



August 2020

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

Fall Semester is in Full Swing!

In the month of July, 175 students were actively engaged, putting lots and lots of hours in their ESL, high school diploma, and high school equivalency classes. Although classes can still not be held in person, we have over 500 students signed up to attend classes remotely through distance learning. A few hundred more are in the process of starting. Here is a sneak peek at what's available:



ESL – levels Beginning, Intermediate, Advanced, English 3D (most available mornings and evenings)

Citizenship Test Prep – offered in the evenings

High School Equivalency – offered in the mornings and evenings (help in Spanish language available in the evenings)

High School Diploma – Computer-Based Instruction, as well as English, Algebra, Geometry, US History, Economics, Government, etc.

CTE Program – Paraprofessional (Education Pathway), Interpreter-Translator, Basic Computers, Computer Business Applications

Registration is still open, even though some classes are getting full and students are being waitlisted. If anyone is still interested in applying, it's best to call 909-357-5490 extension 0 to schedule an appointment for CASAS assessment.



Students are Passing Paraprofessional Exams after taking Preparation Classes



Jesse Ann Cumberbatch is our latest student to pass her paraprofessional exam after completing the class. "FAS has been a pillar of encouragement and hope to me that I can be one step closer to accomplishing my dreams in spite of COVID-19," she says. "The caring, understanding and uplifting staff has made my Paraprofessional Course extremely comfortable and enjoyable. Online class was very enriching and supportive. Thank you for your time and excellent teaching Mrs. Lupita Berry and Mr. Scott Iliff. I am now certified and one step closer to my dreams."

We wish Jessie lots of luck as she continues her journey with us. She is an inspiration to others who are pursuing the same goals and dreams.

Amazon is Hiring!



Amazon is hiring for seasonal and full-time employees in the Fontana and Eastvale areas. If you know anyone who is interested in starting employment and becoming an essential worker in these challenging times, please have them text IENOW to 77088. A text message will be sent where the person can apply right over the telephone.

Chaffey College has a Dual Enrollment Program in Place for Fontana Adult School's High School Diploma and High School Equivalency Students

Chaffey College is offering free classes to FAS students who are dually enrolled in our High School Diploma and Equivalency programs. Students like Marlene Aguilera are taking advantage of the programs. Chaffey is offering:

Introduction to Business
Career Exploration and Life Planning
Child Growth and Development
Developmental Psychology

Students can still enroll in these classes as long as they are currently in the diploma or equivalency programs. Classes begin September 9th. Even though they are currently offered online, books are being loaned to adult school students.

Marlene will be taking one of these classes and hopes to continue with her education after completing her program at FAS. We wish her lots of success and hope that she inspires others to follow in her footsteps.



7 Ways to Prevent Heart Disease



- 1) Control your portion size
 - a) Use a small plate or bowl to control your portions and keep track of how many servings you eat.
 - b) Eat larger portions of fruits and vegetables, and smaller portions of processed or fast foods.

- 2) Eat more fruits and vegetables
 - a) They are good sources of vitamins and minerals! Keep them cut and washed in your fridge for quick snacks.
 - b) Choose recipes that have vegetables or fruits as the main ingredients.

- 3) Choose whole grains
 - a) Whole grains are good sources of fiber, which helps regulate blood pressure and heart health.
 - b) Make simple substitutions! Instead of white bread, look for 100% whole grain bread. Instead of white rice, choose brown.

- 4) Limit unhealthy fats
 - a) Limit the saturated and trans fats you eat, like butter, lard, and non-dairy creamers.
 - b) Use low-fat substitutions or choose healthy fats, like olive or canola oil.

- 5) Choose low-fat protein sources
 - a) Look for lean meat, chicken, fish, low-fat dairy products, beans, and eggs--these are all great sources of protein.
 - b) Choose skim milk rather than whole milk, skinless chicken breasts rather than fried chicken wings.

- 6) Reduce the sodium in your food
 - a) Eat fresh foods--lots of sodium comes from canned or processed foods, like baked goods and frozen dinners.
 - b) Choose condiments carefully. Look for reduced-salt versions, like reduced-salt soy sauce and reduced-salt ketchup.

- 7) Plan ahead: create daily menus
 - a) Create daily menus using the 6 tips from above!
 - b) Vary the kinds of food you eat to make sure you are getting all the nutrients you need. Variety also makes your meals more interesting :)

Coronavirus: 8 ways to look after your mental health

Seek accurate information from legitimate sources, such as the CDC, or World Health Organization.

Set a limit on how much news you consume on COVID19.

Look after yourself and prioritize your mental & physical health.

Reach out to others and support people around you.

Maintain a sense of hope and positive thinking.

Acknowledge your feelings.

Take time to talk to children around you about the Covid19 outbreak.

Ask for professional help.

Source: <https://www.mhe-sme.org/covid-19/>

In case you know anyone...

We still have some class spaces available in the following categories:

*ESL – Beginning (morning & evening) & Advanced levels (evenings)

*Citizenship Test Prep (evening)

*GED – Science (morning & evening) & Language Arts (morning)

Fontana Adult School would like to thank student volunteers and Student Leadership Team members for helping us in the past few months with outreach efforts.



*Kim Giang
Teresa Garcia
Steven Stewart
Lucy Asuncion
Mary Avalos
Maria Campos*

Steven Stewart Receives Certificate of State of California for Showing Resilience and Persistence

Life has not always been easy for Steven. He has had to overcome major hurdles and obstacles in his life, but he is making it. Steven was part of the graduating class of 2020. He received an award for showing resilience and persistence in pursuing his dreams from OTAN, a state agency that helps adult education agencies with integration of technology in to the educational process, ultimately empowering learners to meet academic, employment, and civic goals.

Steven is enrolled at San Bernardino Valley College, starting classes on Monday, August 17. He is taking math, English, College Life, and another elective course. He will actively seek work while attending college this Fall.

