



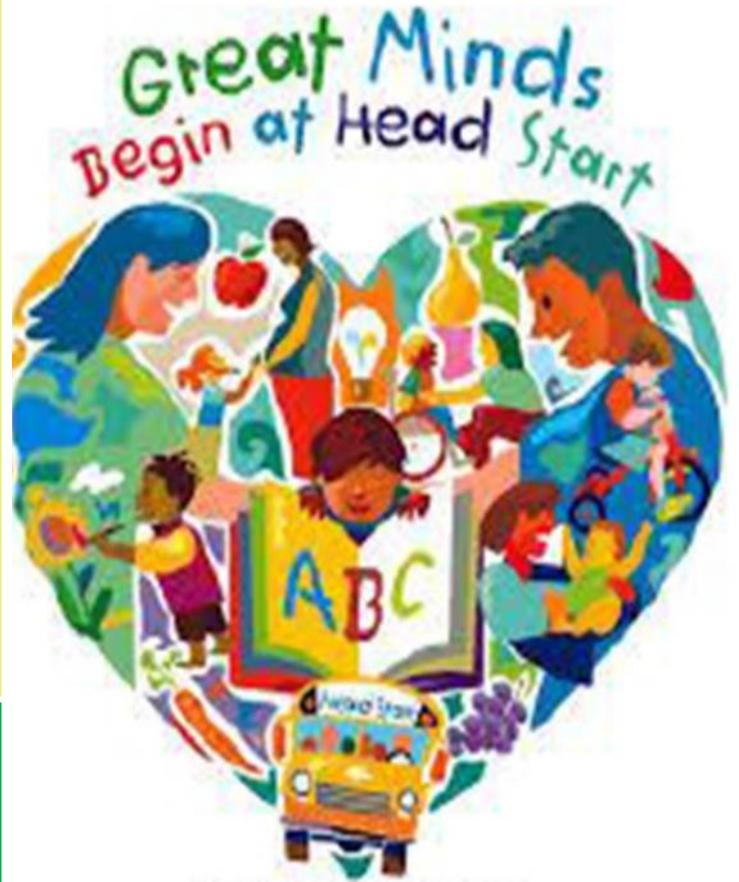
Badlands Head Start: PRENATAL TO FIVE



September - October 2024 **Newsletter**

Upcoming Dates

September 2	Labor Day
September 3	First Day for BF Centers
September 8	Grandparents Day
September 17	Policy Council Meeting
September 19	TREC Board Meeting
September 22	First day of Autumn
October 14	Indigenous Peoples' Day/No Centers
October TBD	Policy Council Meeting
October 17	TREC Board Meeting



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WELCOME BACK!!

This institution is an equal opportunity provider.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at http://www.ascr.usda.gov/compliant_filing_cust.html and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866)632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, (2) fax: (202)690-7442, or (3) email: program.intake@usda.gov

Message from Chloe

Chloe Keith —Family and Community Partnership Specialist/Education and Disabilities Specialist

What is a socialization?

It is 2 hours of time for parents and their children to come together at our social sites or preschool classrooms to enjoy interacting with other children in a preschool setting.

Socials are held 2 times a month for homebased clusters and 5 times throughout the school year for center clusters.

Socializations include Parent Committee meetings and parent trainings throughout the year. The parent trainings that are offered are parent generated from the Parent Interest Survey that they complete.

Each socialization includes a snack or meal depending on the time of day the social is offered.

What is Parent Committee?

A Parent Committee is made up of all the parents in each cluster. A cluster is everyone in the group served by the same home visitor/teacher.

The Parent committee meetings are informal and friendly. They are held each month at a social. Come join us each month and be a part of your child's Head Start program.

Each Parent Committee has \$200 to spend for their cluster. In order to receive the \$200, your cluster must have an active Parent Committee and Policy Council Representative attending meetings.

What is Policy Council?

Policy Council is a group of representatives, and an alternate, from each cluster. At least 51% of those elected to Policy Council are parents of currently enrolled children. They are voted in by the parents in their cluster at a Parent Committee Meeting. Policy Council will decide on a day at time that works best for members at the Belle Fourche administrative building.

Consider becoming part of Policy Council:

- Work in partnership with staff and the governing body to develop, review, and approve or disapprove policies and procedures*
- Become a decision maker in your child's preschool education*
- Meal is provided, along with mileage reimbursement (for those over 10 miles from Belle Fourche) and childcare reimbursement.*



Preventing Childhood Obesity: 4 Things Families Can Do

Childhood obesity is a complex disease with many contributing factors, including genetics, eating patterns, physical activity levels, and sleep routines. About 1 in 5 American children has obesity. Compared to children with healthy weight, children with obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease such as high blood pressure.

