A momentous event unveiled on Thursday, August 11, 2016 at Fresno Migrant & Seasonal Head Start. Over 100 participants filled the venue spotlighted with the White House Initiative on Educational Excellence for Hispanics (WHIEEH). The parent roundtable area overflowed with 40+ committed parents’ eager to hear of their child’s educational future and opportunities. Approximately 30 former Migrant Head Start & local students filled the audience prepared to partake in the evening’s discussion. More than 30 community representatives and leaders waited for the event to unfold to capture the struggles and triumphs of the families and students.

FMSHS Program Director, Flora Chacon, welcomed attendees and recognized the parents and students’ willingness to share their stories and experiences. Present was Mr. Bill Castellanos, President of the National Migrant & Seasonal Head Start Association. Mr. Castellanos thanked all for their commitment and time to join this noteworthy event in Fresno. Mr. Castellanos welcomed Congressman Jim Costa to the stage. Congressman Costa shared with the audience his story of coming from an immigrant family who persevered with strong work ethics and dedication to their children’s education, just like the many parents present.

WHIEEH Executive Director, Alejandra Ceja, expressed gratitude for the parents and student dedication to participate in the roundtable discussions. Additionally, Ms. Ceja acknowledged community leaders present for their interest to hear about WHIEEH’s quest to bridge the gap of migrant families and students’ transition into the public school system. Ms. Ceja followed by presenting a National Bright Spot in Hispanic Education Award to Fresno Migrant & Seasonal Head Start for the leadership, steadfast commitment to the Hispanic community, and valuable contribution in advancing Hispanic academic achievement.

(Continued on page 2)
FMSHS Hosts White House Initiative on Educational Excellence for Hispanics

(Continued from previous page)

Mr. Cleo Rodriguez, Jr., National Migrant & Seasonal Head Start's Executive Director commenced the evening's activities with the premiere of the Class of 2027 series that PBS will be unveiling in September 2016 during Hispanic Heritage Month. The documentary, Field of Promise, was showcased and the audience had moments of laughter, joy, compassion and tears. Opening the doors to migrant families struggles and achievements, the Parent & Student Higher Education Roundtables commenced.

The simultaneous roundtables captured valuable feedback of the grand services received from Migrant Head Start programs. Parents expressed their appreciation to have a “family-like” setting for their children, parent engagement activities, and opportunities for learning. Community leaders learned of common obstacles migrant families encounter in the public school system. During the School Leader & Business Roundtable, commitments were made to ensure seamless transitions for migrant families and students. Furthering partnerships with migrant head starts was a key outcome and appealed to all.

Mrs. Mattie Mendez, CAPMC Executive Director, stated that now is the time to acknowledge migrant families and highlight their vast accomplishments in their children’s lives. Fresno Migrant & Seasonal Head Start was honored to have the privilege to host the only event scheduled in California, forming part of the Elevating Migrant Voices Series. Mr. Castellanos concluded with his gratitude to FMSHS for their efforts to make this event successful, stating it carried out the definition of being a Program of Excellence!

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**Safety Game Piece**

*Due to the H/R Department—Friday 08/26/2016 at noon.*

**Name:** __________________________

**I.D.#:** __________________________

**Worksite:** __________________________

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**Safety Trivia:**

Name 3 benefits for drinking plenty of water.

1. __________________________

2. __________________________

3. __________________________
CATCHING PEOPLE...

DOING THE RIGHT THING

CRISTAL SANCHEZ & IDELISA DURAN for coming on to the APP/R&R team ready to learn and add to the department’s skills.

RICK RAMIREZ for doing such a wonderful job with installing the cameras at Shunammite Place and updating the computers for faster connection. Much appreciated!

LETICIA LUJAN-ROJAS for following through with the Board of Directors request that she complete her Bachelor’s degree, as set forth by her job description. Congratulations Leticia!

COMMUNITY SERVICES TEAM for being team players and helping each other out when a couple of staff members were out.

MADERA REGIONAL HEAD START STAFF for executing an amazing pre-service, special thanks to KARINA GARCIA. Also, XAI VAN for making sure the IT equipment was working and ready.

FRESNO MIGRANT HEAD START STAFF for putting on a memorable event for the White House, community leaders, families and students that attended.

APP/ R&R STAFF for working hard to prepare for the audit, coming in on a Saturday.

MARK YOUR CALENDAR...

