



Madera Adult School

January 2020

Important Update



Welcome Back to Madera Adult School! I hope your holidays and breaks were restful and enjoyable! I wish everyone a prosperous New Year and many blessings in this new Spring Semester! I encourage you to "Do Your Best, Be your Best"!

Upcoming Events

Monday, January 20th
No School MLK birthday

Monday, February 3rd
MAS Students to MCCC

An Important Event

On February 3rd, 2020, MAS Students will be visiting Madera Community College to learn about the many wonderful opportunities available to them. Bus transportation will be provided by MAS.

Student or Staff Highlight



Erica Bautista, our Office Technician, was recognized as December's "Going Above and Beyond" Winner for the month of December! Erica is known to her peers as an innovative thinker and a "Go-Getter"! She is constantly finding ways of how we can do our work better and more efficiently. She is also always quick to help out and take on new projects! We are very lucky to have Erica Bautista working at MAS! We appreciate all that she does for our school, students, and staff! Congratulations Erica!

Did You Know:

The Four Best Foods to Eat in the Morning

Despite what you may have heard, eating breakfast isn't necessary for everyone. In fact, skipping breakfast may be better than eating unhealthy breakfast foods. However, a nutritious, well-balanced breakfast can give you energy and prevent you from eating too much during the rest of the day. Here are the 4 best foods you can eat in the morning.



1. Eggs: Eggs are undeniably healthy and delicious. Studies have shown that eating eggs at breakfast increases feelings of fullness, reduces calorie intake at the next meal and helps maintain steady blood sugar and insulin levels. In one study, men who ate eggs for breakfast felt more satisfied and took in fewer calories during the rest of the day than those who consumed a bagel. Additionally, egg yolks contain [lutein and zeaxanthin](#).

These antioxidants help prevent eye disorders like cataracts and macular degeneration. Eggs are also one of the best sources of choline, a very important nutrient for brain and liver health. Eggs are high in protein and several important nutrients. They also promote fullness and help you eat fewer calories.

2. Greek Yogurt: Greek [yogurt](#) is creamy, delicious and nourishing. It's made by straining whey and other liquid from milk curds, which produces a creamier yogurt that is more concentrated in protein. Protein has been shown to reduce feelings of hunger and has a higher thermic effect than fat or carbs. The term "thermic effect" refers to the increase in metabolic rate that occurs after eating. Yogurt and other dairy products can also help with weight control because they increase levels of [hormones](#) that promote fullness, including PYY and GLP-1. What's more, full-fat yogurt contains [conjugated linoleic acid](#) (CLA), which may increase fat loss and decrease breast cancer risk. Certain types of Greek yogurt are good sources of [probiotics](#) like *Bifidobacteria*, which help your gut stay healthy (15). Greek yogurt is high in protein, helps reduce appetite and may aid weight loss. Certain types also contain beneficial probiotics.

3. Coffee: [Coffee](#) is an amazing beverage to start your day. It's high in caffeine, which has been shown to improve mood, alertness and mental performance. Even small amounts of caffeine can achieve these effects. An analysis of 41 studies found the most effective dose to be 38–400 mg per day to maximize the benefits of caffeine while reducing side effects (18). This is roughly 0.3 to 4 cups of coffee per day, depending on the coffee's strength (18). Caffeine has also [been shown](#) to increase metabolic rate and fat burning. In one study, 100 mg of caffeine per day helped people burn an extra 79–150 calories over a 24-hour period. In addition, coffee is rich in antioxidants, which reduce inflammation, protect the cells lining your blood vessels and decrease diabetes and liver disease risk. Having a cup of coffee is a great way to start your day. The caffeine in it may improve mood, mental performance and metabolism.

4. Oatmeal: Oatmeal is the best breakfast choice for cereal lovers. It's made from ground [oats](#), which contain a unique fiber called oat beta-glucan. This fiber has many impressive health benefits, including reduced cholesterol. What's more, oat beta-glucan is a viscous fiber that promotes feelings of fullness. One study found that it increased levels of the fullness hormone PYY and that higher doses had the greatest effect. Oats are also rich in antioxidants, which protect their fatty acids from becoming rancid. These antioxidants may also benefit heart health and decrease blood pressure. Though oats don't contain

gluten, they're often processed in the same facilities as gluten-containing grains. Researchers have found that most oats are indeed contaminated with other grains, especially barley. Therefore, people with [celiac disease](#) or [gluten sensitivity](#) should choose oats that have been certified as gluten-free. Bear in mind that one cup (235 grams) of cooked oatmeal contains only about 6 grams of protein, which won't provide the benefits of a higher-protein breakfast (35). To boost the protein content of an oatmeal breakfast, prepare it with milk instead of water or serve it with a side of eggs or a piece of cheese. Oatmeal is rich in beta-glucan fiber, which lowers cholesterol and increases feelings of fullness. It also contains antioxidants.

19/2020

Something to Ponder



Words to inspire You for the New Year Ahead!

New Year

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!



**School success starts
with attendance**

Student Health Wellness

Counselors/Student Advocate

Mrs. Shirley Gregory: 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 Students

School Climate and Culture

Mission Statement

The mission of Madera Adult School is to provide students with lifelong learning skills to achieve their educational, career, and personal goals by developing respect, responsibility, and accountability, thus empowering the students to transition into the workforce and become contributing citizens of a global community.

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).

Transition Specialist Weekly Schedule



Michelle Santesteban

Transitions Specialist

(559) 593-0993

January's Schedule

1/14 8:30am - 2:30pm

1/15 8:30am - 12:00pm

1/16 8:30am - 12:00pm, on site at MCWAC 12:30pm-3:30pm

1/22 5:00pm - 7:00pm, Oscar will assist with Adela's Spanish HiSET students

1/23 8:30am - 12:00pm, on site at MCWAC 12:30pm - 3:30pm

1/30 5:00pm - 7:00pm, on site at MCWAC 12:30pm - 3:30pm