

Madera Adult School Newsletter



June 2022



Important Update: Graduation Day

June 1, 2022 @ 7:30 PM

Admission with ticket only!

[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).

- **Renee Smith's Corner:**
 - **CASAS updates are due June 3, 2022**
 - **Grades are due June 3, 2022.**
- **Ana Jasso's Corner:**
 - **Time sheets for June need to be submitted by June 3, 2022, by noon.**
 - **Fridge reminder: Clear out any and all food items and containers by June 3 or whatever is left in the fridge will be tossed in the trash.**
- **Attendance/Testing Corner:**
 - **All attendance sheets must be turned in by 10:00am June 3rd.**

GOING ABOVE AND BEYOND

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 making appointments for the next school year. Appointments will be made for the end of July. 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 recommended and students that are sick are asked not to attend until all their symptoms are gone. Masks are recommended 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](http://maderausd.org).

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!

“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

Upcoming Events

Sunday, June 19th, 2022
Father's Day

Wednesday
June 1st, 2022
Graduation @ 7:30 PM

Monday
July 25, 2022
Registration Begins

Monday,
August 8, 2022
Classes Begin

This Month's Highlights

Monthly Calendar	Month of May
Wednesday June 1, 2022	Madera Adult School Graduation
Sunday, June 19, 2022	Father's Day

Students must call to schedule an appointment for registration and CASAS pre-test. Call (559) 675-4425. Slots are already filling up fast, so don't delay scheduling your appointment.



JUNE

**Alzheimer's & Brain
Awareness Month**



10 Warning Signs of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality



June is ALZHEIMER'S & BRAIN AWARENESS MONTH.

Alzheimer's is a fatal disease that affects the ability to remember, think and plan. Worldwide, 47 million individuals are living with Alzheimer's, and this number is set to rise dramatically unless we do something about it.

While we cannot prevent Alzheimer's disease, people can help reduce their risk of cognitive decline. In recognition of Alzheimer's & Brain Awareness Month in June, the Alzheimer's Association offers

10 WAYS TO LOVE YOUR BRAIN

Break a Sweat

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

Hit the Books

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

Butt Out

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

Follow Your Heart

Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.

Stump Yourself

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Heads Up!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

Buddy Up

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

Take Care of Your Mental Health

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

Catch Some Zzz's

Not getting enough sleep may result in problems with memory and thinking.

Fuel Up Right

Eat a balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline.

Start Now.

It's never too late or too early to start incorporating healthy habits.

Visit alz.org and take the Purple Pledge to support the fight to end Alzheimer's.

alzheimer's association®

THE BRAINS BEHIND SAVING YOURS.™

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 May:

Adela Anzaldo:	Monica Martinez	Gerald Wilson	Melissa Dilks
	Michael Bryan	Joe Pimental	Tishona Croney
	James Troutner	Raymond Reyes	David Rodriguez
	Tim Franklin	Guillermo Vasquez	Peter Titar
	Mark Torrez	Alberto Ibarra	Sofia Reyes
Paula Kovacs:	Michael Fisher	Mialauna Jaramillo	Zuriel Reyes
	Omar Magana	Maria de Jesus Ocegüera	
	Angelica Guzman Garcia		
Oscar Redondo:	Gloria Juarez		
Mayra Santana:	Anselmo Paul Estrada	Maria Isabel Delgado	Anthony Gabriel Osorio Mérida
Azalia Santos:	Maria Jimenez		
Renee Smith:	Maria Leticia Montes	Cecilia Castro Brambila	

Students who inspire:

Anselmo Estrada



Anselmo Estrada is the “Student of the Year” for the class of 2022. He is the epitome of not judging a book by its cover. When you first look at this young man, you might think “wow how can he be student of the year”? However, once you get to know him you realize Madera Adult School picked the right student. Anselmo has worked very hard to overcome so many obstacles in his life and he is an exceptional role model for those students who are struggling to get their diploma finished. Anselmo has been very diligent in completing his high school diploma while maintaining a “don’t quit” attitude. Anselmo will be attending college next year and we look forward to his success. Good luck!

Madera County- Jail Division:

Alexander Perez



Alexander Perez has been chosen as an exceptional student receiving his HiSET certificate. Besides the barriers Alexander has faced in the past, this young man chose to not give up. He was able to complete all of the five HiSET exams and graduate at the Madera County Jail.

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 / IEP 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 hours 5:00pm - 8:00pm **virtual by appt. only**

To request an appointment with me, Go to 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. Thank you for your support, and I look forward to another successful academic year.

All staff have access to my calendar to add appointments or you may email me directly.