

# MOUNTAINHEART NEWSLETTER

OCTOBER 2024

## BACK IN THE CLASSROOM!

We are delighted to welcome all our wonderful students and families to a new school year at MountainHeart! Our classrooms are already filled with laughter, curiosity, and the joy of learning. From creative arts and crafts to engaging story times, our dedicated teachers and home visiting staff are committed to making each day a fun and enriching experience for your little ones. Here's to a fantastic year of growth, friendship, and endless fun! Hopefully this newsletter will give you some insight behind the scenes of our classrooms and home visits with all the great work that goes in to them!

## UPCOMING EVENTS

OCT

9-  
10

Fall Bash

11

No School (Teacher Inservice)

16

Policy Council

25

No School (Teacher Inservice)

## MISSION STATEMENT:

WORKING TOGETHER WITH INDIVIDUALS, FAMILIES, AND COMMUNITIES  
TO PROVIDE RESOURCES FOR A BETTER LIFE.

## FALL BASH

*October 9th & 10th*

*@ the Matheny Office*

*Times to be announced*



## CONTACT INFO



304-682-8271



PO Box 1509 Oceana WV  
24870



33 MountainHeart Lane  
Matheny WV 24860

# INFORMATION

## Head Starts

Baileysville 1 304-732-7711  
Baileysville 2 304-682-7097  
Clear Forks 304-682-4625  
Glen Fork 304-682-4899  
Hanover 304-664-5614  
Maben 1 & 2 304-294-6079  
Southern 304-294-7344

## Early Head Starts

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

**Stay connected with us!**

**FOLLOW MOUNTAINHEART COMMUNITY SERVICES ON FACEBOOK!**



**Dreama Padgett, Chief Executive Officer**

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

**Teresa Runyon, Chief Financial Officer**

**Medena Lester, Family & Community Engagement/ERSEA Specialist Head Start/Early Head Start Parents as Teachers Supervisor**

**Glenna McCoy, Early Childhood Specialist- HS**

**Jared Harless, Infant and Toddler Specialist- EHS**

**Lisa McCoy, Health/Safety/Nutrition Specialist Head Start/Early Head Start Jessica Mitchell, Mental Health/Trauma Specialist/PREP Coordinator Head Start/Early Head Start**

**Tracy Cox, Family Support/File Specialist Head Start/Early Head Start**

**Roger Davis, Transportation/Facilities Specialist**



# IMPORTANT DATES



OCT 3 - Early Release



OCT 9 & 10- FALL BASH



OCT 11 - No School



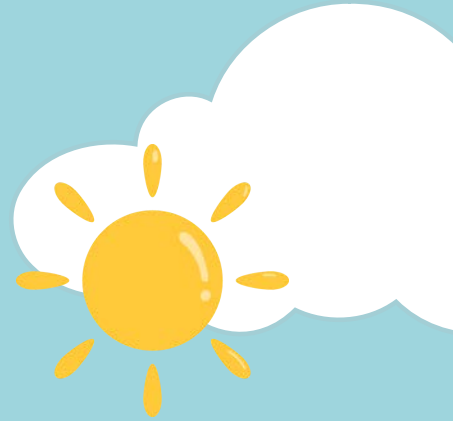
OCT 16 - Policy Council



OCT 25 - No School



NOV 1 - No School





# MOUNTAINHEART HITS

# GOLD STATUS!!!

MountainHeart Community Services, Inc. strives to increase efficiency, effectiveness and to exceed expectations. Due to the high quality of programs, services, policies and procedures, MountainHeart Community Services, Inc. was honored to receive the Pathways to Excellence Gold award at the 2024 National Community Action Partnership's Annual Convention in Seattle, Washington. This Excellence award would not be possible for the agency without the support and dedication of all staff, leadership, and volunteers.

A special thank you to the agencies excellence committee and the board of directors that dedicate their time and effort to help make MountainHeart Community Services, inc. an excellent agency.





SAVE THE DATE  
FOR OUR ANNUAL

# Fall Bash

MountainHeart will be hosting the event at their administrative office in Matheny, WV. This event is held each year to provide families of Wyoming County the opportunity to become familiar with the resources and services available throughout the county and state. Every family with a child enrolled in PreK, Early Head Start and Parents as Teachers will be invited to attend this event, the children will be bused in throughout the day. Set up will be outside and you will have 2 parking spaces available to set up in. Approximately 475 children will be attending this event! Times are still being determined but estimated to be between 9-2:30 each day.



Your participation is appreciated!



.....  
October  
9th and 10th  
2024  
.....

