



CALENDAR OF EVENTS

October 2006

- Wednesday, October 4
County-Wide Policy Council Executive Board Meeting
- Friday, October 6
County-Wide Parent Conference at New Exhibit Hall
- Monday, October 9
Columbus Day Holiday
- Tuesday, October 10
EOC New hire Orientation
EOC Team 21 Meeting
- Monday, October 16
EOC Take Action Program Begins
- Wednesday, October 18
County-Wide Policy Council Meeting
- Friday, October 20
County-Wide Staff In-Service—New Exhibit Hall
- Monday, October 23
EOC New Hire Orientation
Red Ribbon Week Begins
- Tuesday, October 24
CB/HB Open House
- Wednesday, October 25
CB/HB Open House
EOC Leadership Forum
Management Training
- Thursday, October 26
CB/HB Open House
- Tuesday, October 31
EOC Halloween Costume Contest

Fresno's Finest Visit Ivy Center

Members of Fresno Fire Station #7 visited Ivy Head Start Center on Tuesday, September 26, 2006. They gave a presentation on fire safety both in the home and at the center. The kids were taught fire safety rules, familiarized themselves with the firemen and the duties they perform on a daily basis and not to



Left to Right: Firemen Jeremiah, Richard and Greg of Fire House # 7.

be afraid of the firemen themselves. They allowed the children to handle their helmets and fire hoses and gave them a complete tour of the fire engine. The children were also taught the meaning of **"stop, drop and roll"** and learned to recite it as a group. Patricia Ybarra, Teacher Director VI expressed her thanks to all the men and women who work for the Fresno Fire Department and especially to Jeremiah, Richard and Greg of Fire House #7 for coming out to the Ivy Center and making an impact on the children's lives.

Thanks For The Service



*Top Row—L to R: Lupe Trevino, Naomi Quiring-Mizumoto, Maggie Godinez, Jessica Chavez, Rachel Salinas, Esther Lepe, Susie Phillips, Rose Puente and Alyson Schletewitz.
Bottom Row—L to R: Pamela Fontanilla, Lucia Valadez, Elvia Alvarez, Wyoma Lewis and Kelly Torres.*

Members of the outgoing Policy Council Executive Board and Personnel Committee celebrate the year end at Marie Callendar's on September 6, 2006. A special thanks goes out to these parents for their dedication to the Head Start/Early Head Start Program.



Welcome New Employees

Norma Quezada—Teacher Assistant I
Etta Williams—Food Services Assistant I
Magali Lopez-Duran—Teacher Assistant I
LaToya Walker—Disabilities Assistant
Araceli Alvarado—Home Base Educator
Kenya Brathwaite—Home Base Educator
Dominga Herrera—Teacher Assistant I
Veronica Galvan—Home Base Educator
Alexandra Corrales—Home Educator
Sandra Chavez—Home Base Educator
Sharlene Montoya—Food Services Assistant
Dominga Herrera—Teacher Assistant I
Alejandra Gonzalez—Teacher Assistant I
Elizabeth Macedo—Family Dev. Specialist

Michelle Parker—Coordinator FCSR
Patricia Reyes—Teacher Assistant I
Cynthia Moore—Nurse
Mai Xiong—Teacher Assistant I
Maria Ortiz—Disabilities Assistant
LaToya Walker—Dis. Assistant
Erika Lopez—Disabilities Assistant
James Munoz—Teacher Assistant II
May Xiong—Disabilities Assistant
Diana Austin—Disabilities Assistant
Blia Moua—Teacher Assistant I
Paochao Yang—Teacher Assistant I
Ana Calleres—Teacher Assistant I
Rosa Tovar—Home Base Educator

Please take a moment out of your busy schedules to welcome our new employees to the Head Start/Early Head Start Team.

This continuing series of articles is designed to help you better organize your personal and professional life. I hope you find these articles useful and fun!

Kick the Procrastination Habit By Maria Garcia

"I'll get to it—when I get a chance." You know what that means, don't you? You'll never get to it! Here are 8 simple ways to kick the procrastination habit and start getting things done.

1. **Break It Down**—Seem overwhelming? Don't look at everything as one big project. Break goals, projects or tasks down into small parts. Assign a specific deadline (date and time) to each part.
2. **Write It Down**—Make it official by recording on paper, what needs to be done. When it's written down, it's more concrete, and there's a greater chance you'll start and complete it.
3. **Tell Someone**—Tell a friend, associate or loved one what your plans are. Discuss decisions that need to be made with others. Ask a friend or associate for some ongoing motivation. Sometimes an outside perspective may be all you need to get started.
4. **Schedule**—Establish a regular time each day to work on your goal, project or task.
5. **Use Proper Tools**—Organize your environment, complete with the tools you need, so it is conducive to working.
6. **Post Reminders**—Keep your goals in front of you. Post reminders of your goals and deadlines where you can constantly see them.
7. **I'll Only Do This, If I complete**—Make something you normally do and enjoy contingent upon doing the avoided task. For example: "I will not watch my favorite television program until I complete Part A of my project." By the way, no fair cheating!
8. **Set Rewards**—Set rewards for your ultimate goals and mini-goals. You'll constantly have something enjoyable to look forward to.

By Maria Garcia—Get Organized Now!

When to get organized? Get your FREE get Organized Now! Idea-Pak, filled with tips and ideas to help you organize your home, your office and your life, at the Get Organized Now! Web site. <http://www.getorganizednow.com>

Halloween Trivia Quiz

1. The biggest pumpkin in the world tipped the scale at:
A. 590 lbs. B. 683 lbs. C. 998 lbs. D. 1,385 lbs.
2. The sweetest day of the year is:
A. Christmas. B. Halloween. C. Easter. D. Valentine's Day
3. In the British Isles, Jack O'Lanterns are carved from large:
A. Pumpkins. B. Cabbages. C. Turnips. D. Oversized Lemons
4. The first Halloween greetings card was made in:
A. 700 BC. B. 1492. C. During the Revolutionary War (1770's) D. Early 1900's.
5. Which country celebrates "The Day of The Dead" instead of Halloween:
A. Cuba. B. Mexico. C. Scotland. D. Ireland



Happy Halloween

Answers: 1 is D. 2 is B. 3 is C. 4. D. 5. B.



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