On April 7, 2014, First 5 Madera County celebrated the 2014 Hands-On Hero award winners. First 5 invited parents and agencies to submit nominations for individuals that work to help improve the lives of child ages 0-5 in Madera County. The nomination was to recognize their contributions in supporting early care and education of children, including support for the children’s education environments and strategies that emphasize a child’s education. Five CAPMC employees were nominated by parents or their peers! Congratulations to Rosie Gonzales, Resource & Referral, Rocio Rodriguez, Associate Teacher, Lina Bojorquez, Center Director, Maria Castellano, Center Director, and Mai Vang, Center Director. Madera County Supervisors Rodriguez and Farinelli distributed the awards to the recipients.

Mai Vang, Site Supervisor for the Madera Regional Program was selected as the overall winner and was provided a plaque and proclamations from the state assembly and senate.

Below are some quotes about the outstanding work Mai does in her classroom with the children.

“The energy is contagious in her classroom. It’s apparent that the children feel safe and important at the Sunset Head Start Center. The child initiated conversations direct the activities for the day.”

“Mai is a model teacher, creating environments that foster imagination, exploration and initiative among the children she works with. Mai pays attention to the interest of the children and activity engages parents in their learning though activities she sends home.”

“Mai is an excellent teacher that has demonstrated the ability to teach children in very creative and innovative ways. Her dedication to providing children an opportunity for learning is admirable.

Mrs. Mai, I thank you for everything you and the teachers are doing for my daughter Jocelyn, for your patience and for being a part of her education. You are an excellent teacher and a great person. Since the first day of class, I knew my daughter would be in great hands. You are awesome!
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY

AGENCY INFORMATION... Here’s the Scoop

CATCHING PEOPLE...
DOING THE RIGHT THING

ANGIE LOPEZ AND ANGIE HERNANDEZ, for taking the time to attend a meeting at the men’s prison on a Sunday to share their own powerful stories.

MEMBERS OF VICTIM SERVICES AND MAINTENANCE, for preparing for a successful Victim Rights Day at the Madera Courthouse.

MADERA HEAD START STAFF, for the beautiful decorations in the lobby to honor the Week of the Young Child.

COMMUNITY SERVICE STAFF, for working overtime to process LIHEAP claims.

KELLY HANNA, for taking the time to assist with recruitment for the Regional Head Start program. Thank you for your support.

MARIA NUÑEZ (VOLUNTEER), for all her help in assisting Head Start Staff.

ANGELICA MURILLO-VIRGEN, for helping put packets together for the Advocates.

HEAD START DATA ENTRY STAFF, for all their help.

CROSHOUN AUSTIN, for assisting staff in Mariposa.

MARU GASCA-SANCHEZ AND VANESSA MADRIGALES, for going the extra mile and assisting the IT Department with the breakdown of equipment at a recent training.

MARK YOUR CALENDAR...
FRIDAY, April 18 2014: Spring Holiday
WEDNESDAY, April 23, 2014: Denim Day
THURSDAY, April 24, 2014: Bring Your Child to Work Day
FRIDAY, April 25, 2014: Walk a Mile in Her Shoes
SATURDAY, May 3, 2014—Relay for Life

Fresno Migrant & Seasonal Head Start would like share some exhilarant news. On February 21, 2014 National Migrant and Seasonal Head Start Association held its Directors Affiliate Meeting in Tysons Corner, VA. During that meeting the 2014 Officers were elected and our Grantee, CAPSLO Child, Youth & Family Services Division Director, Bill Castellanos nominated our Program Director, Flora Chacon for the Member at Large position. We’d like to congratulate Mrs. Chacon on this amazing achievement. She’ll be representing the agency at a national level with her new role and active participation in NMSHSA. Mr. Castellanos is the newly elected President on NMSHSA’s Association Affiliate. We look forward to their remarkable expertise that will be bestowed upon many Head Start organizations and the families and children served.