AUGUST 19, 2016— CAPMC Warehouse Sale
SEPTEMBER IS SAFETY AWARENESS MONTH
SEPTEMBER 5, 2016— Labor Day
SEPTEMBER 11, 2016— Patriot Day/ Grandparents Day
SEPTEMBER 22, 2016— First Day of Autumn

Volunteers Stepping Into Action

Fresno Migrant & Seasonal Head Start would like to thank local students for their volunteering contributions this summer. Eva Guerra, Carlos Iniguez, and Aaliyah Anaya, Brittney Swindell, and Remi Vicent committed to make the FMHS Parent Health Care Institute a success! All families were able to acquire new shoes for their children. A total of 197 shoes were personally embellished with creative designs that appealed to children’s sparkling eyes! These students demonstrated great work ethics, dedication, and leadership while accomplishing this project. FMHS staff wishes them well in their new endeavors and education.

Messages from HR office:

1) Remember to turn in your immunization records, if required; 2) You may qualify for additional retirement benefits if you have insurance coverage under plans other than CAPMC; stop by HR office to find out more information; 3) If you are thinking about changing your insurance coverage composition, you can do so during open enrollment in December or under qualified events; 4) If you experience unforeseeable serious medical condition(s) and need time off, please complete a leave request; 5) Please plan to attend CAPMC 2nd annual Health Fair on October 28, 2016 10am-2pm.
Madera. 

What do you do in your spare time? Spend time with my friends and family. 

Family: I have four older sisters and a younger brother. 

Travels: I hope to someday be able to visit Paris, Rome, and London. 

Pets: I have a spoiled Chihuahua named Buttercup. 

Favorite junk food: Pizza 

Favorite saying: “Being happy doesn’t mean that everything is perfect. It means that you’ve decided to look beyond the imperfections.” 

Greatest achievement: Graduating from Fresno State with my Bachelor’s Degree in Psychology. 

Best advice ever given: Learn from your mistakes, don’t dwell on them. 

Favorite Color: teal 

Favorite Board game: Checkers 

Favorite movie: Mean Girls 

Favorite song: A thousand years by Christina Perri. 

Favorite TV show: Grey’s Anatomy 

Favorite holiday: Christmas 

Favorite sports teams: Lakers 

Favorite vacation spot: Anywhere near the beach. 

A random or fun fact about you: I love to bake but don’t like to cook. 

Please include some thoughts about your job, co-workers or the families you work with: I work with a great group of people that have been welcoming from the beginning. I have learned so much this past year and I am grateful to have co-workers that never hesitated to offer their assistance or answer the many questions that I have till this day.

Do you know of an Agency event that you would like to see covered in the Action Connection? Do you have input about the newsletter? Would you like to contribute an article or pictures? All submissions are welcome and appreciated!

Please contact: Gabriela Salazar, Assistant to the Executive Director at: gsalazar@maderacap.org  Phone: (559) 675-5748  Fax: (559) 673-2859
OPEN POSITIONS

For more information, contact the HR Department at 673-9173 or at www.maderacap.org. The following positions are open until filled:

- Accountant Program Manager-Fiscal
- Advocate II/III- Fresno Migrant Head Start
- Advocate II/III- Madera Head Start
- Advocate II/III- Victim Services
- Associate Teacher- Fresno Migrant Head Start
- Associate Teacher- Madera Head Start
- Customer Technician Assistant- Community Services
- Data Entry Technician- Madera Head Start
- Instructional Aide II/Janitor- Fresno Migrant
- Instructional Aide II/Janitor- Madera Head Start
- Instructional Aide III/Janitor- Madera Head Start
- Janitor- Fresno Migrant Head Start
- Janitor- Madera Head Start
- Site Supervisor/Teacher- Madera Head Start
- Specialty Advocate- Victim Services

Way to go Victim Services!

By Tina Rodriguez

The Victim Services Department is excited to announce that we have been awarded funds to operate the first transitional housing program in Madera County to serve victims of human trafficking and domestic violence. One of the greatest barriers to breaking the cycle of violence is codependency. We encounter victims of domestic violence that are at the mercy of the offender because they have no income of their own, no transportation, little to no education, and little to no job experience. Offenders prefer that victims be entirely dependent on them because it reduces the likelihood of them being able to leave the relationship. This transitional housing program will provide an opportunity for victims to live in affordable housing while they transition their lives into an independent lifestyle. Unlike emergency shelter, where the focus is on immediate safety; transitional housing will focus on education, life skills, budget management, career exploration, and aftercare. Victims that have maxed their timeframe for emergency shelter will now have the option to apply for transitional housing and remain there for up to two years. My favorite part about this program is that I believe it aligns perfectly with our mission statement, helping people, changing lives and making our community a better place to live by providing resources and services that inspire personal growth and independence. With these funds we are able to go beyond crisis response and providing restraining orders. We are now able to hire case managers that will help these survivors discover their goals and learn steps to take to achieve them. They can take courses to learn new skills or English classes if they need to. I look forward to seeing them practice for their driver’s license test and living a life free from violence!

