

# MOUNTAINHEART COMMUNITY SERVICES

## MAY 2025 NEWSLETTER

### CLASSROOM AREA FOCUS: OUTDOOR PLAY

The time children spend outdoors every day is just as important to their learning as the time they spend in the classroom. For teachers, outdoor offers many ways to enrich the curriculum and support children's development and learning.

#### Benefits of outdoor play:

Social/ emotional- Sense of purpose when engaging in purposeful activities.

Physical- Gross motor skills to leap, run, jump and swing!

Fine motor skills when collecting small objects, pouring sand or weeding.

Cognitive Development- Studying new finds, watching things grow and using their senses.

Language Development- Expanding vocabulary when learning the names of new things and describing their characteristics

### THE PROMISE OF COMMUNITY ACTION

Community action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

### OVERVIEW:

- Mental Health Awareness month
- Track & Field
- Home Base socials
- Head Start/ Early Head Start class activities
- Staff spotlight
- Summer Safety Tips!

### IMPORTANT DATES:

5/7 HS Track & Field

5/9 No School

5/15 EHS Track & Field

5/21 Policy Council

5/22 Last Day Pre-K Head Start

5/23 No Early Head Start

5/26 Holiday

## EARLY HEAD START

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

## HEAD START

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

## PROGRAM INFORMATION

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

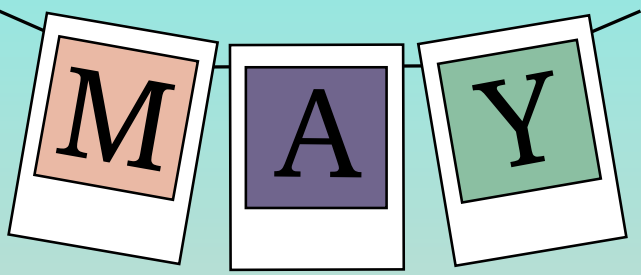
PAULA SHELTON, INFANT AND TODDLER SPECIALIST- EHS

LISA MCCOY, HEALTH/SAFETY/NUTRITION SPECIALIST HEAD  
START/EARLY HEAD START

TRACY COX, FAMILY SUPPORT/FILE SPECIALIST HEAD  
START/EARLY HEAD START

ROGER DAVIS, TRANSPORTATION/FACILITIES SPECIALIST

KRISTIN POWERS, MENTAL HEALTH/TRAUMA SPECIALIST HEAD  
START/EARLY HEAD START



# MENTAL HEALTH AWARENESS MONTH

## Journaling

Journaling helps control your symptoms and improve your mood by helping you prioritize problems, fears, and concerns. Provides an opportunity for positive self-talk and identifying negative thoughts and behaviors.

When journaling try to write everyday, even if it is just a few minutes. There are no rules, write or draw what feels right to you. Use your journal how you want to.

## Color

Coloring is known to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

## Selfcare

Selfcare is not selfish! Take care of your mind and body. You know when you need a break. Allow yourself to do something that relaxes you or makes you happy. Self-care relies on increased self-awareness. Make sure you are getting enough sleep, take a bath, read a book, or do any hobby that makes you happy!

Self-care looks different for everyone, and it is important to find what you need and enjoy. It may take trial and error to discover what works best for you. In addition, although self-care is not a cure for mental illnesses, understanding what causes or triggers your mild symptoms and what coping techniques work for you can help manage your mental health.







SAVE THE DATE

# EHS TRACK & FIELD DAY

MAY 15TH

10AM-12PM

@ WYOMING EAST AUXILIARY GYM





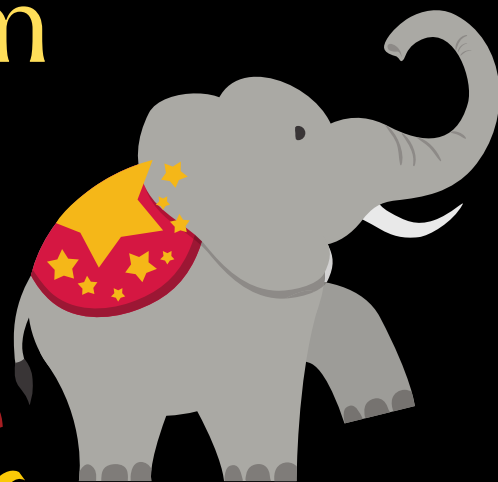
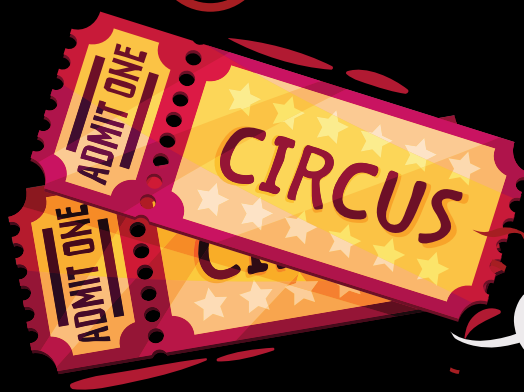
**SAVE THE DATE!**

**Annual Parent Appreciation  
Track & Field Event**

 **May 7, 2025**

 **Twin Falls State Park**

 **11:00 am – 1:00 pm**



# Home Base Social

Social happens twice a month. During this, we offer health & safety education and activities for prenatal women, infants and children. This allows parents and children to interact with their peers as well as gain helpful knowledge on things such as parenting and health tips. We also provide a nutritional meal to parents and kids! We have “lunch with the bunny,” and “breakfast with Santa” during the holidays! - Lori Brown Home Base 4



**IF YOUR FAMILY IS ENROLLED IN HOME BASE, PLEASE GET WITH YOUR HOME EDUCATOR FOR DETAILS TO ATTEND THEIR SOCIAL EVENTS!**





# Matheny Early Head Start

Matheny Early was pleasantly surprised to see a furry friend at their Easter parent activity!