FROM LEARNING TO TEACHING
VERDELL HEAD START
By: Julie Doll

After attending the John Gunnerson training, the teaching staff at Verdell Head Staff incorporated invitation trays into our classroom environment. We are mindful of the presentation of the trays and remember that they should compel the child to engage and stay. Natural materials are the foundation for every invitation. Part of the fun of creating them is the hunt for “treasures” around your yards. With new eyes for useful pieces, we see everything as a possibility for a unique play activity. In these pictures boys and girls are engaging pretend play with the fairy garden.

WEAR BLUE DAY
MADERA MIGRANT/SEASONAL HEAD START PROGRAM RECOGNITION

During the Madera Migrant/Seasonal Head Start Policy Committee Meeting, Karen Pekarick, Director II, Stanislaus County Office of Education traveled from Modesto to attend the meeting. Parents felt honored that she took time to attend. She presented Madera Migrant/Seasonal Head Start with a certificate of appreciation for reaching their 10% of enrollment of children with disabilities, and had kind words to say about the department staff and parents. In addition, Mariza Gomez, recognized Jessica Freeman-Torres, Mental Health/Disabilities Specialist and the parents for their tremendous efforts. Congratulations!

VITA 2014

This year CAPMC helped 259 households prepare their income tax returns (this includes prior year returns); exceeding our prior year by 52!

We helped get $463,064 in refunds:
- 167 CA Refunds totaling $31,054
- 218 Federal Refunds totaling $432,010

This includes 99 people who received Earned Income Credit in the amount of $204,909. Thank you Volunteers!!
EMPLOYEE SPOTLIGHT
Name: Marisabel Torner
Job Title: Instructional Aide/Janitor
How long have you worked for CAPMC? 2 years
Where were you born and raised? Born and raised in Madera, CA.
What do you do in your spare time? I like to spend time with my boyfriend, his son and family.
Family: I am the fourth sibling out of five
Pets: I have 2 dogs named Pirate and Precious.
Favorite Junk Food: Hot Cheetos and milk chocolate.
Favorite Holiday: Christmas
Favorite Color: Pink
Favorite Vacation Spot: Hawaii
Favorite Song: “All of me” by John Legend
If you were stuck on a desert island and could only have three things, what would they be? My family, food, and a boat.
Greatest Achievement: In the process of receiving my Associates Degree in Teaching.
Best Advice Ever Given: Believe in yourself and you will achieve all your dreams.
Of all the people who would you like to have dinner with and why? I would like to have dinner with my grandparents because they passed away when I was 2 years old and don’t have much memories of them.

VICTIM MEMORIAL AND AWARDS CEREMONY
On Friday, April 4, 2014, Victim Services’ Staff honored those whose contributed to the enforcement of victims’ rights at its annual Victims’ Right Week Kick Off Event at Courthouse Park. Those honored were Traci Wise of the District Attorney’s Office, West America, Rosi Bueno of the Family Law Court Clerk’s Office, Soroptomist International of Madera, Honorable Judge Thomas Bender, and Jackie Braswell of the CSU MFT Internship Program.

Pictured left to right: Mattie Mendez (CAPMC), Traci Wise (District Attorney’s Office), Mike Takechi (West America Bank), Rosie Bueno (Family Law Clerk’s Office), Karen Long (Soroptimist), Honorable Judge Thomas Bender (Superior Court), Ofelia Valdovinos (CAPMC), and Tina Figueroa-Rodriguez (CAPMC).

NATIONAL WEEK OF THE YOUNG CHILD
Madera County Supervisor and CAPMC Board of Director Rick Farinelli made a special trip to the Madera Regional Sunset Center to read to the children during the National Week of the Young Child. Supervisor Farinelli shared that the classroom looks like a home and every classroom should be like this one! He also stated during a recent board meeting the importance of teaching English at a young age and how the children at the center engaged in conversation with him.
ED STOUT MEMORIAL AWARD
FOR OUTSTANDING
VICTIM ADVOCACY

DATE:
April 21, 2014

TIME:
11:00 a.m.

