



Madera Adult School

September 2019

Important Update

August has quickly come and gone! September has arrived and brought with her a slight change of temperature. These changes will affect our students as the cooler weather will allow them to take part in more outdoor activities! Remember to take some time to get to know who your students are and what their school goals are! Wishing everyone a great September!

Upcoming Events

09/11/2019

CAEP DATA and
Roadshow, Fresno

09/12/2019

Staff Meeting

09/18/2019

OTAN Long
Distance Training

OTAN Training

OTAN will be conducting a Regional Training at MAS on Wednesday, September 18th, 2019 from 12:30 pm - 4:30 pm in Room 3. MAS ESL Teachers and Administrators will be attending the training. The training will focus on how to use the on-line Distance Learning Program. Currently, we are using paper and pencil Long Distance Packets. The new online program will take us from a cumbersome and outdated system to one that is more streamlined and more student-friendly. This should be a great training session!

Student or Staff Highlight



Ms. Renee Smith has been a part of Madera Adult School for over the past 20 years. She can always be found working on a project or completing a marathon data crunching session! She teaches Citizenship classes and is proud to be a part of her students' successes as they attempt to achieve their piece of the "Great American Dream"! She proudly proclaims herself as the school's "Data Diva"! We are very lucky to have this wise and highly energetic lady on our team!

Career Tips and Opportunities

Integrated Education Training

What is IET training?

IET is a service approach that provides adult education and literacy activities concurrently and contextually with workforce preparation activities and workforce **training** for a specific occupation or occupational cluster for the purpose of educational and career advancement

Madera Adult School has a healthy IET program that meets on Mondays and Fridays from 8:30 am - 12:30 pm. Students are still welcome to enroll in this cutting edge class. In this class, students can improve their English writing, speaking, listening and reading skills all the while learning 21st Century computer literacy skills and have the opportunity to earn a workforce recognized certification!

See Ana Jasso, our Attendance Secretary or Mr. Chandler, Ms. Santana or Mrs. Medrano to sign up for our IET class!

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



According to a recent [study](#) conducted by the Mayo Clinic, less than three percent of adults in the U.S. meet the standard requirements for leading a healthy lifestyle in terms of fitness, nutrition and other factors. While it does take time, effort and

commitment to lead a healthy lifestyle, the positive impact it can have on your life and ability to be successful, could make it well worth it.

Here are six wellness tips for daily success:

Practice Morning Mindfulness: Start the day with intention and focus by engaging in some mindfulness activities that can calm and center your mind. Try meditating on your own or with a guided meditation app, taking deep, diaphragmatic breaths or sitting outside in nature for a few minutes (weather permitting). These are wonderful ways to create a positive experience in which to build your day around.

Eat Nourishing Foods: Fuel your body with healthy meals and snacks throughout the day that contain whole, plant-based and natural foods with minimally processed ingredients and added sugars. Your body will thank you for feeding it delicious and nutrient-filled fruits, vegetables, lean proteins, whole grains and healthy fats. You'll be more equipped to be at your best at work and at home when you prioritize your nutrition.

Move Your Body: Whether it's a morning bootcamp workout, lunchtime run or walk or evening yoga session, build in blocks of time in your day to move your body, increase your heart rate, strengthen and lengthen your muscles and sweat. You'll be releasing endorphins, which will improve your mood and mental state and will have more energy and stamina to concentrate, meet deadlines, perform tasks and collaborate with others.

Complete Your Three to Five Most Important Tasks: Trying to complete everything on your never-ending to-do list each day is a fast track to failure. However, being realistic, thoughtful and strategic about the tasks you work on, will allow you to have greater impact at work and in other areas of your life. Pick those three to five tasks that will help move the needle on a project, increase revenue or help the largest number of people and you'll be sure to feel successful at the end of the day.

Take Challenges in Stride: Take challenges, problems and issues that arise during the day in stride and recognize that they're simply opportunities to learn and grow. Without these challenges, you wouldn't be able to stretch your mind and problem solving capabilities, practice resilience or have the flexibility to deal with a variety of situations. While not always easy, try your best to expect challenges to come your way and be prepared to face them head on.

Reflect at the End of the Day: Taking time at the end of the day to reflect on what went well, what could have been better and what you'll do to make tomorrow the best it can be, can go a long way in creating success in your life. Having gratitude and perspective can also provide you with a sense of wisdom and hope as you complete the day and prepare for the next. Reflections can happen in the forms of writing in a journal, talking to others or simply thinking to yourself. Engaging in these wellness practices on a daily basis can create healthy habits that will help you create the success in life you've always wanted!

School Climate and Culture/Clima Escolar y Cultura

Tips for Adult Learners to be Successful!

1. Manage your learning. You probably have some awareness of your own strengths and weaknesses in the classroom and that means you can take more responsibility for how you learn. If you know you don't do well with class lectures, prepare by doing the reading in advance. If the exercises the teacher assigns don't seem helpful to you, create your own practice routine.
2. Go above and beyond. Perhaps in your earlier studies you were content to sit back and let the teacher lead the way, but things are different now. [Pursue topics that interest you](#) outside of class, ask questions and read beyond the syllabus. Your teacher will appreciate your enthusiasm.
3. Challenge yourself. Don't shy away from something if it is difficult. Remember that you can always get help when you need it. Ask your teacher, department head or anyone else at the college and if you require [a personal tutor](#)—get one!
4. Stay organized. Managing family life and a job on top of school can be a challenge for the average adult student. The key to success is staying organized so you ensure you prioritize different tasks effectively and switch between them more efficiently.
5. Make time to study. There's a lot more independent action expected of you as a college student, particularly when it comes to reading and reviewing

material at home. College classes meet less frequently so it's up to you to maintain a regular study routine.