**Please contact  
Medena Lester  
for more  
information @  
304-688-5076**



# Community Bulletin

## WV DHHR

The Bureau for Family Assistance provides services and supports that help West Virginians overcome barriers to stability and self-sufficiency.

- WV WORKS
- SNAP
- Medicaid
- Medicaid for Long Term Care
- Medicare Premium
- School Clothing Allowance
- Utility/LIEAP
- Child Care/Resources

**LOCATION: PINEVILLE, WV**

**CONTACT: (304)732-6900**

## Oceana Better Living Center

- Help with power 1x a year
- clothing vouchers
- food bags (will be announced)

**(304) 682-4466**

**Southern Highlands Community Mental Health Center** is one of the 13 comprehensive community mental health centers established in West Virginia. Serving both children and adults in Mercer, McDowell, and Wyoming counties, we offer an array of mental health, substance abuse, and community support services for chronically mentally ill, addicted, and/or intellectually/developmentally delayed individuals

Pineville location: (304) 732-6043:

## Resource: Beckley Dream Center Loaves and Fishes (304) 252-3402

Helping those in need with utilities when funds permit, disaster relief, food pantry, holiday food, baby pantry, mobile kitchen and shower

Food boxes distributed on the 3rd Saturday of the month.

Baby Pantry open Tues & Thursdays

1:30pm-4:00pm

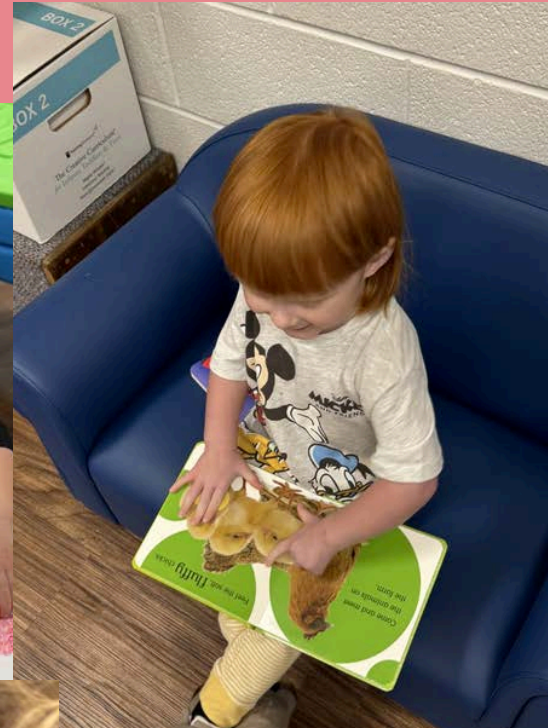
(not available on 3rd Saturdays)

\*Photo ID required

## MOUNTAINHEART COMMUNITY SERVICES, INC.

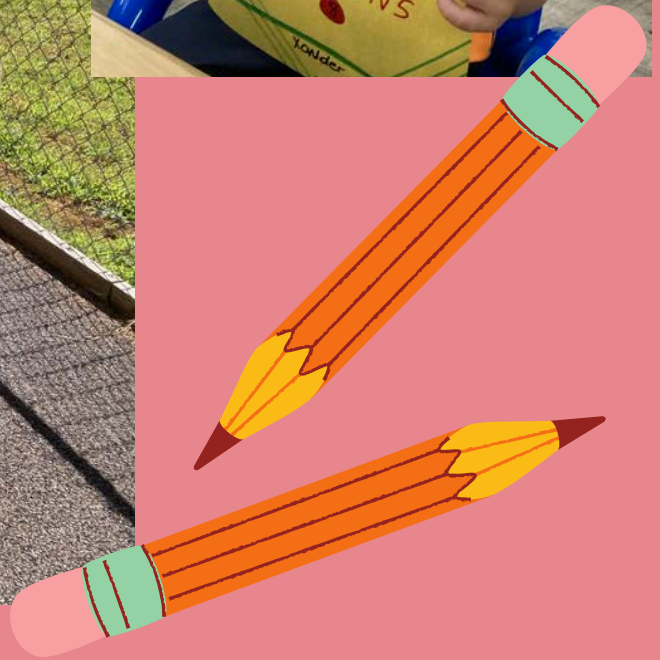
P O BOX 1509 OCEANA, WV 24870  
(304) 682-8271 FAX: (304) 682-8274

# *In the classroom...*



Wyoming East Early Learning Center participating in some classroom activities and fun!

CONTINUED...





# Home Base Learning



Koda and his Dad helping Miss Lori paint a pumpkin for fall!