LOCATION:
Community Action Partnership of Madera County
1225 Gill Avenue
Madera, CA 93637

Conference Room 1/1a

The “Ed Stout Memorial Award for Outstanding Victim Advocacy”

PRESENTED TO: COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY VICTIM SERVICES DEPARTMENT
PRESENTED BY: CONGRESSMAN JIM COSTA

This award honors the memory of Ed Stout, the Director of Aid for Victims of Crime of St. Louis, MO – one of the nation’s three oldest victim assistance organizations – who died in 2005 following a 30+ year career of inspiring crime victims and those who serve them.

He studied for the priesthood for 10 years; he worked 15 years as a community organizer in the War on Poverty, along with raising four children all provided excellent training to become a victim advocate and crisis intervener.

Stout describes a movement in which there was no technology, training programs or research, but simply a group of people who were reaching out to crime victims and asking how they could help. He identified the greatest challenge as being the stigma that was attached to victimization and a lack of understanding of who victim advocates were and what they did. After realizing that this was a problem, AVC began working to educate the field and the general public about their work. Stout feels that the need for victim services was finally acknowledged in the early 1990s, and with that recognition came more respect. He passed away from brain cancer on February 24, 2005, at age 62.

Please join us as we accept this award on behalf of the victims of Madera County.
Volunteers Needed!

Victim Services is now taking applications for volunteers.

- Staffing the 24-hour Crisis Hotline
- Answering crisis calls
- Accompanying victims to court
- Working on special projects
- Providing community education

All Victim Services Volunteers must attend a 65-hour Domestic Violence/Sexual Assault (DV/SA) Training.

The Community Action Partnership of Madera County will offer DV/SA Training from May 27th thru July 2nd. Training is provided in the evenings, Monday through Wednesday, with a starting time of 5:30 p.m. No classes may be missed.

Applicants must pass background check. Must be 18 years of age or older to volunteer.

Applications must be submitted prior to May 12, 2014.

Visit our website for an application: www.maderacap.org

Helping People, Changing Lives.

Community Action
PARTNERSHIP
OF MADERA COUNTY
Addressing the Needs of our Community

1225 Gill Avenue
Madera, CA 93637
(559) 661-1000
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY
BOARD ACTION ITEMS... April 2014

The following is a synopsis of the Action Items from the Board of Director's Meeting on April 10, 2014. If you are interested in seeing any items in more detail, please contact Melissa DaSilva.

**RECOMMENDATION F-1:** Accept the Fresno Migrant/Seasonal Head Start 2012-2013 Desired Results Data report presentation during the Board of Director Meeting.

**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 2012-2013 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:**
1. 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 2012- November 2013.
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.

The Policy Committee approved the Start Desired Results Data report on April 8, 2014 at an Executive PC meeting.

**FINANCIAL IMPACT:** None

**BOARD ACTION:** Approved

**RECOMMENDATION F-2:** Review and approve Fresno Migrant & Seasonal Head Start's Water Usage Policy & Procedure.

**SUMMARY:**
- Fresno Migrant & Seasonal Head Start currently has 13 small, 3 medium, & 9 large water tables for water play distributed at its nine centers.
- Each water table is filled twice a day at Centers due to licensing regulations.
- Water usage per day is: small water tables consume 5 gallons of water, medium water tables consume 10 gallons of water, and large water tables consume 25 gallons of water.
- Providing 107 days of service to children would equal approximately 68,480 gallons of water used for water tables.
- PC members decided to establish a water usage policy to respond to the immediate needs of the community they reside in.

**DISCUSSION:**
1. Approve Fresno Migrant & Seasonal Head Start's Water Usage Policy & Procedure
2. Only Small water tables will be used on Friday's at centers. There are 20 Fridays during the program year.
3. The Friday Plan would equal approximately 2,500 gallons of water used for water tables. A water reduction of 96.3% compared to current usage.
4. PC wanted to respond to the needs of the community by responding with this policy and procedure.

The Policy Committee approved the Water Usage Policy & Procedure on April 8, 2014 at an Executive PC meeting.

