



Oglala Lakota College



Head Start/Early Head Start Program

From the Administration...

Seasonal Flu Prevention

Flu is a serious contagious disease. Each year in the US, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

The flu season could be worse because there is a new and very different influenza virus causing illness called 2009-H1N1. Centers for Disease Control (CDC) expects both 2009 H1N1 flu and seasonal flu to cause illness, hospital stays and deaths this season and is preparing for an early and possibly severe flu season.

Flu like symptoms include:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Sore throat
- Vomiting
- Sometimes Diarrhea

What you can do to stay healthy

- Stay informed
- Influenza is thought to spread mainly person-to-person through cough or sneezing.
- Take everyday actions to stay healthy
- Cover your nose & mouth with a tissue when you cough or sneeze
- Wash hands frequently
- Avoid touching eyes, nose, & mouth
- Stay home if you get sick
- Follow public health advice on school closures, avoid crowds and other social distancing measures
- Find healthy ways to deal with stress & anxiety
- Get your vaccinations.

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Special points of interest:

- **Seasonal Flu Prevention, their symptoms & stay healthy tips**
- **Whole milk VS 1% & their nutritional value**
- **Testing for LEAD & why it's important**
- **Monthly calendar**

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From the ...Nutrition Manager



Whole milk VS 1% milk

MILK, in one form or another, is a big part of your younger child's nutrition. And fortunately, it isn't too hard to figure out which kind of milk to give your newborn and younger infant, as most parents know to give them either breast milk or an iron fortified infant formula.

Most parents also know to switch to whole milk once their baby is a year old or anytime after that.

When to switch to low fat milk is a little more confusing for many parents.

Milk is good for kids and teens. It is a good source of calcium, vitamin D, and protein.

In fact, depending on their age, most kids should drink between 2-4 glasses of milk a day, especially high calcium foods, such as yogurt, cheese, or calcium fortified orange juice.

The only problem is that whole milk has a lot of fat in it, especially as compared to lower fat 2%, 1% and skim, Pediatrics recommend that children over the age 2 not drink this extra fat especially considering the childhood obesity epidemic we are currently trying to deal with.

Whole milk is a good option for Toddlers over the age of 12 months who aren't breast-feeding and who aren't drinking in their GUID TO YOUR CHILD'S NUTRITION, these young children need calories from fat for growth and development this is important the first 2 yrs. Of life.

Whole milk might also be better if you have a very picky eater who is not overweight and is simply not getting enough through his/her diet. You don't want all of your child's calories to come from milk though, so talk to your Pediatrician if you are in this situation.

Although the AAP touts the benefits of whole milk for younger toddlers, they do say that after age 2 you can switch your child to skim or low-fat milk.

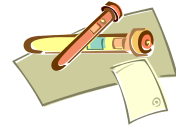
Is the difference between whole milk and low fat milk really that much different?

- Whole milk- 150 calories- 8g fat
- 2% milk- 120 calories-4.5g fat
- 1% milk- 100 calories-2.5g fat
- Skim milk- 80 calories-0g fat



From the ...Health Coordinator

Fact Sheet on Lead



What is Lead Screening?

Lead Screening measures the level of lead in the blood. Lead is a poison that is very dangerous for young children because of their small size and rapid growth and development. It can cause anemia, learning difficulties, and other medical problems.

Children can be exposed to Lead through:

- Home or child care environment:
 1. Built before 1960 with peeling paint or renovation
 2. Located near a highway or lead industry
- Family member who works with lead or treated for lead poisoning
- Imported ceramic pottery for cooking, storing, or serving food
- Home remedies with lead

How is Lead screening done?

Lead screening involves:

- Asking the family questions about the child's exposure to lead
- A blood lead testing, from the finger or vein, done by a health professional

What might I observe?

- Irritability
- Poor appetite, stomachache
- Pale skin, tiredness
- Slow growth and development
- A child who eats paint chips or dirt

Follow up to lead screening

If screening indicates a lead level of above 10ug/dl, the child should be referred to a health Professional for evaluation and treatment

Treatment may include:

- Removing the source of lead
- Nutrition counseling, iron supplements
- Medication to remove the lead from the blood
- Follow-up testing of child's blood
- Referral for development testing





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

September 2010 - Baby safety month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 <i>Cheese pizza day</i>	6 <i>Labor day</i>	7 <i>KILI Radio show</i>	8	9 <i>Teddy bear day</i>	10	11
12	13	14	15	16 <i>Working parents day</i>	17 <i>Prof. Dev. family literacy training, NO SCHOOL</i>	18
19	20	21 <i>KILI Radio show</i>	22	23	24	25
26 <i>Johnny apple seed day</i>	27	28 <i>Good neighbor day</i>	29	30		