



## CALENDAR OF EVENTS

### July 2006

- Monday, July 3  
EOC New Hire Orientation
- Tuesday, July 4  
EOC Holiday  
**Independence Day**
- Tuesday, July 11  
Team 21 Meeting
- Monday, July 17  
EOC New Hire Orientation
- Wednesday, July 19  
County-Wide Policy Council Meeting  
Kings Canyon HS
- Thursday, July 20  
EOC Management Training Session
- Wednesday, July 26  
Day 1—Head Start New Hire Orientation
- Thursday, July 27  
Day 2—Head Start New Hire Orientation
- Friday, July 28  
Day 3—Head Start New Hire Orientation
- Monday, July 31  
EOC New Hire Orientation

“Even a stopped clock is right twice every day. After some years, it can boast of a long series of successes.”

Maria Von Ebner-Eschenbach  
Viennese Countess/Author  
1830—1916



# Head Start Youth Mentor Program



*From R to L: Diane Blickenstaff, Martina Marquez, Judith Hardy, Desirae Heredia, Jose Madrid, Sabrina Trujillo and Fabian Ramirez.*

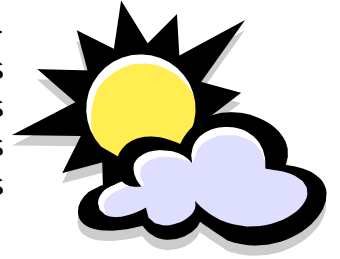
## SOUL Students Receive Training From Dedicated Staff

On Friday, May 26, 2006 Head Start Youth Mentor Program held their Second Annual Celebration Luncheon to observe the accomplishments of four SOUL students who have participated in the program. In order to complete the program, these students attended a weekly training session with three Head Start staff: **Judith Hardy ECE Specialist, Martina Marquez, EHS Coordinator, and Diane Blickenstaff, ECE Specialist.** In addition, they volunteered in preschool classrooms at Kings Canyon, Maple Vista and Yosemite Head Start Centers for six hours per week for the entire school year. Thus the students received a combination of academic and practical experience gaining knowledge of preschoolers, infants and toddlers. The rewards for the students included class credit, CPR and First Aid certification, \$500 stipend, and a scholarship to Fresno City College for two semesters. The students are encouraged to take 12 units of Child Development during the two semesters, and then qualify for job opportunities in the child care field, including Head Start. Congratulations to **Desirae Heredia, Jose Madrid, Sabrina Trujillo** and **Fabian Ramirez** in recognition of their accomplishments!



# Put Safety Into Summer Play

Summertime activities can often lead to safety hazards. Dehydration and other heat related hazards can often lead to serious illness and sometimes even death. When working outdoors, it is very important that you protect yourself from the hidden dangers of the summer heat. You should also be on guard of the hazards of summer when you are having fun with your family.



Here are a few tips for being cool about summer safety:

- Be sure to drink plenty of water. Avoid alcohol and caffeinated beverages while in hot environments.
- Take breaks often to cool off during hot summer days.
- Avoid the sun as much as possible when its rays are strongest, from 10:00am to 4:00pm.
- Use sun block with a SPF of 15 or more and wear clothing that minimizes exposed skin during activities in the sun.
- Always swim with someone else or when there is a life guard on duty. Never swim alone.
- Especially during the early summer, never cool yourself by swimming in canals or rivers. On the surface, the water may appear to be calm, cool and refreshing, but the water is actually freezing and the current deadly.



**Have Fun And Be Safe!**



## Spare The Air Days

With the hot days of summer just starting, unfortunately there will be many days designated as "Spare The Air Days." Valley residents can greatly help reduce and control air pollution levels this summer by taking into consideration these simple tips:



**San Joaquin Valley**  
AIR POLLUTION CONTROL DISTRICT  
...leading the way to a cleaner future

- Carpool with a friend or associate to reduce automobile traffic.
- If you must use your car, plan your outings to accomplish more on a single trip.
- Surprise a friend by bringing lunch to work for both of you so you don't have to go out during the hottest part of the day.

For more information about the Spare The Air Program, call 559-230-5800 or visit [www.valleyair.org](http://www.valleyair.org).

## Fast Facts About Asthma

Every Day in America:

- 40,000 people miss school or work due to asthma
- 30,000 people have an asthma attack
- 5,000 people visit the emergency room due to asthma
- 1,000 people are admitted to the hospital due to asthma
- 14 people die from asthma

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If you would like to contribute articles to Head Start HeadsUp, contact Mike Garcia in the Head Start Human Resources Office 263-1224 , 263-1287 fax, [mike.garcia@fresnoeoc.org](mailto:mike.garcia@fresnoeoc.org)