**FINANCIAL IMPACT:** None

**BOARD ACTION:** Approved

**RECOMMENDATION F-3:** Informational Only

**SUMMARY:**
The Office of Head Start Program Information Report (PIR) is an annual report required of all Head Start programs in the country, and serves as one source of data for tracking program performance. The Office of Head Start utilizes the PIR indicators to assess strengths and challenges and to target technical assistance to those areas needing improvement. This information is also made available to federal legislators and the public. Per the Head Start Act 642(d)(2)(l), the Policy Council must be presented the PIR annually.

**DISCUSSION:**
As noted in the 2012-2013 PIR, Community Action Partnership of Madera County's (CAPMC) Madera/Merced Migrant/Seasonal Head Start (MHS) program served 671 children, exceeding the funded enrollment of 652. Some key demographics of the children and families served in comparison to the State and Nation percentages:

- 100% of children with a medical home and up-to-date immunizations (State 99.7%; National 89.7%)
- 8.3% of children with an IFSP or IEP (State 8.5%; National 12.1%)
- 71% of families who received at least one of the family services (State 81.1%; National 74.6%)
- 100% of preschool classes in which at least one teacher meets the teacher degree/credential requirements (State 97.9%; National 89.3%)

The PIR in its entirety is attached for review.

**FINANCIAL IMPACT:**
Not Applicable

**BOARD ACTION:** Informational Only

**RECOMMENDATION F-4:**
Approve the 2014-2015 Madera Migrant Seasonal Head Start Budget modifications that include an estimated restoration funding of at least 3.37% and 1.3% COLA increase.

**SUMMARY:**
1. On February 26, 2014 CAPMC Head Start was notified of the Consolidated Appropriations Act of 2014. Head Start programs have received full restoration of funding from the 5.27% sequestration cuts in the 2013 funding.
2. The Act also includes a Cost of Living Adjustment (COLA) to salaries of 1.3%.
3. The Office of Head Start's priority is to restore any slots or days of service cut due to sequestration. CAPMC Madera
Migrant Seasonal Head Start program cut 22 slots.

4. Stanislaus Office of Education (SCOE) only applied 3.37% of sequestration cuts to CAPMC.

5. SCOE has asked to develop a tentative budget utilizing the amount cut of 3.37% and a tentative 1.3% (the total amount is based on the total funding) for the 2014-2015.

6. SCOE is experiencing some challenges with the restoration funds. Therefore, SCOE recommends that CAPMC obtain conceptual approval with ratification once amounts are determined.

7. Management staff met to determine where the cut slots could be restored and how the funding could be used to benefit the program and program services.

**DISCUSSION:**
At this time CAPMC had not received an official amount to work with in order to develop and present a final budget for approval. However, in order to stay consistent with all 3 Head Start budgets/programs; staff is recommending using the restoration funds and COLA as outlined below:
1. Apply the 1.3% Cost of Living Adjustment to all positions.
2. On an annual basis, management staff’s allocation between the two budgets, Regional & Migrant, is reviewed and the percentage charged to each program is adjusted accordingly. Fiscal staff has determined that management staff’s allocation to the Madera Migrant Seasonal Head Start budget needs to decrease from 60% to 56% for the 2014-2015 program year.
3. Open an additional site for a summer program to restore slots.
4. Restore five (5) positions to the Madera Migrant Seasonal Head Start program.
5. Minimum wage and disparity increases.
   a. With California raising the minimum wage beginning July 1, 2014, staff have identified two (2) positions whose hourly range needs to be adjusted as follows:
   - Food Service Worker: $8.94 to $9.63 (7.5% increase)
   - Instructional Aide II/Janitor: $9.17 to $10.12 (10% increase)
   b. 2000 was the last time CAPMC addressed the disparity for all classifications within the Head Start program. Therefore in an effort to minimize the disparity, management is proposing a 2.5% salary increase to be allocated to those positions with a disparity. This increase does not include those listed in item (a) above or for any classifications without a disparity.
   c. For those classifications remaining with a disparity of 11% or higher, management is recommending an additional 2.5% salary increase. The 2.5% salary increase will be applied provided there is enough funding to increase salaries for these positions.