“Helping people, changing lives and making our community a better place to live by providing resources and services that inspire personal growth and independence.”
Healthy lifestyle changes can prevent 80% of strokes.* But the healthy things you do should also make you happy. Figure out what works for you and feel the benefits of better health.

Seize the days and find your groove

Power to the playlist.
Listening to music you love while you exercise can help keep you feeling motivated and energized. Even better? It may enhance the mood-boosting effects of your workout.

Pass on the salt.
Too much sodium increases stroke risk. Rely on herbs and spices for big flavor and use salt sparingly. Experiment with different combinations to discover your go-to favorites.

Track your progress.
Try a wearable fitness tracker. It’ll let you know if you’ve been sitting for too long, count calories for you, and give you a virtual high-five when you meet your activity goals.

Messages from Safety Committee:

1) Stay cool
2) Drink plenty of water
3) Wear sunscreen
4) Use kitchen tools with care
5) Use all CAPMC property properly
6) Participate in Safety Month activities. There will be a lot of opportunities!
7) Be sure everyone is out of your vehicle before locking and walking away.
The Importance of Water

Water is necessary: Many people experience fatigue, headaches, and nausea during a normal day, but very few of us realize that these problems could be caused or aggravated by not drinking enough water. Water is one of the most important ingredients for survival. Water is the principal chemical component of the human body and it is vital to the proper functioning of all physiological systems.

Water performs countless duties in our bodies and keeps us healthy and refreshed:

- Water makes up approximately 60% of a person’s body weight.
- Water in body fluids is the transport vehicle for the nutrients.
- Water flushes out toxins.
- Water creates a moist environment for the structure of the eyes, ears, nose, and throat.
- Water acts as lubrication and cushioning for joints.
- Water helps maintain body temperature.

The above list of health factors affirms our need to keep properly hydrated. These are two approaches you can choose from to determine proper intake:

Replacement: This approach suggests drinking 8 cups daily, which is about enough to replace amount of water that is lost.

Dietary Recommendations: This approach suggests that men drink 13 cups of water each day and women drink 9 cups. This is thought by many to be the healthier choice.

Stay properly hydrated. By staying hydrated a person ensures that his/her body will have enough water to perform its necessary functions.

Drinking plenty of water is one aspect of a healthy life-style, the benefits of which may be experienced as an increase in energy, relief from joint tenderness, and a boosting of the immune system.
### Choose health. Drink water.

<table>
<thead>
<tr>
<th>Drink</th>
<th>Calories</th>
<th>Teaspoons of Sugar</th>
<th>Minutes of Brisk Walking to Burn Off the Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Soda</strong></td>
<td>227</td>
<td>14 tsp</td>
<td>49 min.</td>
</tr>
<tr>
<td><strong>Sports Drink</strong></td>
<td>125</td>
<td>9 tsp</td>
<td>27 min.</td>
</tr>
<tr>
<td><strong>Energy Drink</strong></td>
<td>240</td>
<td>15 tsp</td>
<td>52 min.</td>
</tr>
<tr>
<td><strong>Juice Drink</strong></td>
<td>305</td>
<td>17 tsp</td>
<td>66 min.</td>
</tr>
<tr>
<td><strong>Fruit-flavored Soda</strong></td>
<td>165</td>
<td>11 tsp</td>
<td>36 min.</td>
</tr>
<tr>
<td><strong>Vitamin-added Water</strong></td>
<td>125</td>
<td>8 tsp</td>
<td>27 min.</td>
</tr>
<tr>
<td><strong>Sweetened Tea</strong></td>
<td>213</td>
<td>14 tsp</td>
<td>46 min.</td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td>0</td>
<td>0 tsp</td>
<td>0 min.</td>
</tr>
</tbody>
</table>

