



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...

Relaxation Activities That Work!

Are you stressed out? Guess what your children are too! In today's society both children and their parents are constantly being rushed and spend too little time on activities that allow them just to "be". Recent studies have shown that children absorb more knowledge from the environment when they are relaxed. Just as adults need calming times for their emotional well being there must be opportunities quiet reflection for tots. Sometimes we tend to over stimulate infants, toddlers and preschoolers in the mistaken assumption that they need constant activity for optimal cognitive development and learning.

Here are some ideas to de-stress your little ones. They are especially good for special needs children.

Jell-O-painting—

Take a box of Jell-O and place it in a bowl. Make homemade paste-flour and a little bit of water. Get out Q-tips and let children apply paste to paper. With a salt or sugar shaker have

them shake Jell-O on to paper. Lovely effect when it dries and a great smell. They will do this for hours. Reuse dry Jell-O by shaking paper and putting it in a bowl.



Pre-ksmarties.com

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Special points of interest:

1. Relaxation

2. Learning to Laugh

3. Roasting pumpkin seeds

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From the ...Education Coordinator



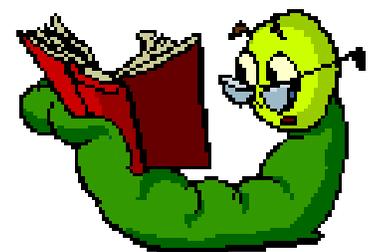
Learning to Laugh

Does your child know how to have fun? Do you encourage liberal amounts of giggling and lighthearted humor in your home? If so. You have discovered one of the secrets of helping your child cope with the constant stresses of daily life. Laughter really is the best medicine for good physical, mental, and spiritual health. You don't need to be a comedian or a good joke teller. You just need to smile a lot and be open to seeing and using humor, especially in times of tension or difficulty.

Here are some ideas to keep your family laughing together

1. Practice enjoying riddles and rhymes with your children. Young children love silly riddles and funny one-liners. These come in very handy during dull and boring but necessary life experiences.
2. Don't take your self so seriously. Children will watch and learn from you. This is how you will teach them to relax and enjoy themselves.
3. Enjoy reading humorous literature with your child. Select books that have plots you can laugh about. Also choose books that have a silly words and funny pictures to enjoy. How about reading the comics with your child

Be very cautious. So not confuse ridicule, teasing and sarcasm with humor. Never laugh at another person expense.



From the ...Nutrition Manager

Spice up Roasted Pumpkin Seeds

October is in full swing. Local pumpkin patches are open, the coffee chains are selling pumpkin lattes, and jack-o-lantern enthusiasts are sharpening their knives. If you're planning to pick up a pumpkin and do some carving this year, don't forget about the "bonus" snack that's built into every pumpkin: fresh roasted pumpkin seeds!

The favorite fall snack is delicious with a little salt, cinnamon-sugar, orange zest and ginger, or red pepper flakes. Here are five ways to get more creative with your seed seasonings. Any other flavors you like to add?

Cheesy roasted pumpkin seeds

- 1 1/2 cups pumpkin seeds
- 2 tablespoons melted butter (or olive oil)
- 1/4 cup Parmesan or Pecorino cheese
- 1 tsp coarsely ground black pepper

Cinnamon-sugar roasted pumpkin seeds

- 1 1/2 cups pumpkin seeds
- 2 tablespoons melted butter (or olive oil)
- 2 tablespoon granulated sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt





Head Start/Early Head Start Program

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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October 2011

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23/30	24/31 <i>Happy Halloween</i>	25	26	27	28	29