

NEWS YOU CAN USE

HEALTH SAFETY AND NUTRITION

TREC BADLANDS
HEADSTART
PRENATAL TO FIVE

Dec/Jan 2014-2015

VOLUME 2 ISSUE 3

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Please remember this newsletter is not intended as a substitute for the expertise and judgment of qualified health-care professionals. You should consult with your health-care provider about all health-related care issues.



**Whatever is beautiful,
Whatever is meaningful,
Whatever brings you happiness...
May it be yours this Holiday Season
and throughout the coming year!**

Happy Holidays from Badlands Head Start!

The greatest sign of success for a teacher...is to be able to say "The children are now working as if I did not exist."

Maria Montessori

For any comments, concerns, questions, please feel free to call Health Safety and Nutrition Specialist, Malynda Wolf, RN at 605-723-8837/email (mwolf@badlandshs.org) or Health and Safety Coordinator Hazel Vilhauer, LPN at 605-723-8837/email (hvilhauer@badlandshs.org)

Head Start Performance Standard - 1304.20

This is to ensure that, through collaboration among families, staff, and health professionals, all child health and developmental concerns are identified and children and families are linked to an ongoing source of continuous, accessible care to meet their basic health needs.

Winter Driving

'Severe weather can be both frightening and dangerous for automobile travel. Motorists should know the safety rules for dealing with winter road emergencies. AAA reminds motorists to be cautious while driving in adverse weather. For more information on winter driving, the association offers the [How to Go on Ice and Snow](#) brochure, available through most AAA offices.

Contact your local [AAA club](#) for more information.

- Avoid driving while you're fatigued. Getting the proper amount of rest before taking on winter weather tasks reduces driving risks.
- Never warm up a vehicle in an enclosed area, such as a garage.
- Make certain your tires are properly inflated.
- Never mix radial tires with other tire types.
- Keep your gas tank at least half full to avoid gas line freeze-up.
- If possible, avoid using your parking brake in cold, rainy and snowy weather.
- Do not use cruise control when driving on any slippery surface (wet, ice, sand).
- Always look and steer where you want to go.

Use your seat belt every time you get into your vehicle.

Tips for long-distance winter trips:

- Watch weather reports prior to a long-distance drive or before driving in isolated areas. Delay trips when especially bad weather is expected. If you must leave, let others know your route, destination and estimated time of arrival.
- Always make sure your vehicle is in peak operating condition by having it inspected by a AAA Approved Auto Repair facility.
- Keep at least half a tank of gasoline in your vehicle at all times.
- Pack a cellular telephone with your local AAA's telephone number, plus blankets, gloves, hats, food, water and any needed medication in your vehicle.
- If you become snow-bound, stay with your vehicle. It provides temporary shelter and makes it easier for rescuers to locate you. Don't try to walk in a severe storm. It's easy to lose sight of your vehicle in blowing snow and become lost.
- Don't over exert yourself if you try to push or dig your vehicle out of the snow.
- Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress. At

night, keep the dome light on if possible. It only uses a small amount of electricity and will make it easier for rescuers to find you.

- Make sure the exhaust pipe isn't clogged with snow, ice or mud. A blocked exhaust could cause deadly carbon monoxide gas to leak into the passenger compartment with the engine running.
- Use whatever is available to insulate your body from the cold. This could include floor mats, newspapers or paper maps.

If possible run the engine and heater just long enough to remove the chill and to conserve gasoline.

Tips for driving in the snow:

- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. And take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- Drive slowly. Everything takes longer on snow-covered roads. Accelerating, stopping, turning – nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly.
- The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed down hill as slowly as possible.
- Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.

Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors.

www.aaa.com

FIRE AND BURN PREVENTION

Top Safety Tips: Working smoke alarms reduce the chances of dying in a fire by nearly 50 percent. They are a critical first step for staying safe, but in order to be effective, they have to be working properly. For the best protection, install smoke alarms on every level of your home and in every sleeping area. Consider installing a smoke alarm that has a 10-year battery. Teach kids never to play with matches, lighters or fireworks. Keep candles at least 12 inches away from anything that can burn, and always blow them out when you leave the room or before you go to sleep. Teach older kids not to use candles in their bedrooms, unless supervised by an adult. Use common sense in the kitchen. Limit distractions when cooking and don't leave a hot oven or stovetop

unattended. Have a fire extinguisher in the kitchen in case of emergency, and make sure you know how it works. You might be surprised that most people don't know how to use one. Children should know how to respond to the sound of a smoke alarm. Teach them to get low and get out when they hear it. A child who is coached properly ahead of time will have a better chance to be safe. Watch our video to learn more. Practice feeling the door, doorknob and cracks around the door with the back of your hand to see if they are too hot. Help your children practice this step. Together, have your family plan and practice a home fire escape plan with two ways out of your house in case of a fire. It is important to have an alternate exit in case one is blocked by fire. Choose a place to

meet outside that is a safe distance away from your home. If you cannot safely escape your home or apartment, keep smoke out of the room by covering vents and cracks around the door and call 911 or your fire department as quickly as possible. Then signal for help at the window with a light-colored cloth or a flashlight. To prevent possible fires, avoid plugging several appliance cords into the same electrical socket. If using gasoline-powered devices, store gasoline in a locked location where children cannot access it. Keep only small quantities in an approved container that has child safety features - See more at: <http://www.safekids.org>

RECIPE OF THE MONTH

CINNAMON –SUGAR POPCORN

Prepare this simple snack a couple of hours before the party. Store in an airtight container to keep it fresh

8 cups popcorn (popped without salt or fat)

Cooking spray

2 Tbsp. sugar

1 tsp. ground cinnamon

1/2 tsp salt

1 1/2 Tbsp. butter (melted)

Place in a large bowl. Lightly coat popcorn with cooking spray; toss well. Repeat procedure.

Combine sugar, cinnamon, and salt in a small bowl. Drizzle popcorn with melted butter, toss well. Sprinkle with sugar mixture; toss well to coat.



WALKING ON ICE

WALKING ON ICE

Walking to and from parking lots or between buildings at work during the winter requires special attention to avoid slipping and falling.

Slips and falls are some of the most frequent types of injuries that occur during the winter months.

No matter how well the snow and ice is removed from parking lots and sidewalks, pedestrians will still encounter some slippery surfaces when walking outdoors in the winter. The pavers on the west entrance of the IGB and around the Gatehouse have a tendency to become very slippery, even more so than the sidewalks and parking lots in wet and cold conditions. It is important for everyone to be constantly aware of these dangers and to learn to walk safely on ice and slippery surfaces.

It is recommended to keep these important safety tips in mind:

CHOOSING APPROPRIATE CLOTHING

- During bad weather, avoid boots or shoes with smooth soles and heels, such as plastic and leather soles. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- Wear a heavy, bulky coat that will cushion you if you should fall.
- Wear a bright scarf or hat or reflective gear so drivers can see you.

TREC BADLANDS HEAD START PRENATAL TO FIVE

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MISSION STATEMENT

**Honor and Empower Children, Families,
Staff and Rural Communities**

- Keep warm, but make sure you can hear what's going on around you.
- During the day, wear sunglasses to help you see better and avoid hazards.

Whatever you wear, make sure it doesn't block your vision or make it hard for you to hear traffic.

WALKING OVER ICE

Taking shortcuts through areas where snow and ice removal is not feasible can be hazardous.

Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.

Extend your arms out to your sides to maintain balance. Beware if you are carrying a heavy backpack or other load—your sense of balance will be off.

If you must carry a load, try not to carry too much; leave your hands and arms free to balance yourself and hand onto a rail.

Keep your hands out of your pockets. Hands out of your pockets while walking lowers your center of gravity and increases balance. You can help break your fall with your hands free if you do start to slip.

Walk S-L-O-W-L-Y, taking short steps and shuffle for stability.

When walking on steps always use the hand railings and plant your feet firmly on each step.

Use special care when entering and exiting vehicles; use the vehicle for support.

This is fondly known as the penguin shuffle