**Note:** Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

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This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.
• **RECOMMENDATION: F-1**  
Review and accept the 2014-2015 Fresno Migrant Head Start Desired Results Data Report  
**SUMMARY:**  
Child assessment in Head Start provides an important role in improving classroom instruction and services to meet the needs of Head Start children. The School Readiness Act of 2007 requires that:  
- All Head Start programs use research-based practices to support the growth of children’s pre-literacy and vocabulary skills.  
- Improve classroom practices to better support children’s cognitive, social, and emotional development.  
- Increase the number of children who have the opportunity to participate in high quality early childhood programs.  
In response to this mandate, teachers conducted the Desired Results on-going assessment of the children during the 2014-2015 program with three checkpoints in the months of June, August and October. The assessment is collected and entered into the Child Plus software. The data is used to identify areas of improvement for each classroom in order to plan activities for children to make gains in areas such as language, fine motor, etc. The goal of this process is to strengthen the quality of Fresno Migrant Head Start and to improve our efforts in preparing children for kindergarten.  
**DISCUSSION:**  
CAPMC/FMHS use the Desired Results developmental profile, which is a comprehensive, research-based assessment that addresses the needs of the whole child. This educational approach meshes well with best practices and Head Start Performance Standards.  
2. Data is collected three times a year and the information reflect the children that were enrolled from May 2014 - November 2015.  
3. The child plus reports enable teachers and parents to see exactly how much progress a child has made in a particular area during his or her time with Head Start.  
4. Ongoing assessment continues throughout the child’s enrollment in Head Start.  
5. Using appropriate observation and assessment procedures, staff and parents come to know each child’s strengths, interests, needs, and learning styles in order to individualize the curriculum, to build on each child’s prior knowledge.  
6. The Desired Results Gains Report is integrated into the overall program self-assessment system.  
7. At the administrative level, assessment data, reports, and graphs along with self-assessment findings assist in planning for program improvements and future trainings.  
8. Improvements such as enhanced staff training, improvements in curriculum, reallocation of program resources, planning for transitions of children to and from Head Start, and new efforts to support families in enhancing children’s learning and development are considered.  
9. The Policy Committee accepted the Start Desired Results Data report on July 26, 2016 at the Regular PC meeting.  
**FINANCING:** None  
**BOARD ACTION:** Approved

• **RECOMMENDATION: F-2**  
Review and approve the 2016 Fresno Migrant/Seasonal Head Start Annual Self-Assessment Report  
**SUMMARY:**  
An annual self-assessment is conducted to determine if the program has achieved its goals and objectives as defined by the Community Assessment. To determine how effectively the management systems are working, and if the program is in compliance with the Head Start Performance Standards 1304.50(d)(i)(viii).  
**DISCUSSION:**  
1. The system ensures that the self-assessment examines the effectiveness and progress in meeting the goals and objectives as well as the implementation of Federal regulations by conducting a self-assessment annually.  
2. The self-assessment team is formed by including staff, policy and governing members, parents, and representatives from the community.  
3. Training on the self-assessment process to team members is provided using the FY 2016 Office of Head Start Monitoring Protocol instrument and Classroom Assessment Scoring System (CLASS) instrument.  
4. There were two areas requiring improvements that will be addressed with a Program Improvement Plan. (Please see attached report)  
5. The Policy Committee reviewed and approved the Self-Assessment Report at their regular meeting held on July 26, 2016.  
**FINANCING:** None  
**BOARD ACTION:** Approved

• **RECOMMENDATION: F-4**  
Review and approve the 2016/2017 Madera/Merced Migrant/Seasonal Head Start Self-Assessment system for conducting the program self-assessment  
**SUMMARY:**  
In accordance with Head Start Performance Standards, a yearly self-assessment needs to be conducted. The assessment will help staff determine if Performance Standards and Head Start Act are being implemented as required. ACF allows Head Start programs to utilize any instrument/system for conducting the self-assessment. Staff is opting to utilize a process that will allow for parent and center involvement. Central California Migrant Head Start staff will be taking the lead in conducting CAPMC – Migrant Head Start’s self-assessment this program year. Participating staff will receive training to give members a thorough understanding of the self-assessment process and the 2016 Monitoring Protocol as the tool. In preparation for the formal self-assessment, management staff have conducted CLASS observations and Case Conferencing. All were scheduled during the months of June and July 2016. The Policy Committee parents will be asked for their participation in completing the Health and Safety Screener for their site. The Policy Committee will complete the screener before August 29, 2016 so it can be submitted to the team for review. The self-assessment process (team groups) will take place August 29 through September 2, 2016.  
**DISCUSSION:**  
The process consists of the following:
The following is a synopsis of the Action Items from the Board of Director’s Meeting on August 11, 2016. If you are interested in seeing any items in more detail, please contact Gabriela Salazar.

