



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...

April is Child Abuse Prevention Month

Every family has strengths, and every family faces challenges. When you are under stress-the car breaks down, you or your partner lose a job, a child's behavior is difficult, or even when the family is experiencing a positive change, such as moving into a new home-sometimes it takes a little extra help to get through the day.

Protective factors are the strengths and resources that families draw on when life gets difficult. Building on these strengths is a proven way to keep the family strong and prevent child abuse and neglect. This tip sheet describes six key protective factors and some simple ways you can build these factors in your own family.

- * **Nurturing and Attachment:** our family shows how much we love each other.
- * **Knowledge of Parenting and Child Development:** I know parenting is part natural and part learned. I am always learning new things about raising children and what they can do at different ages.
- * **Parental Resilience:** I have courage during stress and the ability to bounce back from challenges.
- * **Social Connections:** I have friends, family, and neighbors who help out and provide emotions support.
- * **Concrete Supports for Parents:** Our family can meet our day-to-day needs, including housing, food health care, education, and counseling I know where to find help if I need it.
- * **Social and Emotional Competence of Children:** My children know they are loved, feel they belong, and are able to get along with others.



Volume X III
April 1, 2013

Special points of interest:

1. Abuse Prevention month
2. More Vegetables
3. kids and exercise
4. monthly calendar



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From the ...Nutrition Manager

Add more vegetables to your day 10 tips to help you eat more vegetables

1. Discover fast ways to cook-cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal.
2. Be ahead of the game-cut up a batch of bell peppers, carrots, or broccoli, pre-package them to use when time is limited.
3. Choose vegetables rich in color-brighten your plate with vegetables that are red, orange, or dark green.
4. Check the freezer aisle-frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies.
5. Stock up on veggies-canned vegetables are a great addition to any meal so keep them on hand, also look for “low sodium” or “no salt added”
6. Make your garden salad glow with color-brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers. Your salad will not only look good but taste good, too!
7. Sip on some vegetable soup-heat it and eat it, try tomato, butternut squash, or garden vegetable soup, look for reduced-or-low sodium soups.
8. While you're out-if dinner is away from home, no need to worry. When ordering ask for extra side of vegetables or a side salad instead of the typical fried side dish.
9. Savor the flavor of seasonal vegetables-buy vegetables that are in season for maximum flavor at a lower cost. Or visit your local farmer's market.
10. Try something new-you never know what you may like. Choose a new vegetable-add it to your recipe or look up how to fix it online.



From the ...Health/Mental Health Coordinator

Kids and Exercise

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights. But for kids, exercise means playing and being physically active. Kids exercise when they have a gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag.

The many benefits of Exercise

Everyone can benefit from regular exercise. Kids who are active will:

1. have stronger muscles and bones
2. Have a leaner body because exercise helps control body fat
3. Be less likely to become overweight
4. Decrease the risk of developing type 2 diabetes
5. Possible lower blood pressure and blood cholesterol levels
6. Have a better outlook on life

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges— from running to catch a bus to studying for a test.

The Three Elements of Fitness

If you've ever watched kids on a playground, you've seen the three elements of fitness in action when they:

1. run away from the kid who's "it" (endurance)
2. Cross the monkey bars (strength)
3. Bend down and tie their shoes (flexibility)

Parents should encourage their kids to do a variety of activities so that they can work on all three elements.





Head Start/Early Head Start Program

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What is Head Start? What is Early Head Start?

Head Start and Early Head Start are comprehensive child development programs which serve children from birth to age 5, pregnant woman, and their families. They are child-focused programs, and have the overall goal of increasing the social competence of young children in low-income families.

By "social competence" is meant the child's everyday effectiveness in dealing with both his or her present environment and later responsibilities in school and life. Social competence takes into account the interrelatedness of social, emotional, cognitive, and physical development.

What is the Oglala Lakota College Head Start Program?

Our goal is to provide a full range of services to meet the needs of Lakota children from 0-5 and their families addressing cognitive, emotional, physical, nutritional, mental health, and Lakota language and culture development of children and the development needs of families.



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April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1 April Fools Day</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19 Deadline for consent forms</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26 PD no school</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>				