



# Oglala Lakota College



## Head Start/Early Head Start Program From the Transportation Manager...



### Safety Tips for Winter Driving



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Now that winter is well under way, there is still time to change your driving habits a bit to accommodate for the conditions caused by winter weather. Winter creates a number of issues for you as the driver and your vehicle. The obvious issue is severe and often treacherous driving conditions. Cold temperatures, slick roads, wind blown snow, etc. can test your vehicle's systems and your abilities. Let's discuss some ways to deal with these issues.

Keep your vehicle in shape. This includes having good tires and chains or studs where needed. Keep your windshield clear, and replace wipers when needed. Clean your lights frequently to be sure you can see and be seen. Clear debris from defroster vents and make sure they are working properly before you get on the road. Clean the snow from your windows before you get on the road. Avoid using cruise control. Cruise control can apply power suddenly when your vehicle hits ice, snow, or slippery service. This can cause a skid or make a small skid uncontrollable.

*"The Primary defense driving technique for winter weather driving is to **SLOW DOWN.**"*

Stopping distances will increase with slippery surfaces and loss of visibility. It takes as much as three to twelve times the amount of distance to stop on snow and ice, as on dry concrete. A general rule is to increase your following distances by a second for each adverse condition. Add to this a reduction of your speed by a third on snow and by half or more on ice. Use your brakes with caution; don't slam on the brakes but rather gently apply them. If you leave yourself a good following distance, you can minimize sudden stops.

*"Winter driving is more strenuous on the driver and can tax your mind and body."*

Keep yourself in shape. Make sure you are up to the task with adequate rest. Use your seat belt and passenger restraints properly. Heavy clothing is cumbersome and can create improper application of seat belts and other restraint systems. Be more careful entering and exiting a bus. Use the handrail,

*"Changing temperatures from opening and closing the door, along with students tracking in water and snow, can create slippery conditions on the bus steps."*

If equipped with an anti-lock braking system (ABS), be aware that these systems will increase your stopping distance on icy road conditions. Gently applying the brakes to the point just before the ABS is activated will reduce your stopping distance. If you feel ABS come on, press down hard on the pedal, look and steer where you want you want to go, and don't let up on the pedal until you are out of danger.

and take each step cautiously. Use extra caution when walking around the vehicle doing your pre-trip inspection. Slippery conditions and frozen, rutted ground are often created by the vehicle at its parking spot.

Be aware of where ice may form. This includes shaded areas, elevated surfaces (i.e. bridges and ramps), and where water may accumulate from runoff, etc. Even when other road surfaces are not frozen, these noted surfaces can still be frozen. Use extra caution in these areas.

There is still plenty of Winter left before Spring settles in. Winter weather can be challenging but like other conditions you face daily, it is something you can manage through proper preparation, use of correct defensive driving techniques, and other appropriate actions.

*"Recognize areas where snow may drift and where snow can be easily blown across your path."*

Resource: The information in this Department of Education "Point of Contact" newsletter is distributed for information purposes only. It does not represent legal advice.

### Special points of interest:

- **Winter Driving Safety Tips**
- **How Do I Know If My Child is Growing Properly?**
- **What Does the Program Do to Prevent Head Lice?**
- **Professional Development/Holidays**
- **Humor—Top Ten**

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## From the Nutrition Manager...

### How Do I know My Child Is Growing Properly?

A growth chart is a reliable way to tell if your child's diet is meeting body needs. These charts are available from pediatricians, public health clinics, and child health agencies. Since Children grow in spurts, their needs vary. Changes in appetite may reflect these needs. Allow preschoolers to eat until they are full, regardless of how much or how little. To examine what you offer your child to eat, keep track of everything your child eats for two or three days and compare it to the following Feeding Guide (Table 1).

Table 1. Feeding guide for the preschool child.

Food Group	Suggested daily servings	Suggested serving sizes
<b>Vegetables</b>	3-5 servings Include all types regularly	1/4 cup cooked; 1/4 cup chopped raw, 1/2 cup leafy raw
<b>Fruits</b>	2-4 servings	1/2 whole; 1/2 juice cup; 1/4 cup cooked or canned, 1/4 cup raisins
<b>Breads, cereals, rice &amp; pasta</b>	6-11 servings Include several servings of whole grain products daily.	1/2 slice bread; 4 crackers; 1/4 cup cooked cereal, rice or pasta;

