

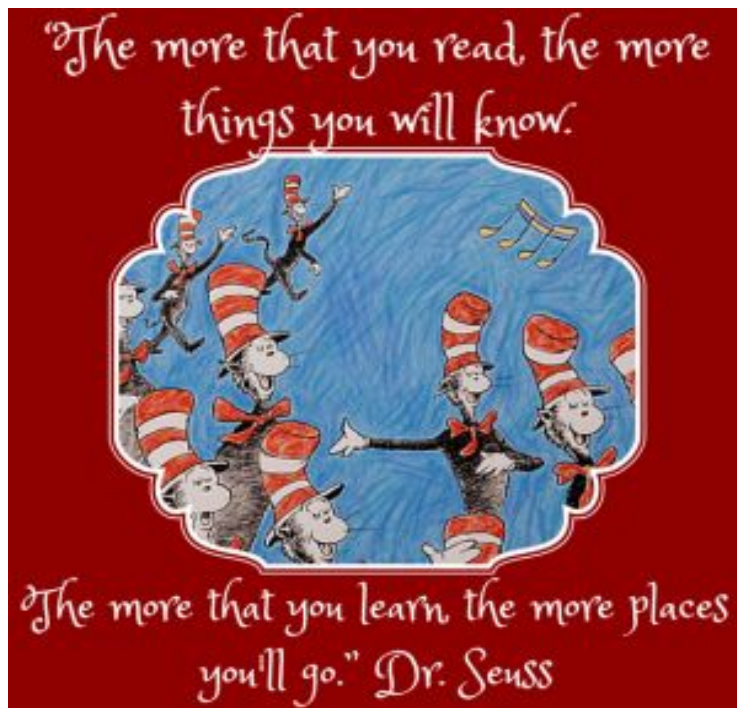


## Madera Adult School

December 2019

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### Important Update



We have fifteen days of school until our Winter break! Do your best to be at school each day you are scheduled to be here! Learn as much as you can! If you want to continue to learn more during Winter Break, purchase a book or check one out at the Library! Readers are Learners, and Learners are Earners! Be an Earner!

- We will begin enrolling for the Spring 2020 Semester on Tuesday, January 14th. Open enrollment and Open Exit will be available for the entire semester. Registration is done on a first come first serve basis.

- The first day of Classes for the Spring 2020 Semester is Tuesday, January 14th, 2020!  
Hope to see you then.

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## Upcoming Events

**December 12th-**  
**Staff Meeting**  
**Evening Classes will begin at**  
**6:05 pm**

**December 16th-**  
ABE and ESL Completers  
Ceremony @ 4 pm - 5 pm.

**December 18th-**  
Last Day of classes this is a  
Wednesday

**December 23rd-January 10th**  
Winter Break

**January 13th**  
First Classified Employee  
Conference  
Certificated Institute Day

**January 14th-**  
First Day of Classes for the  
Spring 2020 Semester

## ABE and ESL Completers to Be Recognized ar Ceremony

This is a ceremony for all students that have advanced from one program to another. Teachers will recognize their students that have advanced to another program. Those students will receive a certificate recognizing their efforts. **Your teacher will notify you if you will be recognized and need to attend.** The Ceremony will be held in the Executive Conference Room from 4 pm - 5 pm on Monday, December 16th, 2019. Cake, cookies, punch and coffee will be served!

## Student or Staff Highlight



Ms. Patricia Rodriguez, Office Assistant, has worked at Madera Adult School for the past three and a half years. Patricia always has a positive attitude and a funny wit about her! She is always willing to help out and is quick to take the initiative to tackle any task that might need to be done! We are very fortunate to have Patricia serving our students and staff at MAS! We appreciate all that she does for our school, students, and staff!

## Did You Know:

**If you practice having an attitude of GRATITUDE that you can receive more of the Good you are Thankful for!** Practice being KIND and HELPFUL during this busy and stressful Holiday Season. Many People are experiencing their own challenges such as loneliness, financial woes, and worry. Do an ACT Of KINDNESS that will Make a Difference in Someone's Day! Even if it is just a Smile or Holding the Door Open for someone! BE the DIFFERENCE!!!!

