



## Madera Adult School

November 2019

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### Important Update



**We have a school mascot! Our first ever school Mascot is a Phoenix! The idea of the Phoenix was the result of a contest that encouraged MAS students to create and draw a prospective mascot. The drawings were then taken to our School's Leadership Committee and were voted on by members! Congratulations Mighty Phoenix!**

**Student T-shirts with the new school mascot will be on sale very soon!**

## Upcoming Events

### **November 5th**

Data Accountability Mtg.  
Clovis

### **November 11th**

Veterans Day- No School

### **November 13th**

Staff Mtg. 4 pm

### **November 25th- 30th**

Thanksgiving Break  
No School

## Thanksgiving Break

Thanksgiving break will be here very soon! The time to enjoy family, friends and great traditional foods are important. Make sure you take time to get some physical activity as this time can be very enjoyable, memorable, and delicious but the calorie intake can catch us by surprise if we are not careful!

Let's make November our Best Month of School Yet!

## Student or Staff Highlight



Mr. Richard Mann has been teaching at Madera Adult School for the past 20 years. He has taught ESL, ABE and GED/HiSet. He also taught at Madera County Jail for ten of those years. Mr. Mann has seen and experienced a lot of changes during his long tenure at MAS. He has worked with harden criminals and little old grandmothers, each brought their own unique challenges and rewards. Through it all he has remained the eternal optimist, always seeing the glass half full. We are glad to have Mr. Mann as part of the MAS Team!

## Did You Know:

**Most successful people follow this routine:**

- Get up at 5 am!
- Immediately make their beds
- Drink a glass of water
- Make 5 - 10 minutes of quiet time for meditating or clearing their minds.
- Avoid negative news or distraction for the first two hours
- 20 minutes of some sort of physical activity

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## Career Tips and Opportunities

### 7 Practical Tips to Achieve a Positive Mindset

By [Larry Alton](#) | June 28, 2019 | 25



The “power of positive thinking” is a popular concept, and sometimes it can feel a little cliché. But the [physical and mental benefits of positive thinking](#) have been demonstrated by multiple scientific studies. A positive mindset can give you more confidence, improve your mood, and even reduce the likelihood of developing conditions such as hypertension, depression and other [stress-related](#) disorders.

All this sounds great, but what does the “[power of positive thinking](#)” *really* mean?

You can define positive thinking as positive imagery, positive self-talk or general optimism, but these are all still general, ambiguous concepts. If you want to be effective in thinking and being more positive, you’ll need concrete examples to help you through the process.

***Related:* [10 Clever Tricks to Trigger Positive Emotions](#)**

Here are seven:

**1. Start the day with positive affirmation.**

How you start the morning sets the tone for the rest of the day. Have you ever woken up late, panicked, and then felt like nothing good happened the rest of the day? This is likely because you started out the day with a negative emotion and a pessimistic view that carried into every other event you experienced. Instead of letting this dominate you, start your day with positive affirmations. Talk to yourself in the mirror, even if you feel silly, with statements like, “Today will be a good day” or “I’m going to be awesome today.” You’ll be amazed how much your day improves.

**2. Focus on the good things, however small.**

Almost invariably, you’re going to encounter obstacles throughout the day—there’s no such thing as a perfect day. When you encounter such a challenge, focus on the benefits, no matter how slight or unimportant they seem. For example, if you get stuck in traffic, think about how you now have time to listen to the rest of your favorite podcast. If the store is out of the food you want to prepare, think about the thrill of trying something new.

**3. Find humor in bad situations.**

Allow yourself to experience humor in even the darkest or most trying situations. Remind yourself that this situation will probably make for a good story later and try to crack a joke about it. Say you’re laid off; imagine the most absurd way you could spend your last day, or the most ridiculous job you could pursue next—like kangaroo handler or bubblegum sculptor.

**Related: 5 Ways to Stay Positive When You're Having a Bad Day**

Photo by i love simple

beyond from Pexels

**4. Turn failures into lessons.**

You aren't perfect. You're going to make mistakes and experience failure in multiple contexts, at multiple jobs and with multiple people. Instead of focusing on how you failed, think about what you're going to do next time—turn your failure into a lesson. Conceptualize this in concrete rules. For example, you could come up with three new rules for managing projects as a result.

**5. Transform negative self-talk into positive self-talk.**

Negative self-talk can creep up easily and is often hard to notice. You might think *I'm so bad at this* or *I shouldn't have tried that*. But these thoughts turn into internalized feelings and might cement your conceptions of yourself. When you catch yourself doing this, stop and replace those negative messages with positive ones. For example, *I'm so bad at this* becomes *Once I get more practice, I'll be way better at this*. *I shouldn't have tried* becomes *That didn't work out as planned—maybe next time*.

**6. Focus on the present.**

I'm talking about the *present*—not today, not this hour, only this exact moment. You might be getting chewed out by your boss, but what in *this exact moment* is happening that's so bad? Forget the comment he made five minutes ago. Forget what he might say five minutes from now. Focus on this one, individual moment. In most

situations, you'll find it's not as bad as you imagine it to be. Most sources of negativity stem from a memory of a recent event or the exaggerated imagination of a potential future event. Stay in the present moment.

#### 7. Find positive friends, mentors and co-workers.

When you surround yourself with positive people, you'll hear positive outlooks, positive stories and positive affirmations. Their positive words will sink in and affect your own line of thinking, which then affects your words and similarly contributes to the group. Finding positive people to fill up your life can be difficult, but you need to eliminate the negativity in your life before it consumes you. Do what you can to improve the positivity of others, and let their positivity affect you the same way.

Almost anybody in any situation can apply these lessons to their own lives and increase their positive attitude. As you might imagine, positive thinking offers compounding returns, so the more often you practice it, the greater benefits you'll realize.

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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



## Avoiding Thanksgiving Weight Gain

### Preparing for the Big Day

- Wear a tight-fitting outfit. This will make you less likely to overeat because it becomes too uncomfortable.
- Don't arrive starving. Eat before the big feast. A small healthful meal with lots of fiber (oatmeal, whole-grain sandwich, salad with beans) keeps you feeling full until dinner.
- Make time for **exercise** every day, especially on Thanksgiving Day.
- Establish some ground rules in advance of the meal that allow you to indulge but not pig out -- for example, only one sliver of dessert.
- Buddy up with someone who is also trying to keep his or her weight in check.
- Keep a food journal and write down everything that you eat. This is an incredibly powerful tool, especially when you are tempted to overeat.
- Start a new family tradition. Take a bike ride, go for a hike, or play tennis Thanksgiving morning.

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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!**