**FINANCIAL IMPACT:**
Budget modifications and amounts for Restoration and COLA to be presented in May.

**BOARD ACTION:** Approved

- **RECOMMENDATION F-5:**
  Dennis Haworth will be the acting Chairperson for the CAPMC Board of Directors until the October, 2014 election process. INFORMATIONAL ONLY.

**SUMMARY:**
In accordance with the CAPMC By-Laws approved by the Board of Directors on November 10, 2010, Dennis Haworth will be the acting Chairperson for the CAPMC Board of Directors until the October, 2014 election process.

**DISCUSSION:**
1. On March 10, 2014, Linda L. Lewis Wright resigned from the CAPMC Board of Directors.
2. As per the CAPMC By-Laws, a vacancy in any office because of death, resignation, removal, disqualification, or any other cause shall be filled in the manner prescribed in these bylaws for regular appointments to that office.
3. In CAPMC By-Laws, Article 9, Section 2, Officers shall be elected by majority vote of the Board of a two-year term. These elections will take place in October of every even-numbered year.
4. In accordance with the CAPMC By-Laws, Article 9, Section 3. The Vice Chairperson shall, in the absence of the Chairperson, or in the event of his or her inability or refusal to act, perform all the duties of the Chairperson, and when so acting, shall have all the powers of, and be subject to all the restrictions on, the Chairperson.
5. Dennis Haworth, as Vice-Chairperson will be the acting Chairperson for the CAPMC Board of Directors until the October 2014 election process.

**FINANCIAL IMPACT:** None

**BOARD ACTION:** Informational Only

- **RECOMMENDATION F-6:**
  Ratify the approval of CAPMC Agency staff to proceed with immediate implementation of plans to fill the vacancy that occurred with the resignation of Linda L. Lewis Wright for the Washington/Monroe target area representation.

**SUMMARY:**
On March 10, 2014, Linda L. Lewis Wright resigned as the Monroe/Washington low-income target area representative thereby leaving an opening for the Monroe/ Washington Low-Income Target Area on the CAPMC Board of Directors.

**DISCUSSION:**
On March 10, 2014, Linda L. Lewis Wright resigned from the CAPMC Board of Directors.

In accordance with the CAPMC By-Laws, Appendix A:
- The Board shall direct Agency staff to proceed with immediate implementation of plans to fill any vacancy that occurs of a Target Area Director.
- The existence of the vacancy will be publicized by press releases, radio announcements, flyers distributed to the low-income area residents, announcements in churches in the area, or at other public places.

- On March 25, 2014 a press release was posted on the agency website at www.maderacap.org.
- On March 25, 2014, a press release was posted at two of the Madera Head Start locations in the defined target area.
- On March 25, 2014, a press release was posted on the CAPMC agency intranet – CAPnet.
- On March 25, 2014, a press release was posted at the entrance and on the doors of the CAPMC main office located at 1225 Gill Avenue, Madera, CA.
- On March 27, 2014 an ad was placed in the Madera Tribune on page A-3.
- The deadline for submitting an application is April 14, 2014.
- If the agency is in receipt of applications, a date, time, and place of the election will be similarly publicized and will not be held on a recognized Sabbath day.
- The elections shall be held at a designated time and place. The site will be monitored by
COMMUNITY ACTION PARTNERSHIP OF MADERA COUNTY
BOARD ACTION ITEMS...April 2014

The following is a synopsis of the Action Items from the Board of Director’s Meeting on April 10 2014. If you are interested in seeing any items in more detail, please contact Melisa DaSilva.

✓ Agency staff persons. A Spanish speaking person will be present as required.
✓ If the agency does not receive any nominations for the Target Area Director by the April 14, 2014 deadline, the Agency will be allowed to recruit a volunteer from the low-income area to serve as a Director. This representative will require Board approval.

FINANCIAL IMPACT: None
BOARD ACTION: Approved

• RECOMMENDATION F-7:
Authorize Mattie Mendez, the Executive Director, to sign and submit a grant application for the Community Grant Program to support one-time needs of the Fairmead Community & Friends Program.

SUMMARY:
The grant funding from the Community Grant Program of the Picayune Rancheria of Chukchansi Indians and the County of Madera is a $1,000,000 grant offered as part of a 10 year agreement offered between the County of Madera and the Rancheria. The grant is offered to non-profit organizations. This will be the seventh year of the program.

DISCUSSION:
1. The Community Grant Program of The Picayune Rancheria of Chukchansi Indians and The County of Madera applications are due June 30, 2014.
2. Fairmead Community in Friends is in the process of purchasing a lot. Their plans include installing a building which will serve as a community center and focal point for organizing community focused events and projects.
3. The proposed plan includes the purchase of a modular building structure, including outside amenities, such as seating, tables, and a permanent shade structure.

FINANCIAL IMPACT:
Total Cost: $77,000
BOARD ACTION: Approved

• RECOMMENDATION F-8:
Approve the authorized signers and the bank accounts maintained at West America Bank. This item was postponed at the last Board meeting because of the resignation of Linda Lewis Wright as Board Chair.

SUMMARY:
The Board Chairperson and the Secretary/ Treasurer are authorized signers from the Board of Directors on the agency’s West America bank accounts. The signature card was not updated when Kathleen Lopes became the Secretary/Treasurer and West America Bank has requested that CAPMC revise the signature card. According to the By-laws, Dennis Haworth will be acting as the Board Chair until elections are held in October 2014 since the Board Chairperson resigned her position. In addition to these board members, the Executive Director and the Chief Financial Officer are authorized signers. There has been no change in these authorized positions since approved by the Board in April 2004.

DISCUSSION:
Approve the following positions and individuals as authorized signers, on behalf of the agency, to deposit checks and other items into the accounts, and to direct withdrawals from the accounts maintained at West America Bank:

Board Chairperson: Dennis Haworth
Board Secretary/Treasurer: Kathleen Lopes
Executive Director: Mattie Mendez
Chief Financial Officer: Donna S. Tooley

The following accounts are maintained at West America:
- Savings
- Checking
- Accounts Payable Operating
- Checking Payroll
- Migrant Head Start Money Market
- Checking Mental Health

The Dental/Vision/Life Insurance account was closed in February 2014. The agency no longer uses an outside vendor to process these claims so there was no need for this account. The money remaining in the account was transferred back to the Savings account.

There has been no change in the withdrawal policy. Withdrawals are permitted from the accounts with any two signatures. The Board of Directors has previously authorized West America to accept facsimile signatures on all checks of the following two individuals:
Board Chairperson: Dennis Haworth
Executive Director: Mattie Mendez

The signatures are placed on the checks by the agency’s accounting software when the checks are printed.

Transfers are permitted between savings and the other accounts as necessary to ensure that funds are available to pay outstanding checks.

FINANCIAL IMPACT:
There is no cost associated with this change.
BOARD ACTION: Approved
Four Specific Health Behaviors Contribute to a Longer Life — www.cdc.gov

Avoid Excessive Alcohol Use:
- Drink alcohol in moderation (men should have no more than two drinks per day; and women no more than one drink per day).

Avoid Tobacco:
- If you do not smoke, don’t start.
- If currently smoke, and want to quit, call 1-800-Quit-Now, a free telephone support service that can help you to stop smoking or using tobacco.

Improve Nutrition:
- Eat more fruits, vegetables, whole grains, fat-free and low-fat dairy products, and seafood.
- Eat fewer foods with sodium (salt), saturated fats, trans fats, cholesterol, added sugars, and refined grains.

Engage in Physical Activity
- Participate in 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week or,
- Participate in 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week or,
- Participate in an equivalent mix of moderate—and vigorous-intensity aerobic activity and
- Engage in muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

S.A.F.E
Staying Accident Free Everyday
- submit safety suggestions
- look before you sit
- engage in safety training
- Be aware of your surroundings

DAYS without INJURY
As of April 11.

CAPMC: 50 DAYS
- Offices: 50 DAYS
- Madera/Mariposa Regional HS: 14 DAYS
- Madera Migrant/Seasonal HS: N/A
- Fresno Migrant/Seasonal HS: 15 DAYS