



April 2021



Fontana Adult School, as part of the Fontana Unified School District, empowers students to prepare for success in college, career, and life.

Summer School applications are now being accepted!

We will be offering in-person and online classes starting May 25th, 2021. If you are interested in registering, please come to the office with your application form. The application is available online at fusd.net/adultschool and can be printed and brought in person. Over-the-telephone registration will not be taken. Here are some classes available:

ESL Beginning	Mornings and evenings, in-person and online
ESL Intermediate	Mornings and evenings, in-person and online
ESL Advanced	Mornings and evenings, in-person and online
Citizenship	Evenings, in-person
High School Equivalency	Mornings and evenings, In-person and online
High School Diploma	Mornings and evenings, In-person and online
Paraprofessional Test Prep	Mornings and evenings, online
Interpreter-Translator	Evenings, online

More classes are being added. If you would like to register, please complete the application at the office, or print it at home, complete it, and bring it by!
Office hours: Monday – Thursday 8 am to 5:30 pm
Fridays 8 am to 12 pm

Meet Rene Salgado – our District Security Officer



If you have been on campus, you have probably seen Rene Salgado either on foot or on his cart looking out for everyone's safety and security. Did you know he also assists with various other school – related matters, such as issuing ID cards, escorting students to testing, temperature checks, monitoring rooms for personal protective equipment, and giving directions? Rene looks out for everyone, and even serves as a role model. He handles other requests as needed. This is what Rene says about Fontana Adult School:

“There are many things I enjoy about working at Fontana Adult School. Students want to learn; they choose to be here. I enjoy talking to the students and encourage them to continue their education. I often use myself as an example, sharing with them my current on-line class and I tell them that it's never too late to attend school, college and university.”



Jessica Ortega is our Clerk Typist

“I enjoy helping staff and students strive towards success. Every day is a new challenge that I love tackling. Being around others who are working to do better for themselves and others is what keeps me going.”

Jessica assists students by:

- Contacting people on the interest list to answer questions regarding programs
- Assisting in new and returning students interested in signing up for ESL, HSE, and CTE programs
- Assisting with high school equivalency orientation and setting up GED accounts
- Assisting with CASAS assessments
- Providing help to students experiencing technical difficulties on their phone or laptop
- Conducting follow-up survey calls

- Answering phones and returning missed calls
- Reaching out to students who have been absent
- Admitting people taking Pearson VUE exams

She assists staff by

- Providing coverage and assistance in the office
- Assisting college tutors with technical issues related to CASAS testing
- Filing and other duties as assigned

We have a safe, clean campus, ready to welcome you to register for our workshops and summer classes.

Procedures / Procedimientos

Procedure:

1. Students line up to enter the classroom remaining at least 6 feet apart.
2. Pump a dime sized amount of hand sanitizer into hand.
3. Rub hands together being sure to thoroughly wet all part of hands, including the top, thumbs, and in between fingers.



Procedimiento:

1. Los estudiantes se alinean para entrar al salón de clases manteniéndose al menos a 6 pies de distancia.
2. Bombear una cantidad de desinfectante de manos del tamaño de una moneda de diez centavos en la mano.
3. Frótese las manos asegurándose de mojar completamente todas las partes de las manos, incluida la parte superior, los pulgares y entre los dedos.



SETTING PERSONAL FINANCIAL GOALS

Setting financial goals will allow you to save money for your dream house, your child's education, retirement, and more.

Set a wide range of goals that are:

- Short-term: under one year to achieve
- Mid-term: between 1-5 years to achieve
- Long-term: more than 5 years to achieve

Develop a chart that has a timeline for how you will achieve each goal, including how you will achieve it.

Writing down your goals or telling someone else about your goals will hold you more accountable!

Examples of financial goals:

- Learn how to budget
- Pay off debt
- Build an emergency fund
- Build a retirement fund
- Save for college
- Improve credit score
- Pay off student loans

<https://www.incharge.org/financial-literacy/budgeting-saving/how-to-set-financial-goals/>

8 COMPONENTS OF WELLNESS

Spiritual

- Meditate in a quiet place
- Work towards self-discovery

Occupational

- Take short breaks throughout the work day
- Manage your work-life balance

Financial

- Learn to budget
- Try not to buy unnecessary items

Environmental

- Check your home's safety features
- Surround yourself with people that inspire health

Physical

- Get enough sleep every night
- Take walks in nature

Intellectual

- Keep your memory sharp
- Try learning something new every day

Emotional

- Manage stress
- Avoid negative self-talk

Social

- Spend time with friends and family
- Join community organizations

<https://imaginebetterhealth.org/healthy-tips-and-resources/your-way-to-wellness>

HOW TO GET GOOD SLEEP

DONT'S



DO'S

- zzz Sleep in on the weekends
- zzz Nap after dinner time
- zzz Drink too much caffeine or liquids close to bed time
- zzz Eat large meals or spicy foods at night
- zzz Watch TV late at night

- zzz Let in a lot of natural light during the day
- zzz Avoid bright screens before bedtime
- zzz Do breathing exercises to relax
- zzz Exercise during the day
- zzz Keep your room dark when you sleep

<https://www.helpguide.org/articles/sleep/getting-better-sleep.htm>

Have you ever found yourself saying these statements?



"I can't do it."

"I don't have time for that."

"I don't know how to do that. I'm dumb."



Try changing those statements to this!

"I can't do it yet. That will change!"

"I can *make* time for that!"

"I don't know how to do that yet. I can learn!"



Changing your perspective on things and changing your attitude can make all the difference.

