



Madera Adult School

December 2022

Important Update:

Winter Recess: Dec. 19, 2022 - Jan. 6 2023

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).

- **Renee Smith's Corner:** All paperwork: grades on ASAP & CASAS entry goals & updates are due Dec. 15.
- CASAS Post testing for students with 70 plus hours of instruction is currently being done.
- **Ana Jasso's Corner:** Rollover will be done on Dec. 16th, first thing in the morning.
- Timesheets are due Dec. 15th by noon.
- Please clean out all belongings from the fridge in the staff lounge by Dec. 15th.
- *As a reminder, teachers please don't forget to turn in your sign-in sheets for PLC, Department Meetings, Leadership, and Curriculum & Instruction meetings.*
- **Attendance Corner:** Final attendance is due Dec. 16th @ noon.
- **HiSET Testing** *Our CASAS/HiSet coordinator, Patricia Rodriguez will be working with teachers to schedule their students for testing.*

Teachers: Please remember to read your emails on a daily basis! Thank you.

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

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: 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

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

Karina Vera: Transition Specialist, SCAEC

Beginning in October Karina will be available the following days:

1st & 3rd Wednesday of Every Month from 4 pm -7 pm
2nd & 4th Wednesday of Every Month from 9 am - 1 pm
1st & 3rd Thursday of Every Month from 9 am - 1 pm

In-Person, Telephone, and Virtual appointments available upon request

Email: karina.vera@statecenter.com

Phone: (559) 593-1131 Or by visiting their website at www.SCAECLearns.org

Upcoming Events

December 7, 2022
 Wednesday @ 9:30 AM
 Lockdown Drill

December 12, 2022
 Collaboration team
 No students

December 19 - January 6
 Winter Recess

January 9 & 10, 2023
 Institute Days

January 11, 2023
 Classes resume for the
 new semester. The 3rd
 quarter begins.

This Month's Highlights

Monthly Calendar	Month of December
Wednesday, December 14, 2022	Student's last day. 9:00 AM
Wednesday December 15, 2022	Winter Feast / Professional Development Meeting 12:00 - 2:00 PM
Thursday & Friday December 15 & 16, 2022	Work Days - No Students CASAS updates / Grades
Friday December 16, 2022	Semester Ends Last day of school 2022
December 19, 2022 - January 6, 2023	Winter Recess

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 November:

Adela Anzaldo:	Ruben Frias Jesse Silos	Casey Dearing Juan Maximiliano	Albeto Ibarra Raymond Torrez	Estella Montes
	Josefino Gonzalez Jesus Flores	Trinidad Munoz	Alfonso Deltoro	
Brandi Cruz:	Madison Goff Jose Salomon	Karen Hureta Ramon Ceja	Roxana Munoz Edgar Lopez	
Paula Kovacs:	Teresa Graves Bryan Ceja	Patricia Cardenas Omar Magana	Ramon Ceja Linda Tabarez	
Oscar Redondo:	Dolores Luna Sandra Cabrera	Marco Valenzuela	Claudia Munoz	
Mayra Santana:	Maria Cristina Talavera De Garlvan Jose Hernandez	Miriam Herrera Hernandez	Jacob Peterson	
	Elizabeth Rios Salinas	Esperanza Santiago Hernandez		
Azalia Santos:	Isidora Albor Juarez	Jose Manuel Cerna Merida		
Renee Smith:	Leonarda Placido	Miriam Herrera Hernandez		

Of our collective recognized students, Miriam Herrera Hernandez's name was drawn as the Madera Adult School's November Student of the Month. Miriam was awarded a gift card and will be recognized on the schools' website. Congratulations Miriam.

Health and Wellness tips for December:

December ushers in the holiday season and end-of-year celebrations, plus all of the emotions that come along for the ride. It's an exciting, festive time for sure, but it can also be a rollercoaster for your emotional well-being. Here are some coping strategies to help you smooth out any bumps in the road.

Holiday Stress

The holidays bring a lot of activity and excitement, but it's not necessarily the most wonderful time of the year for everyone. In fact, for many it can be a stressful and emotionally taxing time. Between traveling, holiday celebrations, seeing people you may not see every day, and the pressure of getting everyone a gift, many people find themselves burnt out by the end of the year.

Try these quick tips to reduce any holiday stress:

1. **Do something you enjoy each day.** Your health and wellness should be a priority.
2. **Laugh more!** They say that laughter is the best medicine and it's also a great way to reduce stress.
3. **Pick your battles.** Some things just aren't worth your time and effort, especially when you can use your energy in better ways.
4. **Fake it till you make it.** Even if you're feeling indifferent, just thinking about something that makes you smile, like a funny cat meme, may also inspire the people around you.

Explore more ways to manage holiday stress with help from the Guidance Resource Center.

Anxiety - Have you ever faced a problem or challenge that is completely out of your control? Sometimes when situations are uncontrollable, it's easy to dwell upon them until that worry starts to affect you on a daily basis. Anxiety is one of the most common emotional issues in everyday life. It can cause a variety of feelings and/or behaviors including restlessness, irritation, difficulty sleeping or concentrating, and more.

For many people, this can worsen over time and may even become a habit when any new situation arises.

Everyone has their own way of dealing with occasional anxiety. Keep the following **strategies** in mind the next time you find yourself stressed out.

- **Accept that you cannot control everything. Some things are beyond our control and no amount of worrying can change that.**
- **Maintain a positive attitude. A negative attitude or negative thoughts can be harmful to your emotional and physical health.**
- **Learn what triggers your anxiety. Identifying your triggers can help you manage them in the future.**
- **Be open and honest about how you feel. Often, we act negatively when faced with anxious situations because we are too ashamed to speak up. But anxiety happens to everyone so there's no reason to feel bad about it.**
- **Do your best! That's all anyone can ask of you.**

Asking for Help

It's ok to ask for help! In fact, it's a pretty smart move.

If you feel that your emotions are getting in the way of your everyday activities, it may be time to seek professional help. People often feel shame in doing that, but it's no different than seeing a dermatologist for a skin issue or a dentist for your teeth. Your mental health is just as important as any other aspect of your physical health and well-being.

Take the time to identify which type of mental health professional is right for you. There are different counselors for a range of specific issues and seeing the wrong type can cost you time and money. Don't be afraid to call and ask what their area of expertise is.



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seann@myabrahamsons.com

DiCicco's

ITALIAN RESTAURANT



516 S. "I" Street
Madera, California
(559) 674-2435

Welcome to DiCicco's Italian Restaurant

We wish you a warm welcome.

*We value your patronage and pride ourselves
in making your dining experience an enjoyable one.*



Pedro Hernandez
store manager

MAIN 559.661.4285

EMAIL us1731123@starbucks.com

Starbucks Coffee Company
1933 Howard Rd., Madera, California 93637

Madera Adult School would like to give a special thanks to the following businesses for their gracious donations to our adult school students.

