



Oglala Lakota College



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



Saginaw Chippewa Tribe trip to the Pine Ridge Indian Reservation

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Special points of interest:

Our friends from the Saginaw Chippewa Tribe returned to the Piya Wiconi campus from Mount Pleasant, Michigan and there was two major changes that occurred during their Angel Tree gift distribution this year.

The first major change was that originally location for the gift distribution in the "New Beginnings" Administration Building was moved across the parking lot into the Head Start Conference Room.

The Angel Tree distribution takes two days for all Thirty-one (31) classrooms to arrive at the location, meet Santa Claus and get their gifts then load their buses.

We usually have it during the Lakota Nation Invitational Tournament in December and a lot of the Head Start/Early Head Start students are unable to attend the gift distribution.

So the second major change was that we moved the dates up two days: Monday, December 14—Tuesday, December 15, 2010.

The first few hours of that Tuesday was quite an emotional and physical workout for the entire as a whole, especially for the children because some were so afraid of Santa.

Overall, it was a success and we are always looking ahead to make it more of an experience for the children.

- **Angel Tree Gift Distribution**
- **Stopping Germs at Home, Work, School and Day-care**
- **Are You a True Preschool Teacher?**
- **Helping Preschoolers develop self-concept & self-control**
- **Development of Preschool Child**

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From the Health Coordinator...

“Stopping Germs at Home, Work, School & Daycare”

The following article is adapted from the South Dakota Department of Health key facts:

How Germs are Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets from cough and sneezes.

Stay home if you or your child is sick!

When you or your child have flu symptoms, stay home, get plenty of rest and check with a healthcare provider as needed. Keeping your distance from others may protect them from getting sick as well!

Common symptoms of flu include:

- Fever (usually high)



- Headache
- Extreme tiredness
- Cough
- Sore Throat, etc.

How to Stop the Spread of Germs

- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits, too especially at school or daycare!

Cover your mouth and nose

when coughing or sneezing:

Cough or sneeze into a tissue and then throw it away.

Wash your hands:

Wash your hands—with soap and warm water—wash for 15 to 20 seconds.

Alcohol-Based Hand Wipes and Gel Sanitizers Work Too:

When soap and water are not available, alcohol-based disposable hand wipes or hand gel may be used.

For more information on health issues see the South Dakota Department of Health website at: www.state.sd.us/doh

From the Education Coordinator...

Preschool Education Teacher's Lounge: Humor—Are You a True Preschool Teacher?

1. Do you ask guests if they have remembered their scarves and mittens as they leave your home?
2. Do you move your dinner partner's glass away from the edge of the table?
3. Do you ask if anyone needs to go to the bathroom as you enter a theater with a group of friends?
4. Do you hand a tissue to anyone who sneezes?
5. Do you refer to happy hour as "snack time"?
6. Do you decide "no cuts" when a shopper squeezes ahead of you in a checkout line?
7. Do you say "I like the way you did that" to the mechanic who repair your car nice?
8. Do you ask "Are you sure you did your best?" to the mechanic who fails to repair your car to your satisfaction?
9. Do you sing the "Alphabet Song" to yourself as you look up a number in the phone book?
10. Do you say everything twice? I mean, do you repeat everything?
11. Do you fold your spouse's fingers over the coins as you hand him/her the money at a toll-booth?
12. Do you ask a quiet person at a party if he has something to share with the group?
 - If you answered yes to 4 or more, it's in your soul—you are hooked on teaching. And if you're not a teacher, you missed your calling.
 - If you answered yes to 8 or more, well, maybe it's *too much* in your soul—you should probably begin thinking about retirement
 - If you answered yes to all 12, forget it—you'll *always* be a teacher, retired or not!

Are you a true preschool teacher? Take this test and find out:

From the Family Development/Mental Health Coordinator...

“Helping Preschoolers Develop Self-concept & Self-control”

The article is adapted from The Head Start Leaders Guide to Positive Child Outcomes:

Promoting young children’s social and emotional development is vital for three interrelated reasons:

- Positive social and emotional development provides a base for life-long learning.
- Social skills and emotional self-regulation are integrally related to later academic success in school.



- Prevention of future social and behavioral difficulties is more effective than later remediation.

Furthermore, promoting young children’s social and emotional development is a major responsibility of any early childhood program. Because so many Head Start children experience emotional and social risk factors, the Head Start program has the added responsibility of taking steps to help children develop skills that contribute to resili-

ency. These steps include providing warm, positive relationships with teachers and other children and developing their interests and abilities.

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) has numerous resources available to assist staff in exploring environment, schedule, learning experience, and their interactions with children. Visit CSEFEL’s Web site at www.vanderbilt.edu/csefel or call 866-433-1966.

From the Administrative Assistant...

Professional Developments & Holiday Reminders for the month of 2009

- December 11, 2009—Professional Development (All Staff)
- December 24—January 1, 2010—Christmas Vacation

From the Nutrition Manager..

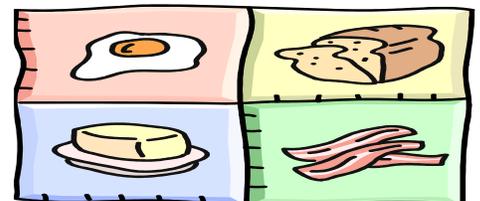
“DEVELOPMENT OF THE PRESCHOOL CHILD”

The preschooler’s growth is slower than that of an infant. An average child age 2 through 5 will grow about 2 1/2 inches and gain 4 or 5 pounds each year. Because growth rate is slower, appetites may decrease. The preschool period is an excellent time to

help your child become familiar with the idea that eating a proper diet is part of a healthy lifestyle. Attitudes and habits formed during preschool years are likely to be carried into the future. By 15 months of age, most children have developed enough fine motor skills to

feed themselves without help.

Courtesy of:
www.preschooleducation.com/art10.shtml





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



December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Requisitions Due</i>	2 	3	4 <i>Pay Day</i>	5 
6	7	8 <i>Mileage and Requisitions Due</i>	9	10	11 <i>Professional Development Due/Time</i>	12
13	14 Angel Tree	15 <i>Requisitions Due/Angel Tree</i>	16	17	18 <i>Pay Day</i>	19
20	21	22 <i>Mileage and Requisitions/ Time Sheets Due</i>	23 Last Day of school before vacation	24  Christmas Break	25  24th thru 30th Off	26
27 	28	29	30 New Year's Break	31 Dec 31 & Jan 4th Off		