Teams will be selected to conduct the self-assessment. The teams will be comprised of Grantee and CAPMC office, center staff, and parents. Each group will visit sites and complete a set of core questions.

After the Policy Committee members receive instructions, they will complete the screener at the center where their child attends. Parents will receive support from center staff.

Staff will follow the Office of Head Start 2016 Monitoring Protocol Guide, CLASS tool, Case Conference Summaries (Area Managers and Specialists review all children’s health, family, and educational files with staff) and screener to determine strengths, areas of improvement, and areas out of compliance. An Improvement Plan will be developed for each content area reviewed.

**FINANCIAL IMPACT:** Minimal

**BOARD ACTION:** Approved

- **RECOMMENDATION:** F-5
  Authorize the Executive Director of Community Action Partnership of Madera County, Inc. to submit the 2016/2017 request for application to the California Office of Emergency Services (Cal OES), to operate the Rape Crises Program from September 1, 2016 through August 31, 2017

**SUMMARY:**
This grant provides funding necessary for the operation of the Rape Crises Program in Madera County. The mission of this program is to be responsive to the rights and needs of sexual assault victims by providing crisis response, counseling, transportation, case management, follow-up, referrals, emergency clothing, support, and advocacy.

**DISCUSSION:**
1. Cal OES is the sole funding source for the Rape Crises Program in Madera County. CAPMC has operated the rape crisis program for 29 years successfully.
2. This RFA supports two full time Victim Advocates assigned to the sexual assault program, one Specialty Advocate, and administrative staff.
3. CAPMC will provide all sexual assault victim services pursuant to Penal Code (P.C.) Section 13837

**FINANCING:**
The amount available for Madera County is $335,377

**BOARD ACTION:** Approved

- **RECOMMENDATION:** F-6
  Review and approve the submission of the 2017/2018 HUD grant application for the Shunammite Place

**SUMMARY:**
The purpose of this grant is to provide permanent housing with supportive services designed to accommodate up to 15 chronic homeless adult women with disabilities.

**DISCUSSION:**
A. The Renewal Grant term for the project is one (1) year.
B. The target population to be served is chronic homeless adult women with disabilities who have either come from the streets, emergency shelters, or transitional housing.
C. This type of housing is secured by a master lease for apartment units that are located in the City of Madera. The master lease includes 5, three bedroom units for program participants and one unit for staff offices and common space for the delivery of supportive services and case management.
D. The program provides the following supportive services: job skill inventory, on the job training, develop educational plans, addiction issues, substance abuse issues, HIV awareness as well as sexually transmitted diseases, nutrition, physical fitness, anger management, accessing community resources, medical needs, mental health needs, etc.
E. This funding requires that HUD funds be matched with other cash and non-cash dollars. Matching dollars for this grant are currently supported by the Community Services Block Grant with an annual contribution of $27,783.

**FINANCING:** The HUD budget is $191,177

**BOARD ACTION:** Approved

- **RECOMMENDATION:** F-7
  Discuss and approve building entrance access procedure for Board of Directors

**SUMMARY:**
CAPMC is committed to provide all employees and visitors an environment that is safe, secure and free from threats. CAPMC wants to establish additional measures that will enhance security features at the immediate agency work sites. In order to achieve overall security and safety practices, additional measures will be interactive, so all employees and visitors promote positive thinking and engage in safe practices.

**DISCUSSION:**
CAPMC’s Administrative office, located at 1225 Gill Avenue, has implemented all building doors remain closed and locked at all times. New security door features allow for all visitors to be buzzed into the building. Visitors are then asked to sign-in and sign-out of the receptionist/ greeting area as they enter the building. Currently visitors are asked to wear a badge stating they are a visitor if they are headed to a department other than the reception/ greeting area. The badge is a one-time use sticker badge. The Board of Directors is being asked to discuss their thoughts and preferences in interacting with CAPMC’s new building entrance access procedures. Some options to consider are:
- Board Members sign-in and sign-out upon entering the building and receive a one-time usage visitor badge. Sign-in sheet would be at entrance of Board meeting conference room, as well as the visitor badges. No buzz-in entrance required.
- Board Members are provided a re-usable badge with their name to wear and to bring to Board meetings.
- Board Members are provided with ID badge and lanyard to wear during Board meetings or agency activities.

**FINANCING:** None

**BOARD ACTION:** Approved

The Los Banos Fire Department and Choosy stopped by the Rafael L. Silva Migrant Head Start for some educational fun with the children.