Model a Healthy Eating Pattern

Offer a variety of fruits and vegetables throughout the day. Frozen and canned fruits and vegetables are often less expensive than fresh and still good for you.

Look for low sodium or no salt added vegetables and fruits packed in 100% fruit juice. Adopting healthy eating patterns as a family helps children reach and maintain a healthy weight as they age. Eating a variety of vegetables and fruits, whole grains, lean protein foods, and low-fat and fat-free dairy products helps set your family up for optimal health.

Help kids rethink their drink by replacing sugary drinks, such as soda, fruit drinks, and flavored milk, with water, 100% juice, or plain low-fat milk.

Move More as a Family

Physically active youth have stronger muscles and bones, better cardiovascular fitness, and lower body fat than those who are inactive. Children aged 3–5 years should be physically active throughout the day. Children aged 6–17 years need at least 60 minutes of physical activity every day.

Help your children move more by making it a family affair. Walking the family pet before and after school, riding bikes, and having races in the yard all count toward physical activity. Active chores, such as washing the car, vacuuming a room, or raking leaves, also count.

Set Consistent Sleep Routines

Good sleep helps prevent type 2 diabetes, obesity, injuries, and problems with attention and behavior. Children who don't get enough sleep are at risk for unhealthy weight gain. Some reasons might include causing a child to eat more or to be less physical active because of a lack of energy.

Preschoolers need 11–13 hours of sleep per day, including naps. Children 6–12 years old need 9–12 hours of uninterrupted sleep a night, and youth 13–18 need 8–10 hours. Sticking to a consistent sleep schedule, including on weekends, can help children sleep better.

Replace Screen Time with Family Time

During childhood, too much screen time can lead to poor sleep, weight gain, and poor mental health. Reducing screen time can free up time for family activities and can remove cues to eat unhealthy food.

Turning screens off an hour before bed and removing screens from children's bedrooms can help reduce screen time and improve sleep. If you are concerned about your child's weight, talk with their health care provider. They can assess the health risks related to excess weight.

Name: _____



If you take in more calories, increase your activity.



Grains 4 servings = 4 ounces	Vegetables 3 servings = 1 1/2 cups	Fruits 2 servings = 1 cup	Milk 2 1/2 servings = 2 1/2 cups	Protein 3 servings = 3 ounces
<p>Make 1/2 your grains whole grains.</p> <p>Aim for at least 2 ounces of Whole grains a day</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p>	<p>Veggies are the main source of Vitamin A</p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p>Fruits are the main source of Vitamin C</p> <p>Fruit juice can have a lot of added sugar. Choose 100% fruit juice.</p> <p>Eat a variety of fresh fruit.</p>	<p>Milk provides calcium for strong bones and teeth</p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p>Choose lean or fat free meats and poultry</p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p>
<p>Find your balance between food and physical activity. Be physically active for at least 60 minutes every day, or most days.</p>			<p>Limit Fats and Sugars. Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>	

Based on 1200 calories for 4 to 8 years old

This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

www.nourishinteractive.com

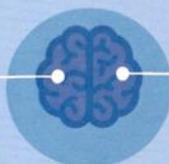


Health Benefits of Physical Activity

FOR CHILDREN

Academic Performance

Improves attention and memory



Brain Health

Reduces risk of depression

Muscular Fitness

Builds strong muscles and endurance



Heart and Lung Health

Improves blood pressure and aerobic fitness

Cardiometabolic Health

Helps maintain normal blood sugar levels



Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity

Bone Strength

Strengthens bones



Healthy Weight

Helps regulate body weight and reduce body fat



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

October 2021

WELCOME TO OUR TEAM!

Please join us in welcoming our newest staff members to Badlands Head Start:

- Tate Hostetter—Teacher at Belle Fourche Center 2
- Allie Day— Area Services Manager at Belle Fourche Center
- McKenzie Grant—Assistant Teacher at Newell Center

Each of these folks brings a fresh perspective to our children and families. With the varied backgrounds they have, their experiences, and drive, we are well on our way to having a great year!

Thank you folks for joining our team and adding your unique ideas and experience to the program and the rest of the staff!

What is First Aid?

First aid refers to medical attention that is usually administered immediately after the injury occurs and at the location where it occurred. First aid can include cleaning minor cuts, scrapes, or scratches; treating a minor burn; applying bandages and dressings; the use of non-prescription medicine; draining blisters; removing debris from the eyes; massage; and drinking fluids to relieve heat stress.