These activities were focused on color/ letter recognition and fine motor skills all while encouraging the children's creativity.



Miss Songza's paint and letter recognition lesson!

# PAT - Parents As Teachers

Sorting Activity- Teaching families how to build their child's skills in matching, sorting, and classifying. This skill is essential in building early math, science, and reading skills. Encourages cognitive development



Cup Stacking- Teaching parents how to use ordinary objects to "support learning", which is one of Parents As Teachers 5 Parenting Behaviors. This activity not only encourages motor development, but also problem solving and balancing.



Pumpkin string art- Helping parents learn that they can use everyday household items, such as a paper plate, yarn, and popsicle sticks, to make learning fun. This activity helps encourage motor development, problem solving, and hand-eye coordination.



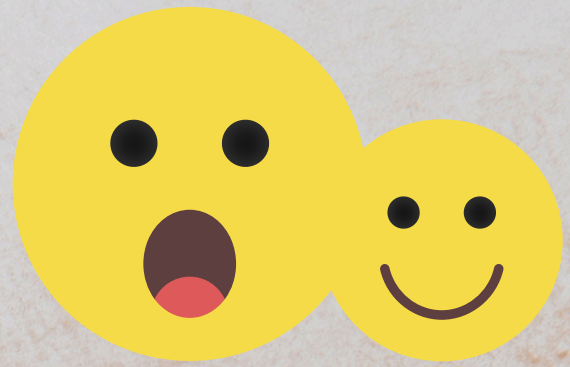
PICTURES AND LESSONS FROM ASHLEY STEWART-PAT!!

September 12th social, where we taught parents the "ABC's of Behavior" and gave the families an opportunity to socialize and form connections with each other. The children loved playing dress-up, stacking blocks, and playing with one another.



# PAT

*Continued...*



Miss Dina and her students participated in a lesson on emotions! The kiddos would pull an emotion face from a bag and would imitate it



They had so much fun!



## Benefits from this activity can help the children to:

- Understand and manage their emotions
- Bounce back after strong emotions
- Control impulses
- Behave positively
- Develop self-regulation skills
- Improve communication skills
- Nurture positive coping mechanisms
- Boost academic achievement
- Acquire long-term life skills
- Recognize and express their feelings

# PAT



Lexi and her parents showing the monster they made for the fall bash monsters wall!



PJ and her mom made an elephant mask after she and Miss Tonya read "Parade of Elephants." Mom sent pictures that her and PJ had done for parent child interaction together!



Kinsley and her mom Samantha working on an alphabet puzzle!

IF YOU OR ANYONE YOU KNOW ARE INTERESTED IN OUR PARENTS AS TEACHERS PROGRAM, PLEASE CONTACT MEDENA LESTER AT 304-682-8271 EXT 110

LEARN  
AS YOU  
GROW

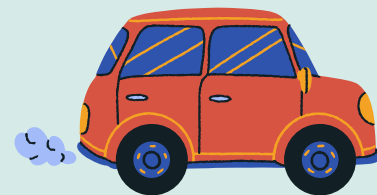
# KEEPING YOUR BABY SAFE FOR TRAVEL – RIGHT FIT BASIC TIPS

## Right Fit Basic Tip #1

### *ABOUT THE HARNESS*

A properly-fitted 5-point harness gives the best possible protection for your child. A 5-point harness has straps that go over both shoulders and both hips and then buckles at the crotch. The car seat label will tell you the weight and height range of the harness. Check regularly to make sure your child hasn't outgrown it.

A seat belt is also a type of harness and is used on older children in booster seats. Every passenger in a moving vehicle must use some form of harness for protection in case of a crash.



## Right Fit Basic Tip #2

### *USE THE CORRECT HARNESS SLOTS*

As your child grows, the proper placement of the shoulder straps changes. On rear-facing car seats, the shoulder straps should come through the car seat slots at or just **BELOW** your child's shoulders. On forward-facing seats, the shoulder straps should be at or just **ABOVE** the shoulders.

## Right Fit Basic Tip #3

### *USE THE CORRECT HARNESS AND BELT PLACEMENT*

**Car Seat:** Use a 5-point harness for your child for as long as your child meets the weight or height limits of the car seat. A 5-point harness provides more protection than a seat belt used with a booster seat or a seat belt alone. Make sure that the harness fits snugly around your child's hips and shoulders. We will show you how to do the Pinch Test in Tip #4.

