



Head Start/Early Head Start Program

From the Administration...

May 1st is Mother Goose Day..

Who was mother goose?

Whether you prefer Jack and Jill, Humpty Dumpty, Georgie Porgie or Little Miss Muffet, these popular rhyming poems have been enjoyed for centuries. While one could assume the classic children's stories and rhymes were penned by an elderly woman, that assumption may not be true. Goose rhymes were actually written by both men and women and passed down folklore-style from generation to generation.



How to Celebrate Mother Goose Day!!



- Head on over to your local library and pick up a few Mother Goose books. The stories are also available online.
- Make it story time and read on or two of your favorite Mother Goose tales to your class or children
- Dress up like your favorite Mother Goose character.
- In the spirit of Mother Goose Day, why not try your hand at writing a rhyme or two of your own.

Mother Goose Club Theme Song

Everybody let's go. Go.

Jump up, wiggle and giggle with the Mother Goose Club.

I'm Teddy, I'm Eep,

I'm Baa Baa Sheep.

I'm Mary, I'm Jack,

I'm Little Bo Peep.

Everybody let's go. Go.

Sing a song, we'll all sing along with the Mother Goose Club.

The Mother Goose Club.



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Special points of interest:

1. *Mother Goose Day*
2. *Summer Nutrition Lesson*
3. *Beat the Heat*
4. *Monthly Calendar*



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From the ...Nutrition Manager

School May Be Out, but Kids Still Need Summer Nutrition Lessons

Summer has turned into a vacation from healthy eating, and children are getting plenty of “screen time” but not enough playtime to compensate for warm weather faves such as ice cream and lemonade. They also have a tendency to snack more due to the irregular meal patterns that often occur during summer break.

School may be out, but now is the time to enroll your child in the summer session of healthy eating. Here’s what you can do.

- Keep kids on an eating and snacking schedule: Breakfast, lunch, dinner, and two snacks. This helps them feel signs of hunger and stops mindless munching between meals. Make the kitchen off-limits unless it’s time for a meal or a planned snack. (This one is good advice for everyone in the family to follow).
- Plan family vacations that focus on physical activity rather than just relaxation. Consider an active getaway with lots of swimming, cycling, or hiking.
- Enroll your children in organized sports camps for swimming, soccer, or tennis. Most community centers offer some type of youth sports programs.
- Limit “screen time” to no more than one to two hours a day—that includes both the computer and TV.
- Make summer’s perfect produce the centerpiece of your meals. Visit a farmers market with your children and prepare meals together using fresh, wholesome ingredients. Better yet, designate a section of your yard as a place where your child can plant his or her own vegetables. Then let your child harvest the veggies and help decide how to eat them.
- Limit calorie-rich juices, sodas and other liquids. To keep kids hydrated in the heat, give them plenty of water and help them avoid sugary beverages that have no effect on satiety.



From the ...Health/Mental Health Coordinator



TIPS TO BEAT THE HEAT

Sunburn isn't the only concern for parents during warm months. Heat injuries like heat stress, heat exhaustion, and heat stroke can be caused by too much time playing in the hot sun. Try the following tips to help keep your kids cool and safe.

Drink Up!!

Water is the best thirst quencher during warm months, so make sure your child is drinking plenty throughout her/his play day, and keep the following points in mind:

Children should not be allowed to drink caffeinated drinks like soda, or sugary juices and sports drinks, which have a diuretic affect, removing much needed water from the body. Kids need to drink water frequently, even if they don't *feel* thirsty. Thirst is not a good measure of proper hydration.

The American Academy of Pediatrics (AAP) suggests that "During outdoor activities, periodic drinking should be strongly enforced" Here are some guidelines to consider.

Younger Children

For a child weighing 88 pounds, give your child at least 5 ounces of chilled tap water for every 20 minutes of play.

Plan Play Time

On days of high or excessive heat and humidity, it's important to schedule play before or after the hottest times of the day, typically 11 a.m.—3 p.m., check your local weather listings daily during the warmest months of the year to find out if a heat advisory is in effect for your area. During high heat days, plan for play before the sun is high or after the sun had begun to go down.

Play with Water

On hot summer days, water play—sprinklers, water balloons, lawn water slides, super soakers, ect. — are a cool and fun way to keep your kids from overheating while playing. As always, never leave children unsupervised when playing with water or water-based toys.





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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

May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Policy Council 3pm</i>	3 <i>Shrine Circus</i>	4
5	6 <i>Graduation Week</i>	7 <i>Graduation Week</i>	8 <i>Graduation Week</i>	9 <i>Graduation Week</i>	10 <i>Graduation Week</i>	11
12 <i>Mothers Day</i>	13	14 <i>Radio Show</i>	15	16 <i>HS Last Day of School</i>	17 <i>HS/EHS All Staff/no school</i>	18
19	20	21	22	23	24 <i>HS Staff Last Day of Work</i>	25
26	27 <i>No work/school Memorial day</i>	28 <i>Radio Show</i>	29	30	31	