



Oglala Lakota College



Head Start/Early Head Start Program From the Administration...

Teaching your kids to be thankful!

Volume III, Issue 1
November 13, 2009

Thanksgiving is the perfect time to teach your kids about being thankful. Here are some ideas to teach your children how to appreciate the blessings in their lives.

- **Giving Thanks Placemats**

The goal of this craft is to create a collage filled with drawings and pictures of all the things your children are thankful for. Cut photos from magazines, or print some photos from your computer.

- **Thankful Paper Chain**

Another way to remind your children of their blessings is to create a paper chain. Cut strips of paper and connect them together as loops; write the things you are thankful for with your children.

- **Thanksgiving Tree**

Get each child to trace their hands on yellow,

red, or brown construction paper. Cut out the hand shapes and write (or have the child write) what they are thankful for on the hand shapes. Cut the tree trunk shape out of brown construction paper. Glue it on a large piece of poster board. Let the kids add their hand shapes as leaves above the tree trunk, turning it into a beautiful fall colored tree.

- **Thankful Book**

Purchase a photo album or scrapbook kit and make a "blessings" theme. Add photos of loved ones, including stories about what they are special to you.

Resource: apples4teacher.com



Special points of interest:

- **Teaching your kids to be thankful!**
- **Make brushing fun!**
- **Kool-aid Playdough**
- **Email Recipe Exchange**
- **Monthly Reminders**
- **Individual Differences**

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From the Health Coordinator...

Brushing Up on Children's Oral Health

Make brushing fun!

Getting children to brush regularly and correctly can be a real challenge. Here are some easy ideas you can try at home:

1. Trade places: Tired of prying your way in whenever it's time to brush those little teeth? Try reversing roles and letting your child brush your teeth. This can be a great hand-on way to get children interested in oral care.
2. Show how shiny: Make sure your children see you brushing own teeth, and then make a point of showing off your shiny clean teeth. Be enthusiastic and let your child see how great it is to have a shiny smile.
3. Take turns: Set a timer and

have your children brush their teeth for 30 seconds. Then it's your turn to brush your teeth for 30 seconds. Repeat this at least twice. When brushing at bedtime, it's important that you make sure your children are going to bed with clean teeth. Saliva production slows down during the sleep cycle



“As babies enter the world, their mouths are free of cavity-causing bacteria. That soon changes however.”

and can't buffer or dilute any acids being produced by bacteria present in the mouth. So help make your children's teeth as plaque-free as possible before going to bed.

4. Call in reinforcements: If children stubbornly neglect to brush or floss and repeated reminders fall on seemingly uninterested ears, it might be time to change the messenger. Talk to your child's teacher or call your dental office before the next checkup and let them know what's going on. The sale motivational messenger message might be heeded if it comes from a third party.

Resource: Winter 2008 Children And Families Magazine

From the Nutrition Manager...

TRY THIS: HEY KOOL-AID PLAYDOUGH

Need: 1 cup flour, 1 tablespoon vegetable oil, 1 package unsweetened Kool-Aid, 1/4 cup salt, 2 tablespoons cream of tartar, 1 cup water

Mix flour, salt, cream of tartar and Kool-Aid in a medium saucepan. Add water and oil.

Stir over medium heat 3 to 5 minutes. When mixture forms a ball in pan, remove. Knead until smooth. Put in a plastic bag and refrigerate.

Resource: Preschool Education Useful Recipes 11/6/2009



From the Education Coordinator...

EMAIL RECIPE EXCHANGE

You have been invited to be a part of a recipe exchange. I hope you will participate. Please send a recipe to the person whose name is in position 1 (even if you don't know them).

It should be something quick easy and without rare ingredients.

Actually, the best one is the one you know in your head and can type right now. Don't agonize over it, it is the one you make when you're short of time.

After you've sent your recipe to

the person in position 1 (and only to that person), copy this letter into a new e-mail, move my name to the top and put your name in position 2. Only my name and your name should show when you send your e-mail. Send to 20 friends (yeah right!).

If you cannot do this within 5 days, let me know so it will be fair to those participating.

You should receive 36 (I think this is wrong, as I think it would be 400 if everyone did 20 (by

Christi) recipes.

It's fun to see where they come from! Seldom does anyone drop out because we all need new ideas.

The turnaround is fast as there are only 2 names on the list. You only have to do this once.

- 1) Darla Wilson
trchorses@hotmail.com
- 2) Cindy Fisher
cfisher@olc.edu



From the Administrative Assistant...

Professional Developments & Holiday Reminders for the month of 2009

- Veteran's Day—November 11, 2009 (No Work/No School)
- Parent Teacher Conferences—November 13, 2009 (No School)
- Thanksgiving Day & Break—November 26 & 27, 2009

From the Family Development/Mental Health Coordinator...

Ages & Stages—Individual Differences

Developmental milestones give a general idea about what to expect from children of different ages. However, there will always be differences between individual children. Some children begin to walk at 10 months, some at 15 months.

Some toddle along quickly and smoothly, getting the "hang of it" right away. Others fall down a lot, hesitate, or even give up for a few days. Some children talk before they are 2, others talk very little

before they are 3 or so. Some will always be quiet people.

Some abilities become clear in one child, but may never be very strong in another.

Recognize the individual in the child and look for differences based on the following:

- Sense of Security—Some children need more consistency, more reassurance, and more confidence and trust-building than others.

- Activity Level—Some children need more active play than others.
- Response to Stimulation—Children are inherently different in their tolerance to noise, activity, visual stimulation, or changes in the environment.
- Thinking Style—Some children think quietly through possible solutions to a problem; others push in and try the first idea that occurs to them.

Resource: NNCC 1995





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.

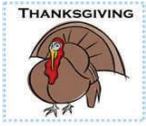
<http://www.olc.edu/~cmjanis/headstart/>



Oglala Lakota College Head Start/Early Head Start Program



November 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Requisitions Due</i>	4	5	6 <i>Pay Day</i>	7
8	9	10 <i>Mileage and Requisitions Due</i>	11 <i>Veteran's Day No Work /No School</i>	12	13 <i>Time Sheets Due NO SCHOOL Parent/Teacher Conferences</i>	14
15	16	17 <i>Requisitions Due</i>	18	19	20 <i>Pay Day</i>	21
22	23	24 <i>Mileage and Requisitions Due</i>	25	26 	27 <i>Time Sheets Due No Work/No School Thanksgiving Break</i>	28
29	30 					