

WSFPI sponsored two picnic tables to the Alternative Education Center.

What stress?

In a poll of 600 full-time American workers, conducted by Northwestern National Life Insurance Co., 69 percent say job stress has made them less productive, 35 percent left their previous jobs due to stress and 34 percent think they will burn out on the job in the next year or two. The poll found, conversely, that companies with supportive policies have only half the burnout rate of others. Speaking of employment, the average work week is now just under 44 hours. Among executives, it's 46.5 hours. Among male executives, the work week is 48.2 hours.

Title IX seeks members

The Warm Springs Title IX Parent Advisory Committee is looking for interested people to serve on the Parent Advisory Committee. Any interested persons should attend the next meeting held in the Warm Springs Alternative Ed. Building November 14 at 7 p.m. Title IX meetings are open to all members of the public. If you have any questions, please call 475-6192.

Women's workshop offered

Under our half of the sky, A Gathering of Women. November 3, 4, & 5, 1995. This workshop will be held at The Ocean Park United Methodist Retreat Center, which is located at the Long Beach Peninsula in Southwest Washington. The Center, on the Pacific Shoreline has comfortable facilities which include dining and recreation halls and an inspiring view of the surf. The Retreat Center opens at 4 p.m. on Friday. A partial list of the workshops and teachers are listed. **Healing Stories in Our Lives** by Leyla Welken, Therapist, Storyteller; **Building Sponsoring Partnerships for Your Community Organization** by Peg Hopkins, Consultant, Event Planner, International Trainer; **Have you Hugged Your Computer Today?** by Laura Smith & Jules Tieman, Computer Engineers; **Building Safe Space for Children-Heart's Work for Families** by Sharyn Hedblom, School Interventionist; **Eggstra Spe-**

cial Artistry by BJ Bohlman, Chemical Dependency Counselor; **Event Planning From E to Z** by Toni Gwin, Conference Planner, Botanist, "Recreationist"; **Your Many Intelligences** by Diane Murry, Director, Women's Studies Grays Harbor College; **Tag You're It-Women & Leadership** by Judy Seabert, Consultant & Trainer; **Dancin' the Night Away** by Lori Chitty, Recreation Leader, Folk & line Dancer Extraordinaire and many more workshops in the works which include women's spirituality, passages, nutrition and women's health. Under Our Half of the Sky is sponsored by the Women's Studies Program of Grays Harbor College and Seabert Associates. It has been planned and facilitated by Diane Murry and Judy Seabert. For more information call: Judy Seabert (360) 532-7877 or Diane Murry (360) 538-4075 or 1-800-562-4830 ext. 4075.

New area code in Oregon to take effect November 5

On November 5, 1995, Oregon will add the new 541 area code. The northwest corner of the state retains the 503 area code.

Why is the new area code necessary? At the present rate of growth, Oregon will run out of new telephone prefixes in early 1996. To remedy this situation, Oregon's telecommunications industry will add the new area code, 541, to the state's calling plan on November 5, 1995.

Who will the new area code serve? The new 541 area code will cover the largest geographic area of the state, including Albany and Lincoln City, south to Ashland and Medford and east of Mt. Hood Meadows to the Oregon border. The northwest corner of the state including Portland, Salem and surrounding cities will retain the 503 area code.

When will the new area code go into effect? Starting November 5, 1995, callers should begin using the new 541 area code. On June 30, 1996, use of the new area code will become mandatory.

Directory assistance is available. US West will continue to provide directory assistance for call made within your area code. Starting November 5, 1995, if you live in the 541 area code and call directory assistance for a 503 phone number, or if you live in the 503 area code and call for a 541 phone number, the call may be handled by your long-distance carrier.

Business customers please note: The 541 area code is a new type of code being implemented throughout the country. Because these numbers differ in format from previous codes

(which either had a 1 or a 0 in their middle position), some business telephone systems might not recognize the new numbers as area codes. Users of specialized systems are encouraged to contact their system vendor, agent or consultant for any required modifications.

Businesses in the new area code are encouraged to remind their customers throughout the U.S. of the possible need to make changes to their equipment.

Call the new area code "test" lines, without charge, to see if your phone equipment is compatible with the new numbering format. Call 1-360-532-0023, 1-970-241-0022 or 1-520-782-0100.

Any updates or changes to your phone system should be made during the "permissive" dialing period between November 5, 1995, and June 30, 1996.

Other key points:

- Your seven-digit telephone number will not change.
- Local calling areas, 911 emergency calls, directory assistance calls within your area code, calls to 700, 800, 900 numbers, calls to 950 numbers and long-distance calls to other area codes will not be affected.
- Rates for local calls and local long-distance calls will not change.

Responsibility for changes. Because these area code modifications are the result of normal growth in Oregon rather than a business initiative on the part of the telephone service provider, costs incurred for updating systems and revising printed communications are the responsibility of individual telephone customers.

Directory listings for customers in the new area code. If your area code is changing as a result of this new dialing plan, your local telephone directory will reflect the change. Changes to listings appearing in other directories are the responsibility of individual customers.

Plan for the change now!

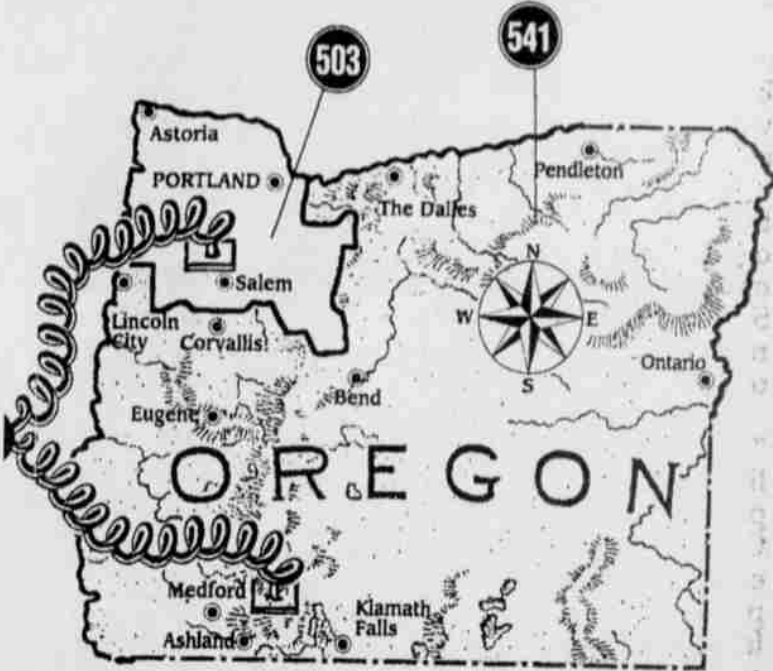
If you subscribe to calling features such as Speed Calling and Call Forwarding, some reprogramming will be necessary for the feature to be used when placing long-distance calls to the new 541 area code.

Users of cellular telephones and other wireless communication are strongly encouraged to contact their

service provider for complete information about this transition.

Owners of coin-operated telephones are also strongly encouraged to contact their equipment vendor for the specific requirements of their equipment.

After November 5, 1995, if you experience difficulty calling the new 541 area code, US West's Area Code Customer Service Center can help determine the source of the problem. Call 1-800-441-5516 with the area code and telephone number from which the call is being made, the phone number being called, and the long-distance company used. Call your operator for assistance in placing the call.



Future Firepersons? members of the first grade classes at Warm Springs Elementary made a day of it recently as they visited the Post Office, Fire & Safety and other places of interest.

ECE news

UPCOMING EVENTS AT ECE:

- **Parent Policy Council** scheduled meeting:
 - November 15, 1995 starting at 5:30 p.m.-7:00 p.m., to discuss the upcoming OSPRI on-site visit in December.
 - Child Abuse/Neglect: Identifying & Reporting training: November 16, 1995, this training is open to all parents and community members, the Child Abuse training will be held here at ECE in Pod C. The program is encouraging parents to attend and to be ready to ask questions!! Rose Garden Suite/Disney on Ice The ECE Department has the following draft guidelines for distribution of family participation seats in the Rose Garden Suite.
 - The department will not issue program operational funds to assist families beyond the seat tickets.
 - The department will hold a lottery of all families served by the center and in home base services.
 - The program will select five alternate families if one of those selected cannot attend.
 - There will be one lottery selection allowed per family per school year. (approximately September to mid-June)
 - If a family declines when selected, their name will return to the lottery.
 - Enough tickets will be given for the immediate family to attend the event.
 In order to provide information to families regarding the Disney Shows, I would like the dates, times and number of seats per show that we will receive. The first ECE lottery will be held on October 25th at 4:00 p.m. so families will have plenty of advance notice and can perhaps save money to attend.
- ANNOUNCEMENT!!** The Rose Garden Suite for the Disney on Ice Show will be available for the ECE Family Lottery on Saturday, November 11th ONLY. There will be 18 tickets available for these each of these show times: *12:00 p.m., 3:30 p.m. and again at 7:30 p.m. October 13, 1995, ECE closure

day, the Infant Center Teachers had site visits to Munchkin Manor and Fox Hollow in Bend, Oregon. They also visited Sun Shine School in Redmond and Willows Child Care located in Prineville, Oregon. The teachers observed the above mentioned centers as part of their in-service training. When the teachers returned they shared their learning experiences as followed:

- Teachers gathered ideas for Parent Corners.
- Child Care Centers outside the reservation charged much higher prices per month for one child. (ECE has a much lower rate compared to other Child Care Centers)
- Themes were used for curriculum.
- Time out was used in all of on-site visits, etc. Teachers gave the following feedback:
 - The ECE program is fortunate for what we have and should be thankful!!
 - Parents should be grateful for the ECE and become more supportive.
 The on-site visits instilled motivation, contentment and contribution to the children and families they serve here in Warm Springs. The Head Start staff and the programs Subs received the following training:
 - **Aerobics/Movement Activities:** This was a very energetic training, the training was focused on utilizing many different kinds and types of children songs and movement, which could be implemented into the staff's classrooms.
 - **Child Abuse Identification and Reporting:** The focus during this training session opened up the staff's minds and gave a better understanding with the different types of abuse physical, neglect and sexual. The state, federal and tribal procedures were also discussed. The staff had asked questioned which clarified some of the misunderstandings with the procedures and follow-up by the various agencies involved.

****How to Observe Children and Why:** The staff learned different ways to document their observations and as a group each one observed and documented ways to assist each other. Staff requested that this training be continued in the future in-service trainings.

- **Meal Counts/USDA:** Staff learned that there are methods used by the department secretary, which would better assist the staff and secretary.
- **How to do DAP/Home Visits:** The topic was to clarify to the teachers and new teaching staff the importance of utilizing the DAP and covering the document with the parents during their home visits and this gave the opportunity for the staff to ask questions on any of the questions on the DAP form.
- **Peabody/Distar Demos & Activities:** Staff was introduced to the use of the language utilizing Peabody in the classrooms.
- **ECE Philosophy & Goals:** The topic was a closure for the subs in the program and how much they are appreciated!
- **Review of the Sub Handbook:** To assist subs and give them a better understanding of the program.
- **HIV/Aids Training:** Coverage of this topic was to open the subs minds to the importance of understanding this area.
- **Classroom Management/ Discipline:** To further assist the subs when dealing with discipline in the classrooms and given the opportunity to ask questions.
- **Meal time practices, Observation Sheets & Lesson Plans:** When subs are in the classrooms they can assist with carrying out the documentation needed to be completed.
- **Circle Time/Songs/Fingerplay:** This assisted the subs with learning the fundamentals of utilizing the fun fingerplay with songs when doing circle time in the classrooms. To all the parents who have children in the Infant Center, Latch Key Center and Head Start. We

Thank You for your understanding and cooperation for the October 13th closure. This opportunity allowed staff to learn, experience, discuss, ask questions and to better understand the importance of child care.

- Head Start Parents!!** Head Start is sponsoring a **RUMMAGE SALE** here at ECE on October 26th located in Pod A, starting at 1:00 p.m. and going until 5:00 p.m., and again on October 27th from 8:00 a.m. through 3:00 p.m.. We are asking for donations for the rummage sale from community members, teachers, and parents. The proceeds to go towards Parent Club which raises funds for ECE children activities throughout the year.
- TIPS FOR KEEPING HALLOWEEN SAFE BUT FUN**
 - Treats:**
 - Children should be urged to wait until they return home before eating treats. Parents should inspect all treats before they are eaten.
 - Treats with torn or unsealed wrapping should be discarded immediately. Fruit treats should be washed and cut open to check for foreign objects.
 - Homemade treats should be discarded.
 - Bringing candy or other treats for x-ray is strongly discouraged. Many substances cannot be detected by this method. Moreover, x-raying is no guarantee of safety and is costly in terms of health resources, without benefit to the public.
 - Any suspicious treats of harmful objects should be reported to the local police.
 - Parents of children with food allergies should carefully check the ingredient list of treats.
 - "Trick or Treating":**
 - Parents should set curfews for children.
 - Children should understand that they must trick or treat only at homes of neighbors they know.
 - Walkways and lawns can be made safe by removing obstacles and leaving outside lights on.
 - Pets should be kept indoors or confined to an area where they will not interfere with children.

Younger trick or treaters should be accompanied by an adult.

- Neighborhood parties for children are a worthwhile and safer alternative to trick or treating.
- Costumes:
 - Children's masks should be easy to look through and breathe through.
 - Costumes should be flame-resistant and roomy enough to allow a child to dress warmly underneath.
 - Face paints, glues and glitters should be made of non-toxic material. Parents should be aware that some children can have allergic reactions to these products.
 - Neon glow sticks and neck bands contain a chemical that is irritating to skin and could be harmful to eyes. Teach children not to bang, crush, or throw glowsticks, or to risk breaking the outer surface in any way that might release the chemical inside.
 - Pumpkins/Jack O'Lanterns:
 - Children can have fun drawing a face on a pumpkin and scraping out the contents, but an adult should do the carving.
 - Jack O'Lanterns with candles should be watched carefully and be

place where they cannot start a fire.
 ECE EMPLOYEE OF THE MONTH: MARCELENE LECLAIRE

Congratulations to Marcelene for the Warm Springs Early Childhood Education Employee of the Month. Marcelene has been employed with the Warm Springs Head Start Preschool since August 31, 1982 as a preschool teacher of 3- and 4-year olds. The dedication this lady has shown has been evident of the 13 years she has had teaching these young children. She enjoys the laughter and the continuous talking all the children have shared with her. Marcelene has watched many, many children grow-up who are now Juniors & Seniors in high school. Marcelene holds a Child Development Associates certificate which is a requirement of the Head Start program. She is currently teaching a combination classroom of 3- and 4-year olds which is challenging for a teacher as well as being fun. The Early Childhood Education staff congratulate this lady who is respected and admired by all of us.



Thirteen years of service is what Marcelene LeClaire has dedicated to Early Childhood Education.