# *Southern Pre-K Head Start*

*Parent  
Activity*



Parental involvement is a key component of the Head Start program, helping to support children's learning and development from an early age. When parents engage in their child's Head Start experience —by volunteering in the classroom, participating in classroom activities, or joining parent meetings— they build strong partnerships with educators and become active contributors to their child's growth!





# Glen Fork Pre-K Head Start

A lesson on Newton's laws is always an engaging experience! The students explored how a penny can spin independently inside a balloon, demonstrating principles of motion. We love watching their curiosity come to life through hands-on science experiments.





# Westside EARLY HEAD START Center



Westside Early is shaking their sillies out, enjoying some music and dance in the classroom! Moving to music helps little ones build coordination; While singing and rhythm boost early communication and listening skills. Plus, it's a joyful way to bond and express emotions!





continued...





# Clear Fork 1 Pre-K Head Start

Clear Fork 1 is  
wearing blue  
and sporting  
their pinwheels  
for Child Abuse  
Awareness!



The Oceana Library  
welcomed them to  
enjoy an Easter  
story and a Pete  
the Cat book! They  
were able to  
choose their book  
and check them  
out with their very  
own library cards.



# CLEAR FORK 2 PRE-K HEAD START



Clear Fork 2 visited a local flower shop, Westside Floral! They received a tour, learned about different types of flowers, and were given seeds to plant on their own! We are thankful to our community for welcoming us to do these activities with them.





# Parents as Teachers



PAT team attended a Mandated Reporter training hosted by MIECHV on April 16, 2025 at the Beckley Convention Center. The training was informative and interactive, working through different scenarios of when it would be appropriate to contact CPS/police regarding our families that we visit.

-Dina Price PAT

Congratulations to our very own Tonya Tilley for being awarded Home Visitor of the Year for West Virginia!

Your dedication and hard work has truly paid off and shows through your work.

We are so excited and proud of her!



# STAFF SPOTLIGHT



*Molly Trent*



Job Title: Family Service Specialist

How Long I Have Been Here: 4 years!

What I Do: I help with the enrollment process of my assigned Head Start and Early Head Start classrooms, I help out in the classrooms when coverage is needed, I keep track of the files of my caseload, and I directly help families with finding resources to help them live a sustainable life.

What I Love About My Job: Building relationships with the families and helping them in any way possible. I also love my job because of the amazing coworkers that inspire me and encourage me every day!

My Hobbies: I love to read, cook/bake, and spend time with my friends and family!

Job Title: Family Service Specialist

How Long I Have Been Here: 3 years

What I Do: Assist families with obtaining resources, and enrollment for my HS/EHS centers. I cover in the centers when needed, set-up parent meetings, and anything else necessary throughout the school year!

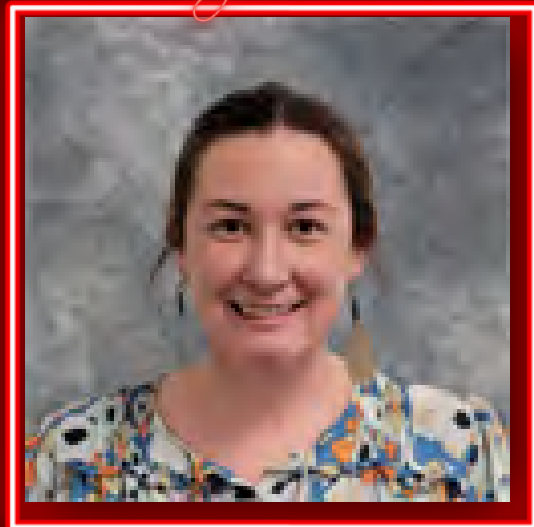
What I Love Most About My Job: I love seeing the kids in the centers and getting to know them as well as their families

My Hobbies: I enjoy being outside, painting and spending time with my family/friends!

*Aerial Deskins*



*Kristyn Ball*



Job Title: Family Support Specialist

How Long I Have Been Here: 2 years

What I Do: Support Families and Children with any needs they may have

What I Love Most About My Job: Meeting people within our community, seeing children smile every day.

My Hobbies: Being with my family, scuba diving, and being outside.



# EASTER SOCIAL

## *Home Base*





# continued...





# Birth Announcement!

***Home Base 4,  
Miss Lori,  
welcomes their  
newest member!***

***Edward  
Walker***

11/26/2024

6lbs. 6oz.





# Perfect Attendance Ln.



Southern  
Pre-K Head  
Start



Glen Fork  
Pre-K Head  
Start





# Fathers **Inspire**



ADMINISTRATION FOR  
**CHILDREN & FAMILIES**



NATIONAL CENTER ON  
Parent, Family and Community Engagement



A vibrant, colorful illustration of the word "SUMMER" in a playful, stylized font. The letters are decorated with various patterns like stars, stripes, and polka dots. Surrounding the text are summer-themed icons: a red flower, a sun, a beach ball, a pair of sunglasses, a glass of lemonade, a beach ball, a pair of flip-flops, and an ice cream cone.

- Stay hydrated – drink plenty of water throughout the day.
- Wear sunscreen (SPF 30+) and reapply every 2 hours.
- Wear light, breathable clothing and a wide-brimmed hat.
- Always swim with a buddy and in supervised areas.
- Wear helmets and protective gear for bikes, skateboards, etc.



Newsletter created for you by  
Family Service Staff

