



Oglala Lakota College



Head Start/Early Head Start Program

From the...Oglala Lakota College President

“Head Start is one of the most important components in improving student excellence, now we can be more proactive with the children and help them be more prepared on down the road” Tom Short Bull

From the Administration...

Being safe on the 4th of July



Even seemingly harmless sparklers can reach more than 1000° F – hot enough to cause serious burns to children. The best way to prevent these injuries is to let the experts handle the firecrackers while children watch from a safe distance. But for families who insist on popping their own fireworks this Independence Day, keep the kiddos safe with these tips:

- Never allow children to handle firecrackers.
- Keep a container of water close by to pour on firecrackers that malfunction.
- Never try to relight malfunctioning firecrackers.
- Pop firecrackers in a clear, open, outdoor space.
- Keep kids out of the range of firecrackers.
- Never ignite bunches of firecrackers at one time.
- Don't ignite fireworks in containers

Read more at : [Fourth of July Safety for Kids](#)

<http://earlychildhood.suite101.com/article.cfm/fourth-of-july-safety-for-kids#ixzz0z393M13S>

Volume I, Issue 1
July 30, 2010

Special points of interest:

Reading to your toddler why its important.

Importance of eating fruit's & Vegetable's

Physical Activity, get your kids out to play

Why more parents are choosing to breast feed and the benefits.

Inside this issue:

| | |
|-----------------------|---|
| Education Coordinator | 1 |
| Nutrition Manager | 2 |
| Health Coordinator | 3 |
| Monthly Calendar | 4 |

From the...Education Coordinator

Reasons to Read to Toddlers

Studies show that kids with active exposure to language have social and educational advantages over their peers — and reading is one of the best exposures to language.

Reading to toddlers sets the foundation for later independent reading. But before they can read independently, they need emergent literacy skills. These include:

- having a large vocabulary of words and knowing how to use them
- understanding that words are made up of smaller sounds (called phonemic awareness)
- understanding that marks on a page represent letters and words
- knowing the letters of the alphabet

You don't need games, flashcards, or special instruction for a toddler gain these skills. Just reading to your child as often as possible is the best way to help him or her learn to read independently.

From the ...Nutrition Manager

Note: This recipe is especially for kids with lactose intolerance, who need to limit or avoid dairy products

Strawberry Smoothie



This tastes great with fresh fruit, but can also be made with frozen fruit. If you don't have any strawberries on hand, use any other type of fruit you find tasty!

Prep time: 10 minutes

Ingredients:

- ½ c. vanilla soy yogurt
- ½ c. strawberries
- 2 ice cubes
- 2 tsp. vanilla extract

Directions:

1. Blend all ingredients in a blender until smooth.

Serves: 1

Serving size: 1 cup



From the ...Nutrition Manager

When looking for strawberry nutrition facts, you'll find that nothing packs a bigger nutritional punch than this little berry.

Prized in ancient Rome for their medicinal uses, strawberries are recognized as having more vitamin C than some citrus fruits. They are also high in fiber, folate, potassium and antioxidants, making them a natural means of reducing the chances of heart disease, high blood pressure

Eat Your Colors

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Strawberries are in the red color group.

Strawberries are in the red color group.

n Red fruits and vegetables help maintain a healthy heart, memory function and urinary tract health. They may also lower the risk of some cancers. Examples include strawberries, cherries, raspberries, watermelon, tomatoes, red peppers, radishes and red potatoes.

n Use the *Fresh Fruit and Vegetable Photo Cards* (CDE, 1997) to show students other red fruits and vegetables. Discuss the health benefits of the various color groups.

Physical Activity Corner

Relay Race for Kids

Objective: Endurance and team cooperation

Supplies:

- Hard fruits or vegetables (apples, pears, bell peppers)
- Cone or chair
- Whistle

Activity:

- Divide students into two, three or four teams
- Line teams up in single file
- Give hard fruit or vegetable to first student on each team
- Position cone about 30 feet from students
- Use whistle as START cue for first student to run around cone and back to team; students hand the fruit or vegetable to next teammate and repeats until all teammates have run around the cone
- Repeat activity as time permits

Go Farther: Change it up by having students skip, hop, or run backwards.

Bring It Home: With longer daylight hours, encourage students to ask family members to go for walks after dinner, or even a morning jog to

From the ...Health Coordinator

Exercise!

Starting now will help you stay in shape during pregnancy, can lower your risk of miscarriage, and has been proven to help reduce labor

The experience of breastfeeding is special for so many reasons, including:

- The joyful bonding with your baby
- The perfect nutrition only you can provide
- The cost savings
- The health benefits for both mother and baby

In fact, breast milk has disease-fighting antibodies that can help protect infants from several types of illnesses. And mothers who breast-feed have a lower risk of some health problems, including breast cancer and type 2 diabetes.



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.



Oglala Lakota College Head Start/Early Head Start Program

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------|-----|
| | | | | 1 | 2 | 3 |
| 4 <i>Happy Independence day!</i>  | 5 | 6 <i>KILI Radio Show</i> | 7 | 8 | 9 | 10 |
| 11 | 12 <i>EHS staff first day of work</i> | 13 <i>Professional Development</i> | 14 <i>Professional Development</i> | 15 <i>Professional Development</i> | 16 <i>Set up classroom's</i> | 17 |
| 18 | 19 <i>EHS First Day of school</i> | 20 <i>KILI Radio Show</i> | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |