

## Madera Adult School Newsletter



January 2022



**Important Update: January 11, 2022**  
**Students are back to school.**

[Please Complete COVID Form Before Leaving Home](#)

**Be Your Best, Do Your Best!**

## School Climate and Culture-----

### **Mission Statement**

The mission of Madera Adult School is to provide students with a positive experience and lifelong learning skills to achieve their educational, career, and personal goals by developing respect, responsibility, and accountability, thus empowering the students to continue their education or transition into the workforce and become contributing citizens of a global community. (Revised and Adopted 8/17/20)

### **Vision Statement**

Madera Adult School will be recognized as an innovative and progressive learning institution where students are inspired and supported by staff to be successful in the twenty-first century (Created and Adopted February 2018).

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- **Renee Smith's Corner:** In the beginning of term 3, be aware that CASAS entry goals need to be entered by January 31st.
  - **Ana Jasso's Corner:**
  - **As a reminder, teachers please don't forget to turn in your sign-in sheets for PLC, Department Meetings, Leadership, and Curriculum & Instruction meetings.**
  
  - Safety guidelines will include but are not limited to the following:
    - Daily disinfecting will take place in all classrooms, restrooms, offices, and cafeterias throughout the day. These common areas will be cleaned and sanitized nightly with disinfecting foggers by school site custodians. Disinfecting spray bottles and paper towels will be in all classrooms and offices for staff interim disinfecting of furniture and high contact surfaces in between classes and periodically throughout the day.
  
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**Teachers & Office Staff can nominate a MAS teacher or Office Staff for the "Going Above and Beyond" Award! This award recognizes a MAS employee that goes above and beyond the everyday expectations of her/his duties! Winners are awarded a certificate and a \$10 Starbucks Card! Please call or email Ana Jasso to nominate a deserving staff member. You may call Ana at 559-675-4425 or email her at [anajasso@maderausd.org](mailto:anajasso@maderausd.org)**

Madera Adult School is still registering students for HSD and HiSet. Students must call the school to schedule a time to register and test. Please plan to be here for at least 1.5 hours. Masks are required and students that are sick are asked not to attend until all their symptoms are gone. Masks must be worn to participate in registration and testing. Please call our school at 559-675-4425 to schedule an appointment or visit our school website at [Madera Adult School website](#).

**Attendance Policy:** Students are expected to attend each day they are scheduled to attend. Please contact your teacher if you are going to be absent or late for your class. When attending your classes, students are expected to participate in the lesson. Also important are attendance and a good attitude which are important to the program and to your success!

**Reminder: Drop students for non-attendance to make room for students on waitlist.**

**“The Challenge” REMAINS:** Remember, Readers are Learners, and Learners are Earners! Books are available in the Office to loan. Please return the book back to the Office after you have read the book. Don't forget to pick up a ticket from Ana once you have read a book. The ticket you earned from reading a book will be placed in a raffle drawing for three \$100 prizes!

**Department Chairs:**

Mrs. Anzaldo - ESL/DOC  
Ms. Cruz - HSD

Mrs. Kovacs - HiSet  
Mrs. Waters - SPED

Ms. Santana - ABE  
Vacant - CTE

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## Upcoming Events

**January 10, 2022**

Monday  
Institute Day

**January 11, 2022**

Tuesday  
Second Semester starts  
Students are back in school

**January 17, 2022**

Martin Luther King Jr. Day  
No school

**February 14, 2022**

Non-school Day

**February 18, 2022**

Lincoln's Day Observed

**February 21, 2022**

President's Day Observed

## This Month's Highlights

Monthly Calendar	Month of January
<b>Monday, January 10, 2022</b>	Institute Day
<b>Tuesday, January 11, 2022</b>	Students are back in school. <b>2nd Semester Begins</b>
<b>Monday, January 17, 2022</b>	Martin Luther King, Jr. Day No school

## Students of the Month

It is important that we recognize those students who have improved attendance, come to class on time, showing better study habits and are a positive influence in the classroom. Send the name of 1 special student per class to Mrs. Juarez who will print a certificate honoring them as student of the month. It is important that we remember most of our adult students have never received such a recognition. This is one way to improve student morale and boost their self-esteem. These names are to be submitted no later than the 25th of each month.

### Students of the Month for December:

<b>Adela Anzaldo:</b>	Maximino Velasco	Breanna KcKenzie	Cassie Johnson
Juan Sandoval	Alejandro Frias	Carlos Hernandez	Gregorio Gonzalez
Jose Elisarraraz	Jesus Avila	Alexander Perez	Natasha Castro
Michael Salinas			
<b>Lance Hoffrage:</b>	Daniel Dorado		
<b>Paula Kovacs:</b>	Sirr Parker	Felicitas Valentin	Veronica Cirilo Martinez
<b>Ezequiel Ramirez:</b>	Martha Ponce	Virginia Ruiz	Celedonio Hernandez
<b>Mayra Santana:</b>	Gloria Vasquez	Gabriela Trujillo	Jessica Rose Santana
Nereyda Zazueta De Zarco		Margarita Garcia Monjaraz	
<b>Azalia Santos:</b>	Demetrio Ortiz	Jorge Lopez	
<b>Renee Smith:</b>	Lucero Rosales	Alicia Botello de Banuelos	

## Something to Ponder!

There is no point in fighting with reality. We are not in control of what life throws at us, but we are always in control of how we react to it. That is the beauty of the obstacles we face. Oprah

Challenges are always an opportunity to strengthen our adaptability, resilience, and empathy. They force us to grow in different directions and see things in a new light. They knock us down only to prove that we can get back up. Oprah

## Certificates of Completion:

### Emergency Medical Technician

#### **Stuart Lance Hoffrage: Instructor**

Gabriel Mayorga (Valedictorian)

Zoe Bush	Jonathan Contreras	Daniel Dorado
Steven Escobedo	Christopher Leung	Esteban Lopez Rodriguez Jr.
Navdeep Padan	Joseph Wylie	Oscar Zamora

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## Health Wellness

**January is National Mental Wellness Month. In honor of that I'd like to share some strategies to reduce stress:**

### **DO:**

1. **Develop a positive attitude**—people with positive attitudes are apt to be happier, more successful, and better able to handle crisis and stress. And in concert with the positive attitude, get an attitude of gratitude for what you have instead of dwelling on what you don't.
2. **Avoid negative self-talk**—laugh at your mistakes and say I'll remember next time.
3. View a crisis situation as an opportunity—creative problem solving can expand your options. Try to make a list of good things that could result from the problem you're having to solve.
4. **Laugh**—Humor is a great stress reducer. Studies indicate laughter can make you healthier.
5. **Exercise**—Regular exercise increases energy and releases brain biochemicals to ward off depression and anxiety. Just a 15 minute walk a day will help keep body and soul together.
6. **Improve your diet**—During times of stress you can skip meals or eat junk food. A diet rich in fruit, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation.
7. **Get enough rest**— sleep disturbances are common during stress.
8. **Ask for help if you feel overwhelmed.**

### **DON'T:**

1. **Use alcohol as a sleep aid**—as it actually disrupts your sleep within 4 hours.
2. **Don't over use caffeine, alcohol, cigarettes or food for emotional support.**

## Counselors/Student Advocates

Mrs. Barbara Juarez: Teacher on Special Assignment, Lead Teacher. Please refer students on 504 plans to her.

Mrs. Pam Waters: Resource Specialist. She works with our Special Education Students

### **Michelle Santesteban, Transitions Specialist, (559)593-0993**

The following days/times are designated weekly specifically for your students, staff questions, etc..... I can be easily reached via phone, text, and e-mail, as well as through our new website.

Transition Services Weekly Availability for MAS

Every 2nd Tuesday of the month, on site hours: 5:00pm - 7:00pm

Every Wednesday on site hours: 9:00am - 3:30pm

Every 4th Tuesday of the month on site hours 5:00pm - 8:00pm virtual by appt. only

**To request an appointment with me**, Go to [SCAEClearns.org](https://www.scaeclearns.org) - click on Transition Specialist, look for my name/picture and click on "Make an appt." I will always be available on other dates/times with an appointment and be as flexible as possible. I understand the vast majority of our students are working parents and now homeschooling their children. Please keep in mind that all appointments will be held virtually through telephone, Google Meet, Zoom, etc. Thank you for your support, and I look forward to another successful academic year.