



# Oglala Lakota College



## Head Start/Early Head Start Program

### From the Administration...

#### National Fresh Fruit & Vegetables Month

June is National Fresh Fruit and Vegetables Month and that makes perfect sense as many farmer's markets have recently opened. Many farmer's markets offer local, ripe produce at discounted prices.



Summer is upon us! Are you trying to get in-shape fast to fit into those summer shorts and swim suits? Or are you just interested in boosting your health with natural antioxidants? Just suitable fruits and vegetables for higher-calorie foods. Fruits and vegetables make great snacks and can be easily added to any meal. They are full of fiber so they are actually filling. Just try eating fresh fruits any vegetables all day and hopefully you will see how satisfying they can be.

#### Easy Fruit & Vegetable Meal Plan:

**Breakfast**-mixed berries & two hard boiled eggs

**Snack**-Carrots and snap peas with hummus

**Lunch**-Mixed greens salad with red onions, mushrooms, avocado canned salmon, balsamic vinaigrette.

**Snack**-Apple with natural almond butter or ounce of almonds

**Dinner**-Stir fry made with broccoli, water chestnuts, onions, bell peppers, chicken, & brown rice.

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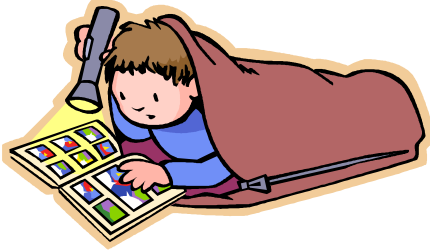
#### Special points of interest:

- 1. Fruit & Vegetable Month*
- 2. Read To your Child*
- 3. Child Safety Month*
- 4. Calendar*

#### Inside this issue:

Administration office	1
Cindy Fisher Education Cord.	2
Joseph Rosales Family Dev. Cord.	3
Monthly Calendar	4

## From the ...Education Coordinator



### Read to Your Child without Falling Asleep!

Experts all agree that reading to young children as well as babies is vitally important to their learning and growth. Knowing how to choose good books can also play a part in their development process as well as helping to keep you awake! A child development specialist once told me that if you can read a book to your child in less than 3 minutes you wasted your time, What? You mean I can't race through it and get the story over with!

Real quality reading time should include your child asking questions, pointing at pictures and interacting. As well as all parents, grandparents and care-givers know, our kids tend to pick the same book and want it read over and over and over. Let's face it, reading can get boring for the adults! Here are some tips on ways that parents can keep reading interesting and help our children build important developmental skills.

1. Use Animated Voices
2. Leave out Words
3. Read with Accents
4. Sing the Story
5. Change the Words
6. Read the book Backwards
7. Word Search
8. Make up a New Story



Parents and child care givers can also benefit from learning HOW to effectively read to children. Never rush through a book. Even small story-books should take more than 5 minutes to read. Why? Children need to be encouraged to ask questions, point to pictures, and use the story time as interactive play. The kids should hold the book and turn the pages.

## **From the ...Family Development Coordinator**

### **June is National Child Safety Awareness Month**

For most parents, the days of letting their kids run around the neighborhood from sunup to sundown went out with the lax attitude about bike hamlets. These days, summer is all about structure for most kids. Whether it's camp, daycare, summer school or other activity, its important for kids to be supervised. It's hard to hear about kids being taken or hurt, but it does happen, and that's why June is Child Safety Awareness Month. "Child Safety is important all year, but summer is an especially important time for parents and children to include safety in their activities,"



### **Keep your kids safe by starting with prevention.**

1. Be sure your child knows exactly where you live- street address, city, all applicable phone numbers, and of course how to use the telephone. It's helpful to give kids the number of a trusted adult or neighbor as well.
2. Inform your child of people from whom it's OK to accept car rides. Choose a code word that the person can give the child to let him know he's trustworthy.
3. Keep current pictures of your child printed out and accessible, they wont do a lot of good if they're sitting on your digital camera and there's nothing to show authorities if your child goes missing, consider keeping picture in a booklet that contains your child's finger prints (easily made with a stamp pad) and any defining characteristics, such as a mole, birthmark, or other physical distinctions.
4. Its tough to keep kids occupied during the summer, but don't drop them off at parks, malls, arcades or other public areas unsupervised. If you must leave older kids at home alone, set some ground rules, including what to tell stranger's who call or come to the door, or not answering at all.
5. Finally, listen to your kids and ask about what they're doing this summer. Keeping the lines of communication open is the best way to tell if your child might be in danger.



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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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## June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 <i>EHS Last Day!</i>	9
10	11	12	13	14	15 <i>EHS Staff Last Day!</i>	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30