**Booster Seat:** After your child has outgrown the car seat harness, move to a booster seat. Use the car's lap and shoulder seat belt with a booster seat as shown in the video above. The shoulder strap should fit across the chest and on the shoulder, not across the face or neck. The lap belt should lie on the top of the legs or low on the hips, not across the stomach. Follow the seat belt guides on the booster seat. If your child moves the shoulder belt behind her back and under her arm, it means that the seat belt and booster seat aren't fitting properly. If your child cannot use the booster seat just as the manufacturer requires, return to the car seat with a harness instead.

**Seat Belt Alone:** Do the Seat Belt Fit Test in every car your child uses. Use the seat belt alone when your child has outgrown the booster seat and passes the Seat Belt Fit Test. Place the seat belt over the shoulder and low on the hips. If your child cannot fit properly and safely with just a seat belt, use the booster seat instead.

## **Right Fit Basic Tip #4**

### *DO THE PINCH TEST*

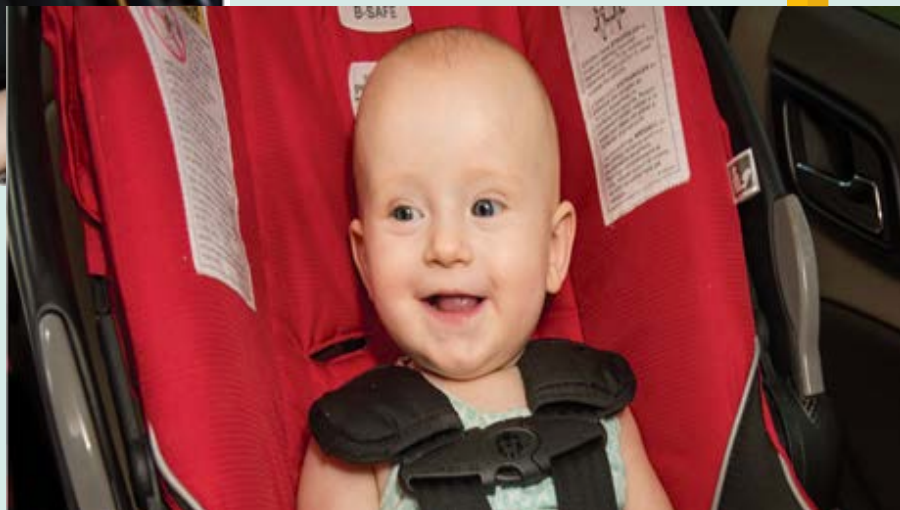
Do the Pinch Test to make sure the harness is snug enough. After you buckle and tighten the harness, pinch the harness at the shoulder. If the harness is snug, your fingers will slide off the webbing. If the harness is loose, you will be able to pinch the webbing between your fingers. A loose harness is a common mistake and is not safe. Keep tightening the harness until it passes the Pinch Test.

## **Right Fit Basic Tip #5**

### *WINTER COAT IN THE CAR*

Wearing bulky clothes or winter coats can prevent a snug fit of the harness. You might think your child is securely snug in the seat when in fact the harness is not tight because there is so much air in the jacket. Adjust the harness while your child's coat is off, then put the coat back on and re-buckle. The harness may be tight, but it will fit properly.

Jared Harless- *Infant/Toddler Specialist • Early Head Start*





# 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](http://www.mthtwv.org)



# SCAN ME

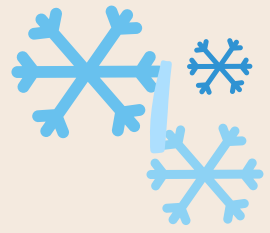
FOR A CHANCE TO WIN A  
PRIZE!



WE ARE IDENTIFYING FINANCIAL NEEDS IN THE COUNTIES WE SERVE. PARTICIPATION IN THIS SURVEY IS VOLUNTARY. ONE SURVEY RESPONSE WILL ENTER YOUR NAME IN A RAFFLE FOR A MYSTERY BOX FILLED WITH MOUNTAINHEART GOODIES. THE NAME WILL BE DRAWN ON NOVEMBER 18TH, 2024 AND ANNOUNCED ON FACEBOOK.