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## Attendance Policy

Attendance is very important as your time is limited at school due to our students' busy schedules. On the day you are absent, please contact your teacher to let them know you will be absent. Students that are absent for more than two days will be dropped from their classes unless they have a valid excuse. Do your best to be here for each day you are scheduled for class. You may call 559-675-4425 to report your absence!



## Student Health Wellness



## How to keep your kids mentally healthy during winter break?

Maintain a routine. Even if its winter break, routines give a sense of stability to children and teens. It keeps our kids on track when it's time to return to school. Encourage your children to go out and play while the sun is out. The sunlight aids the body to synthesize vitamin D in the skin, which also helps with seasonal affective disorder and depression. Maintain a good healthy diet. Diets high in sugar and fat can lead to a change in attitude, children and teens may become tired, irritable and depressed. Regular exercise and sufficient sleep also contribute to good mental health. It protects them against the stress of difficult situations and minimizes negative emotions such as anger, anxiety, and depression.

Things to do in Madera during winter break.

- Youth activities at Hope House (ages 14-18) Mon-Fri from 2:30 pm- 5:00 pm.
- Candle Light Christmas Parade of Lights on December 5<sup>th</sup>, 2019 at 6:00 pm.
- The Fossil Discovery Center open Wed-Sun 9 am-4 pm.
- Madera County Historical Society Museum open Sat-Sun 1:00 pm-4:00 pm.
- Parks and recreation at the John W. Wells Center host family art nights every second Thursday of each month.



## ¿ Cómo mantener a sus hijos mentalmente sanos durante las vacaciones de invierno?



Mantener una rutina. Aunque sean las vacaciones de invierno, la rutina les

da un sentido de estabilidad a los niños y jóvenes. Mantiene a los niños en el rumbo para cuando es hora de volver a la escuela. Aliente a que sus hijos salgan afuera y jueguen mientras hay sol. Los rayos del sol ayudan a que el cuerpo sintetice la vitamina D en la piel, lo cual también ayuda con el trastorno afectivo estacional y depresión. Mantener una buena dieta saludable. Dietas que son altas en azúcar y grasa pueden llevar a cambios en la actitud, los niños y jóvenes pueden sentirse cansados, irritables y depresivos. Ejercicios regulares y dormir suficiente también contribuyen a la buena salud mental. Los protege contra el estrés de situaciones difíciles y minimiza las emociones negativas tal como la ira, ansiedad y depresión.

Cosas que hacer en Madera durante las vacaciones de invierno.

- Actividades Juveniles en la Casa de Esperanza (edades 14-18) Lunes-Viernes desde 2:30pm- 5:00pm.
- Parada de Luces para Luces de Velas de Navidad en diciembre 5to, 2019 a las 6:00 pm.
- Centro de Descubrimiento de Fósiles abierto Miércoles -Domingo 9am-4pm.
- Museo de la Sociedad Histórica del Condado de Madera abierto Sábado -Domingo 1:00pm-4:00pm.
- Parque y Recreación en el Centro John W. Wells tiene noches familiares de arte cada segundo jueves de cada mes

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## School Climate and Culture/Clima Escolar y Cultura

**Don't forget to dress appropriately for the cooler weather. Dressing in layers is known to be very beneficial for the unpredictable San Joaquin Valley weather. Please see Madera Adult School administration if you should need a jacket or coat for the cold weather.**

**Enjoy the change of weather!**



## Transition Specialist Weekly Schedule



**Michelle Santesteban**

**Transitions Specialist**

**(559) 593-0993**

12/3 8:30AM - Mr. Chandler's class

12/4 8:30AM - 12:00PM and 5:00PM - 7:30PM

12/5 8:30AM - 12:00PM and on site at MCWAC 12:30PM - 3:30PM

12/10 8:30AM - 3:30PM

12/12 8:30AM - 3:30PM

SCAEC will not be on site from December 16th through January 3rd.