



## Head Start/Early Head Start Program From the Administration...

### August is National Immunization Awareness Month

National Immunization Awareness Month is the perfect time to promote immunizations and remind family, friends and coworkers to get caught up on their shots.

Immunizations (vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness. Everyone age 6 months and older needs a seasonal flu shot every year. Here are some other shots people need at different ages:

#### Young children:

- Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

#### Pre-teens and teens:

- Pre-teen need shots at age 11 or 12 to help protect them from tetanus, diphtheria, whooping cough, meningitis, and HPV (human papillomavirus).
- Teens need a booster shot at age 16 to help protect them for meningitis.

#### Adults:

- All adults need a booster shot every 10 years to protect against tetanus and diphtheria.
- People age 65 or older need a one-time pneumonia shot.
- Talk to your doctor or nurse about which shots you and your family need.

Shots can prevent infectious diseases like measles, diphtheria, and rubella. Bite people in the U.S. still die from these and other vaccine-preventable diseases. Its important to know which shots you need and when to get them.



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#### Special points of interest:

*1. Awareness Month*

*2. Concepts in the Kitchen*

*3. Stop Germs*

*4. Monthly Calendar*

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## From the ...Education Coordinator

### Concepts in Cooking, Kids in the Kitchen



Although kids may never view it as such, the kitchen is an excellent learning lab.

Here are some delicious opportunities that arise when your child cooks alongside you:

**Math:** There's a lot of math involved in ingredient measuring and pouring. Toddlers and preschoolers can aid in counting, while slightly older children can begin to learn fractions. As children are ready, challenge them with cutting recipes in half or doubling. (Heck, this still challenges me!)

**Science:** Consider, for example, the change in mass that occurs when you melt butter, boil water, or bake cake batter. Kids get to see how mixing some substances, such as flour, salt, and water, creates cohesive dough, while mixing other ingredients, like oil and vinegar, causes them to separate. Younger children will enjoy simple observation and discussion. To my 3 year old, these occurrences are magical. In a low-key way, you might ask your grade-schooler to research why yeast rises or what happens when food burns and explain it to you. There's nothing more delightful to a child than telling a grown-up something that he knows and the grown-up doesn't. (And besides, don't you want to know?)

**Reading:** Pre-readers might enjoy matching colorful cookbook pictures with ingredient and dish names. Recipes allow kids to match action verbs and nouns with their real-world counterparts, engaging the kids while they learn. And reading ingredient labels in the kitchen or at the grocery store is an excellent way to open up discussions about nutrition. Another fun way of developing a love for reading and cooking is to host a cook-a-book family theme party.

**Social studies:** Food is an excellent way to learn about other cultures. Start with a favorite dish and investigate the country and culture where it originated. Make this learning adventure hands-on and fun by hosting, say, a Mexican fiesta or a Swedish crayfish party. Explore our own traditions of turkey on Thanksgiving or cake on a birthday. The whole family can benefit from this delightful way of broadening horizons.



## From the ...Health Coordinator

### STOP IT! DONT SPREAD IT...

How Germs are Spread– The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets from coughs and sneezes.

When an infected person cough or sneezes droplets move through the air, they are deposited on nearby surfaces or the mouths or noses of people closely. Sometimes microbes or germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her won eyes, mouth or nose before washing their hands.

### Routinely clean and disinfect surfaces–

Cleaning surfaces with soap and water removes dirt and most germs. As an added safety measure, we recommend using a disinfectant on surfaces as well to kill germs.

### A Few Facts-

- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like tables, doorknobs, and desks.
- Children lose many days of school due to the common cold alone.
- Students need to get plenty of sleep and physical activity, drink water and eat good food to help them stay healthy in the winter and all year.





## 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.



Oglala Lakota College  
Head Start/Early Head Start Program

# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <i>HS PD week</i>	7	8	9	10 <i>All Staff</i>	11
12	13 <i>Classroom set-up</i>	14 <i>HS starts school</i>	15	16	17	18
19	20	21	21	23	24	25
26	27	28	29	30	31	