# Inclement Weather Schedules:



***The Early Learning Centers and Head Start Pre-k classrooms will close when the Wyoming County Board of Education is closed due to weather.***

**When the Wyoming County Board of Education is on a two or three-hour delay, the Early Learning Centers and Head Start Pre-K classrooms will follow the two-hour delay schedule and release at the regular time.**

-NORMAL SCHEDULE- BUSES LEAVE CENTER AT 8:00 AM/DROP-OFF AT 9:00AM

-3 HR DELAY – BUSES LEAVE CENTER AT 10:00 AM/ DROP-OFF AT 11:00AM

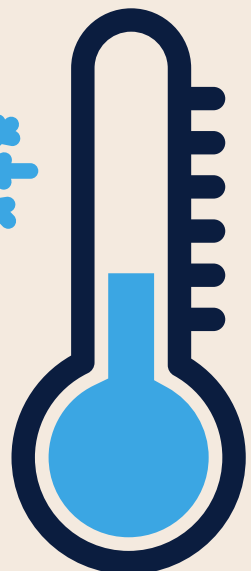
-BOARD SCHOOLS CLOSED- WE ARE CLOSED

These schedules may change so please watch our Facebook page for updates!

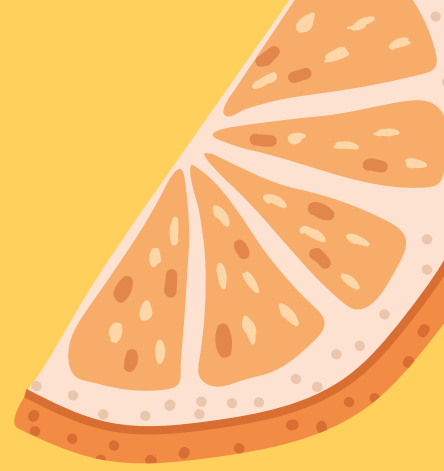
<https://www.facebook.com/mountainheartwv/>

Please be advised that if the public school system sends children home during the day due to inclement weather, we may begin sending children home on a center basis depending on the road conditions in each area and if the roads have been treated by the Department of Highways

.For example, we may keep the children at the center until the roads have been salted if necessary



# Fruit-a-licious BreakFast Cup



Find a cup!



Grab your  
favorite yogurt  
and whole grain  
cereal



Pick your  
fruit:



1. Start with yogurt- spoon in to bottom of cup
2. Add some crunch - spoon cereal on top of yogurt
3. Pick your favorite fruits- add on top of cereal
4. Make your pattern - add more yogurt, then cereal, then fruit
5. Enjoy!!



# Resources

## FOR WEST VIRGINIA

Abused Women/Resolve Family Abuse Program  
1-800-352-6513  
Adoption Center  
1-800-ADOPTION  
Adopt-A-Highway (WV)  
1-800-322-5530  
Adult/Child Abuse Hotline  
1-800-352-6513  
Adult Education Hotline  
1-800-642-2670  
Alcoholics Anonymous  
1-800-333-5051  
Alzheimer's Association  
1-800-272-3900  
American Cancer Society  
1-800-227-2345  
American Council of the Blind  
1-800-424-8666  
American Diabetes Association  
1-800-342-2383  
American Heart Association  
1-800-926-4278  
American Lung Association  
1-800-586-4872  
American Lung Association Lung Helpline & Tobacco Quitline  
1-844-252-5864

American Psychiatric Association  
1-888-357-7924  
American Trauma Society  
1-800-556-7890  
Annual Credit Report  
1-877-322-8228  
Appalachian Center for Independent Living  
1-800-642-3003  
Asthma & Allergy Foundation  
1-800-727-8462  
Auto Safety Hotline  
1-800-424-9393  
Autism Training Center  
1-800-344-5115  
Better Business Bureau  
1-866-228-1820  
Blind Information & Referral  
1-800-642-3021  
Cancer Information Service  
1-800-422-6237  
Child Abuse Hotline  
1-800-422-4453  
Child Care Resource & Referral  
1-800-424-2246

Child Safety Council  
1-800-327-5107  
Child Support Enforcement  
1-800-249-3778  
Children International  
1-800-888-3089  
Children's Defense Fund  
1-800-233-1200  
Children's Tumor Foundation  
1-800-323-7938  
Children's Make-A-Wish  
1-800-323-9474  
Cleft Palate Foundation  
1-800-242-5338  
Connect Psychiatry & Behavioral  
1-800-284-8898  
Consumer Credit Counseling  
1-800-431-8157  
Consumer Product Safety  
1-800-638-2772  
Crisis Hotline (24 hour)  
1-800-615-0122  
Disaster Distress Helpline  
1-800-985-5990  
Down Syndrome Society, National  
1-800-221-4602



*Thank You*  
for being apart of the  
MountainHeart family!

**STRONGER  
TOGETHER**



We hope to see you at activities throughout the program! Please contact us for any other information you may need.



NEWSLETTER CREATED FOR YOU BY  
FAMILY SERVICE STAFF

