



Oglala Lakota College



Head Start/Early Head Start Program From the Nutrition Manager...

Cooking With Children In The Kitchen

Children learn by touching, tasting, feeling, smelling, and listening. They love to help prepare food and cook because they can use all their senses. Plan ways the children like to eat the foods they make. Plan ways the children in your care can help you. Be sure to consider the age of the child.

Two-year-olds are learning to use their hands. Try Activities such as:

- Dipping vegetables and fruits
- Tearing lettuce and salad greens

- Breaking bread for stuffing
- Snapping fresh beans

Four-and-five-year-olds are learning to control smaller muscles in their fingers. Offer them experiences such as:

- Rolling bananas in cereal for a snack
- Juicing oranges, lemons, and limes
- Mashing soft fruits and vegetables
- Measuring dry and liquid ingredients
- Grinding cooked meat for a meal spread
- Beating eggs with an egg-beater

*Cited from Preschool Education (C)
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Special points of interest:

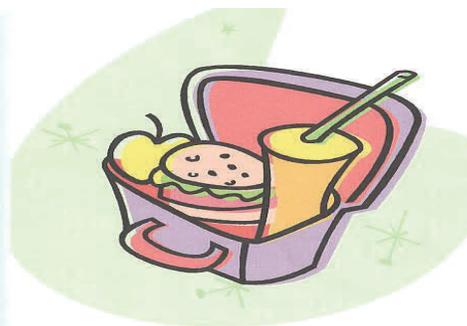
- *Cooking with Children in the Kitchen*
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- *Terracotta Pots*
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- *Teacher Commitment & Parent Respect*

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Hihanni wotapi
Breakfast



Wocokan hiyaye wotat
Lunch

From the Health Coordinator...

Tips for getting rid of Head Lice & Nits

“A permethrin shampoo like Rid or Nix will get rid of head lice.”

If prevention of head lice just isn't possible and you find head lice on your children or yourself, you should treat the infested person for head lice immediately with a head lice shampoo. If your child has extra long hair (longer than shoulder length), you may need to use a second bottle. After treatment fine comb hair and remove all nits.

“Home remedies that will also work are Baby oil, vegetable oil or any type of oil. Vegetable oil will suffocate the lice and both vegetable & baby oil will help remove the glue from the nits and make it easier to fine comb through hair.”

There are special lice combs (comes in with the kits) that are designed with teeth spaced out just far enough to allow hair to pass, but not nits (louse eggs).

Because the kits are considered prescribed and a pesticide the centers are not allowed to store those in the center, kits are available at IHS hospital or from local Public Health Nurses.

Head lice do not survive long if they fall off a person and cannot feed. You don't need to spend a lot of time or money on housecleaning activities. Follow these steps to help avoid re-infestation by lice that have recently fallen off the hair or crawled onto clothing or furniture.

“Washing your bedding and clothes in very HOT water will get rid of head lice if you've come across an infestation.”

As soon as you find head lice on either yourself or a family member you should wash all of the bedding the infested individual has come in contact with. Articles of clothing worn in the past week should also be washed to help prevent a re-infestation. Very hot water in both the wash cycle and the rinse cycle (if possible) is recommended, as well as setting the dryer to high heat when drying the fabrics in question.

Store all clothing, stuffed animals, comforters, etc., that cannot be washed or dry

cleaned into a plastic bag; seal for 2 weeks.

Soak combs and brushes for 1 hour in rubbing alcohol, Lysol*, or wash with soap and hot (130°F) water.

“To get rid of head lice infestations, thoroughly vacuum places where people rest often.”

Vacuuming beds, couches, chairs, rugs, mattresses, car seats and carpets will help suck up any head lice that have escaped the washer/dryer. Using a bristled attachment on furniture is recommended, to help uproot any stubborn adult head lice or even nits that may have fallen off and gotten stuck on fabrics or upholstery around the house.

“Make sure to clean pets the lice can transfer to the pet and back onto humans.”

Clean your pets with animal shampoo (animal shampoo for lice, ticks or fleas) will work. If available keep the pet outside for a few days lice cannot live on animals unlike humans for very long.

Courtesy of the Agricultural/Nature Resources Department...

TERRACOTTA POTS



Use paper mache to make a stunning collection of big and small pots

Directions:

1. Select a variety of bowls and coat the outside with oil.
2. Tear strips of newspaper. Paste several layers onto the outside of the pots.
3. When dry, remove the bowl.
4. Mix red and yellow paints together to make a terracotta color.
5. Paint the paper pots inside and out.

From the Administration Assistant ...

School Calendar Quote of the month:

“Everyone has fears, even a child. The difference between adults and children is, an adult for the most part can express their fears. Childhood fears, like adult fears are based on self-protection.”

A different format was used for the September 2009 Student Calendars and the Labor Day holiday is on Monday, September 7, 2009. Please make note of it.

Thank you and I apologize for the inconvenience.

From the Education Coordinator...

Something to think about. . .

You know the commitment it takes to be a teacher. Respect the parents who make that commitment themselves.

In their book, *The Baby Whisperer Solves All Your Problems*, Tracy Hogg and Melinda Bau present the

list of "8 Rules of Toddler Play"

- #1 If I like it, it's mine.
- #2 If it's in my hand, it's mine.
- #3 If I had it a little while ago, it's mine.
- #4 If it's mine, it must never appear to be yours in any way, shape or form

#5 If I'm doing or building something, all the pieces are mine.

#6 If I can take it from you, it's mine.

#7 If it looks like mine, it's mine.





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.

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

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 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Requisitions Due by 2:30 p.m.</i>	2	3	4 <i>Time Sheets Due</i>	5
6 <i>Labor Day</i>	7 <i>Federal Holiday—No Work/School</i>	8 <i>Requisitions & Mileage Due by 2:30 p.m.</i>	9	10	11 <i>Pay Day Professional Development</i>	12 
13	14	15 <i>Requisitions Due by 2:30 p.m.</i>	16	17	18 <i>Time Sheets Due</i>	19
20	21	22 <i>Requisitions & Mileage Due by 2:30 p.m.</i>	23	24	25 <i>Pay Day Professional Development</i>	26
27 	28	29 <i>Requisitions Due by 2:30 p.m.</i>	30			