



Madera Adult School

October 2019

Important Update

Our First Quarter ends on Friday, October 11th, 2019 and our Second Quarter begins on Monday, October 14th, 2019. There is still time to complete a lot of high school credits and learn much! Remember, it is important to come to school on your scheduled days. Students with poor attendance or not satisfactorily progressing will be dropped from school. On Wednesday, October 30th and Thursday, October 31st, we will be hosting two potlucks for students and staff. Your teachers will provide you with more information about this fun and popular event!

Enjoy the change in weather and remember to BE YOUR BEST and DO YOUR BEST!

Upcoming Events

October 1st

Superintendent Lile Visits
MAS 8:30 am

October 7th

Non-Work Day/No Staff or
Students

October 9th

Staff Meeting

October 14th

Second Quarter Begins

October 17th

Great California Shake-Out

Once again, MAS students and staff will take part in the Great California Shake-Out on Thursday, October 17th at 11:17 am. This very important earthquake preparedness drill will be held in conjunction with hundreds of K - 12 schools and emergency response teams throughout California.

Don't forget to instruct your students to Drop, Cover and Hold On during the drill. Once the drill is over we will vacate the building to the designated staging area located behind our building by the Market Place Marquee. You can follow this link

Great California Shake-Out
Earthquake Drill 11:17 am

Halloween Potluck
Wednesday, October 30th and
Thursday 31st

for more instruction on the [Drop, Cover
and Hold On!](#)

Student or Staff Highlight



Mr. Ezequiel Ramirez has taught ESL classes at Madera Adult School since 2015. He has a great heart for teaching and is proud to serve his students. He says teaching is not work, but a passion for him! Last school year, his hard work and dedication paid off as he was recognized and selected by his colleagues as Madera Adult School's Teacher of the Year! We are proud to say Mr. Ramirez is an important member of the MAS Team!

Career Tips and Opportunities

Workforce Careers

The Madera County Workforce Investment Corporation is a 501(c)(3) non-profit, public-benefit corporation that provides administrative and fiscal oversight to the local Federally-funded workforce development system, in cooperation with the Workforce Development Board of Madera County. The Board employs staff who deliver services to job seekers and employers in Madera County through the Workforce Assistance Center in Madera.

Position announcements for our organization will be posted here [Workforce Job Opening!](#) as they become available. Please check back periodically for any new openings.

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



Surprising Benefits of Drinking Water

Did you know your body is made up of about 60 percent water? Drinking enough water keeps your body healthy and reduces the possibility of dehydration, which can cause a litany of problems. Here are some of the ways drinking the right amount of water can benefit your body.

Your Brain Functions Better When Hydrated

Mild dehydration, or fluid loss equal to 1-3 percent of body weight, can negatively impact how your brain works. Not drinking enough water can impair your mood, concentration, and memory. It can cause anxiety, fatigue, and also increase the frequency and longevity of headaches. Hydrating properly keeps your [brain functioning in tip-top shape](#).

Drinking Water Maintains Physical Performance

Your physical performance can suffer due to dehydration, especially for athletes and those in manual labor jobs who work outdoors in hot temperatures. A change in body temperature, increased fatigue, reduced motivation, and the feeling that exercise becomes more difficult are all risks when you don't drink enough water. Muscle is made up of about 80 percent water, which is why optimal hydration is essential when performing exercises or manual labor.

Water Contributes to Weight Loss

Not only does water have zero calories; it can increase your metabolism (the amount of calories you burn while resting) and quench your thirst. Sugary drinks and alcohol have a high calorie content while making you more thirsty, which can lead to dehydration. Drinking water before meals can also reduce your appetite and help you consume fewer calories during the day.

It's a Preventive Measure for Hangovers

Hangovers occur after drinking an [excessive amount of alcohol](#). Dehydration is one of the main causes of a hangover, which leads to symptoms like severe headaches, dry mouth, fatigue, and thirst. Staying hydrated helps prevent hangovers. Drinking a glass of water in between drinks and having a large glass of water right before bed is a great way to reduce the occurrence or severity of next-morning symptoms.

Water Helps Keep Away Kidney Stones

[Kidney stones](#) are hard deposits of minerals and salt that form inside your kidneys. Passing a kidney stone is typically a painful experience but doesn't leave permanent damage. [Dehydration increases your risk of developing a kidney stone](#). Drinking more water causes more fluid to pass through the kidneys and break up mineral buildup that could otherwise crystallize and form clumps.

Learn more about how you can [help your kidneys function properly](#), prevent [dehydration](#) and [heat-related illness](#), and [live a healthier life with a PCP by your side](#). Make an appointment with your [Baylor St. Luke's Medical Group primary care physician](#) for a wellness exam and recommendations on how you can stay healthy and hydrated.

School Climate and Culture/Clima Escolar y Cultura



Help keep our restrooms looking clean and tidy! Putting trash where it belongs helps minimize bacteria and germs from growing and spreading! A clean environment is not only pleasing to the sight but also helps keep morale and motivation high! So do your part in keeping our school looking nice for everyone!

