails, using a light box-a source of artificial light for 30 minutes each morning can be effective as well.
2. **Eat smarter.** Eat as healthy as possible. While a little chocolate can help alleviate anxiety and improve your mood, certain foods like candy, processed foods and refined carbohydrates can cause dips in your mood state. Try to focus on 'clean eating', fruits, veggies, protein and healthy fats. Stay away from junk food.
3. **Avoid alcohol.** Alcohol is a depressant and while in some cases may provide temporary relief, it can ultimately can affect your mood by increasing feelings of depression and anxiety as well as alter focus, memory, perception, concentration and judgment.
4. **Exercise.** Multiple studies show that people with depression and anxiety benefit from regular exercise. It helps alleviate stress and boosts endorphins in the brain. Even brisk walking for 30 minutes a day can improve your mood.
5. **Turn on the tunes.** Studies show listening to upbeat, cheery music can improve your mood. Dance like nobody is watching-it boosts those endorphins, those feel good chemicals in our brains!
6. **Plan a vacation or other event to look forward to.** A future trip to the beach with friends, a get way, concert or other event will give you something to look forward to.
7. **Help others.** Volunteering your time can improve your mental health and general life satisfaction.
8. **Get outside.** Despite the chilling temperatures, spending time outside can improve your mood, focus and lower stress levels. Just 15 minutes a day in the sunshine can boost Vitamin D levels. Bundle up and build a snowman, go ice skating or take a walk. Studies have shown that just being out in nature can ground us and improve our moods.
9. Watch a funny movie, get goofy with your friends. Laughter really is the best medicine!
10. **Stay social.** People have a tendency to hibernate in the winter. Isolation can increase feelings of depression. Stayed connected and spend time with loved ones.

Dereck Adkins, Mental Health & Trauma Specialist

Spending the Day with Santa!!!!



PAS/HOME BASE

Breakfast With Santa



PAS/HOME BASE Breakfast With Santa



Quilt Donations from Quilters Corner in St. Andrews, Brandon, FL



Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- Our **furnace has been inspected and serviced** by a qualified professional during the last 12 months. *(A furnace should be serviced at least once a year.)*
- Our **chimneys and vents have been cleaned and inspected** by a qualified professional. I have checked for creosote build-up. *(Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)*
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our **fireplace screen is metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. *(The ash container should be kept at least 10 feet from the home and any nearby buildings.)*
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. *(Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)*
- We have **tested our smoke alarms** and made sure they are working. *(You need smoke alarms on every level of the home, inside each sleeping room and outside each separate sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)*
- We have **tested our carbon monoxide alarms** and made sure they are working. *(Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)*



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education

***From The Staff
At
MountainHeart
Community Services***

