



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...

American Heart Month

American Heart Month is a month long celebration in the United States that happens every February. The "holiday" was established to urge Americans to recognize the nationwide problem of heart and blood vessel diseases and to support programs that solve the problem.

Risk factors that lead to heart disease:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Physical inactivity
- Tobacco use
- Family history



Good health habits to help prevent heart disease:

- Daily exercise
- Eating a balanced diet
- Maintaining a healthy weight
- Limiting sodium
- Avoiding tobacco
- Moderating alcohol consumption

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Special points of interest:

- 1. American Heart Month**
- 2. Sugary Drinks what to know**
- 3. "Exercise" the best medicine**

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From the ...Nutrition Manager



What to Know About Sugary Drinks

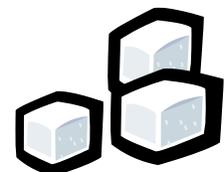
The nutritional information for an 8-ounce serving of soda is widely known. For every 8 ounce of soda, 110 calories along with 7 teaspoons of sugar are consumed. In the typical 12 ounce can of soda, there are 10 and 1/2 teaspoons of sugar. However, drink companies have a tendency to market products with similar nutritional value directly to children.

It is important to recognize the difference between fruit juice and sugary “Fruit Drinks” so that we can supply children with the nutrients they need to grow. Drinks such as Kool-Aide Jammers, Hawaiian Punch, and Capri Sun Orange, while the packages are covered in images of fruits, may only contain 5% or less of actual fruit juice. The main ingredients are simply water and high-fructose corn syrup (or sugar), and like soda, they contain 110 calories and 7 teaspoons of sugar. Fruit drinks also use artificial sweeteners such as splenda (labeled as sucralose) on top of the caloric sweeteners.

Another product under the category of sugary drinks is energy drinks. According to the American Academy of Pediatrics, highly caffeinated energy drinks “have no place in the diet of children and adolescents.” However, these are the main groups hearing the advertisements and seeing the ads on television. According to the law, it is not required to include caffeine content on packaging and so it is not. This makes it hard for parents to even try to monitor a child’s caffeine intake.

How to make a difference:

- **Serve Water:** Low-fat and non-fat milk are also good options for children over the age of 2
- **Keep Juice portions small:** (4-6 ounces for ages 1 to 6, and 8-12 ounces for older children)
- **Read Fruit Drink Labels:** 4 grams of sugar is equal to one teaspoon, and most children should not have more than 15 grams of sugar daily.



From the ...Health Coordinator



The Most Wonderful Medicine: Exercise



Currently, most marketing for exercise highlights the physical advantages of activity with headlines like “Extend Your Life Expectancy by 10 Years.” if it were available in pill form, exercise “would be the most prescribed wonder drug in history.”

While these claims are compelling, the challenge for health marketers is that humans are more attracted to short term gain rather than long-term gains. A new and compelling message to share says that-besides the obvious physical benefits, exercise also provides an impressive improvement in mental performance almost immediately.

According to studies completed, physical activity can help to:

- Improve your memory
- Increase your ability to perform complex tasks
- Increase your auditory and visual attention
- Reduce stress and anxiety

“According to Dr. John Ratey, author of Spark: the Revolutionary New Science of Education and the Brain, The exercise itself doesn't make you smarter , but it puts the brain of the learner in the optimal position for them to learn. A recent study suggests that 30 minutes on a treadmill may improve student performance on problem solving exercises by 10%

Some of the motivational taglines suggested by health.gov include the following:

- “Improve Your Childs Test Scores”
- “Be Happier Today”
- “Feel Smarter in Just 30 Minutes”
- “Be More Productive at Work”
- “Improve your memory”



There taglines hit home because they mention the immediate feedback we crave. Through the benefits aren't usually those associated with exercise they defiantly should be!



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Three Mile Creek Road
P.O. Box 490
Kyle, SD 57752

Phone: 605-455-6114
Fax: 605-455-6116
Email: jwhiteelk@olc.edu

**[http://
headstart.
olc.edu/](http://headstart.olc.edu/)**

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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February 2012

SUN	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Groundhog Day!</i>	3	4
5	6	7	8	9	10	11
12	13	14 <i>Valentine's Day!</i>	15	16	17 <i>Professional Development</i>	18
19	20 <i>Presidents Day!</i>	21	22	23	24 <i>Indigenous Day!</i>	25
26	27	28	29 <i>Leap Year!</i>			