



## Head Start/Early Head Start Program

### From the Administration...



#### June is National Safety Month-Get My Child ID for Free

Each June the National Safety Council encourages Americans to stop and think about safety. For each of us, safety might be different—some may think about auto safety, some home safety, others workplace safety and for many, child safety.

Here at Amber Alert, we're always thinking about child safety. So, in honor of National Safety Month, we're offering you a free download of our My Child ID software. This software lets you easily organize, manage and store your child's personal and medical information.

**Why My Child ID?** If an emergency were to arise, it can be hard to recall all the information you need. By storing this information with My Child ID, you'll always have the personal and medical information that law enforcement or medical personnel will need to know. You can also store contact information of friends and family, as well as addresses of your most-frequented locations.

My Child ID is also useful for just keeping everything organized. If you have several children, it can be hard to keep track of all the medical files—so store them in My Child ID.

**What do I get?** Your free download (a \$29 value) includes software, compatible with Mac or PC. Once you input your child's information, you can access the information at any time, or email it to other trusted people.

**How do I sign up?** Simply enter your name and email address and download instructions will be sent straight to your inbox!

It's our wish that no family would ever experience a child-related emergency. So during National Safety month, take time to talk to your family about safety—and make sure even your young children are included in the conversation.



Volume IX  
May 1, 2013

#### Special points of interest:

1. June is Safety Month
2. June is Dairy Month
3. Stop Bullying
4. Monthly Calendar



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## From the ...Nutrition Manager



### June is National Dairy Month!!



June marks many celebrations to kick off the summer season. It is the end of school for many children, graduation ceremonies for high school and college students, weddings and the start of vacation season. June is also National Dairy Month which has been celebrated since 1939. National Dairy Month is a great time for Americans to understand the importance of dairy foods especially low-fat and fat-free versions. It is also important to remember to consume three servings of dairy daily. This does not mean just milk but can be cheese and yogurt, since they are also delicious sources of essential nutrients.

Dairy products have enormous benefits. According to the National Dairy Council, research has long shown that dairy's nutrients are vital to the development of strong bones and reduce the risk for developing rickets and osteoporosis.

Dairy foods provide several important nutrients, including protein, B vitamins and vitamin D, and are considered major sources of calcium in the diet. For vegetarians who consume milk and other dairy products, dairy is a good source of high-quality protein and B vitamins otherwise found in meat and other animal products. Since milk is often fortified with vitamin D, which occurs naturally in some fatty fish but not in many other foods, dairy is a good source of this nutrient for everyone.

According to the U.S. Department of Agriculture, fat-free or low-fat dairy products are the best choice for most people because whole-milk and whole-milk products add extra calories and fat to the diet. Flavored milks such as chocolate and strawberry contribute the same nutrients to the diet as plain milk, but keep in mind that they also add extra calories from sugar.

Consuming several servings of dairy foods throughout the day can help prevent calcium deficiency. Over the course of a lifetime, calcium deficiency can lead to the breakdown and loss of bone tissue and increase the risk of developing osteoporosis. According to the Harvard School of Public Health, the calcium in dairy foods not only helps prevent bone loss, but may also reduce the risk of developing high blood pressure and colon cancer.

So during the month of June, hold your glass of ice cold milk high in the air and say thanks to the many dairy farmers who help supply us with the delicious products such as milk, cheese and yogurt everyday and throughout the year.

## From the ...Education Coordinator



### Tips to Reduce Bullying in Preschool and Kindergarten

You can help your little one learn and practice the skills that will help with making friends, getting along with peers, and avoiding bullying situation, as a perpetrator or victim. Here are some tips:

- ◆ **Feeling management**– Teaching your child how to control big emotions may prevent outbursts or acting out against other kids. Giving your child the vocabulary needed to express feelings, and offering up relaxation techniques– such as taking a deep breath or counting numbers– can help your child keep cool in a heated situation.
- ◆ **Encouraging problem-solving skills**– Throwing toys and tiny punches won't solve playground problems– and the sooner your child learns that, the better! Instead, encourage kids to work through disagreements by validating everyone's feelings, restating the problem, and asking for possible solutions. By learning how to resolve conflicts, your child will be much more likely to have positive, supportive friendships.
- ◆ **Provide positivity**– arrange a play date, then give the children a chance to practice such as listening, sharing, cooperating, and taking turns. Playing group games with an item that's passed around (such as a ball) or that requires taking turns helps kids develop these important social skills-while having fun!
- ◆ **Celebrate diversity**– Interactions with peers are best when children understand, appreciate, and respect one another, so be sure to start conversations about how everyone is different– and how that's great, since our differences make us special.
- ◆ **Help build friendships**– invite buddies over for play dates, spare a conversation with a fellow mom at the park, and attend age-appropriate classes where your child can meet potential pals. Friends can protect on another from bullying.
- ◆ **Speak up**– Teaching children to step in when they see bullying happening may help limit bullying in play groups. Telling your kids to say, "Stop! You're bullying," to guide the victim away from the bully and to report the incident to an adult will empower your child to take action in an aggressive situation, instead of feeling helpless.





## 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

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 <i>Radio Show</i>	5	6	7	8
9	10	11	12 <i>Admin. Mtg</i>	13 <i>FSW Mtg.</i>	14 <i>EHS Last Day</i>	15
16 <i>Fathers Day</i>	17	18 <i>Radio Show</i>	19	20 <i>Bus Inspections Poc. School</i>	21 <i>EHS Staff last day</i>	22
23/30	24	25	26	27	28	29