<b>Breads, etc. (cont'd)</b>	6-11 servings	1/3 cup ready-to-eat dry cereal, 1/4 cup for hot
<b>Milk, yogurt &amp; cheese</b>	4 servings	1/2 cup milk or yogurt; 3/4 ounce of natural cheese; 1 ounce of processed cheese
<b>Meats, poultry, fish, dry beans &amp; peas, eggs &amp; nuts</b>	3-5 servings	1 ounce of cooked lean meat; poultry or fish; 1/2 egg; 1/2 cup cooked beans; 2 tbl. peanut butter

## From the Health Coordinator...

### What Does the Program Do to Help Control and Prevent Head Lice?

#### Clean the Classroom

##### Environment:

- ⇒ Vacuum all floors, rugs and any upholstered furniture daily.
- ⇒ Play clothing, linens, blankets, art smocks, stuffed animals and cloth toys used by an infested child are washed in HOT water and machine dried at the highest heat setting for at least 30 minutes.
- ⇒ Items that cannot be ma-

chine washed at placed in a plastic bag and sealed for 2 weeks.

- ⇒ Sleeping mats are sanitized daily.
- ⇒ Shared headgear such headphones are cleaned and disinfected before use by other children

##### To Prevent Transmission:

- ⇒ Teach children not to share or use their friends' combs, brushes, hair ornaments,

hats, caps, scarves, coats or any other personal headgear.

- ⇒ Provide cubbies for each child's coats and clothing as well as monitor to make sure coats and other personal items do not touch each others.
- ⇒ Teach children to place their hats, mittens and scarves inside their coats/jacket sleeves before hanging in their cubbies.

## From the Facilities Manager...

### Surviving A Fire In Your Home

Knowing what to do *before* a fire occurs can save your life. Develop an escape plan for your family today.

The entire family should meet to develop a HOME FIRE ESCAPE PLAN, which should include the following:

1. Draw a FLOOR PLAN and find TWO exits from each room. Windows can serve as emergency exits.
2. Designate a MEETING PLACE at a safe distance outside the house.
3. PRACTICE getting out of the house through the various exits.
4. Install SMOKE DETECTORS wherever needed.
2. CRAWL to the door.
3. FEEL the door. Use the palm of your hand to feel the lower, middle and upper parts of the door to be sure it is NOT HOT!

Resource: This information is supplied as a public service by Shriners Burns Institutes.



#### **If a fire occurs and the room door is CLOSED**

1. GET out of bed to the floor. Keep LOW.

## From the Administrative Assistant...

### **Professional Developments & Holiday Reminders for the month of February 2010**

- Professional Development—February 12, 2010
- President's Day—February 15, 2010
- Indigenous Day—February 26, 2010

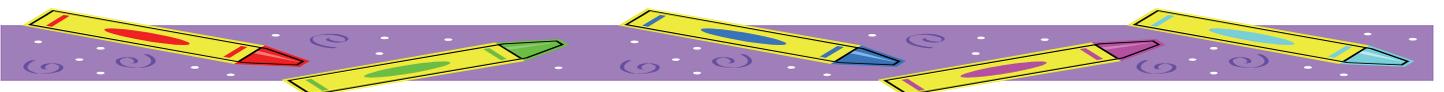
## From the Education Coordinator...

### **Teacher's Lounge: Humor—Top Ten**

#### TOP TEN REASONS TO BECOME A PRESCHOOL TEACHER:

1. Cute little children...Cute little paycheck.
2. Confidence that you will never, ever forget to count to 10.
3. Attention span...Do they have one?
4. Shoes that untie themselves.
5. Get to sing your favorite songs over and over and over.
6. With all this bending, who needs aerobics?
7. Play, play, play.
8. Classroom art proudly displayed in kitchen "galleries".
9. Small hands...LARGE crayons.
10. You alone make little one count.

Resource: This information was courtesy of Preschool Education





## 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: jrandall@olc.edu

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

### 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

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <i>Requisitions &amp; Mileages Due</i> 	3	4	5 <i>Time Sheets Due</i>	
7	8	9 <i>Mileages Due/ KILI Radio Show @ 10 am</i>	10	11	12 <i>Pay Day/ Professional Development</i>	13
14	15 <i>President's Day (College &amp; HS/EHS closed)</i>	16 <i>Requisitions &amp; Mileages Due</i>	17	18	19 <i>Time Sheets Due</i>	20
21	22	23 <i>Mileages Due/ KILI Radio Show @ 10 am</i>	24	25	26 <i>Pay Day/ Indigenous Day (No School)</i>	27
28 						