



February – 2020



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

The Duenas Couple is Establishing a New Life, and New Beginnings in the U.S.



Cecilia and Angel Duenas are beloved students at Fontana Adult School who, just after finishing their GED exams, are now enrolled at Chaffey College. The Duenas emigrated from Santa Ana, El Salvador, both with higher level education under their belts. Cecilia worked in Business Administration, and Angel worked in the Department of Agriculture, testing agricultural chemicals. They decided to come to the U.S. because they were about to retire, and their pension was not enough to support basic needs. They decided they would have better opportunities in this country if they came and continued working, regardless of their age. They are seeking a better quality of life. They will be enrolled in ESL classes to improve their English and seek work, possibly in the field of education.

Cecilia and Angel know adults are making huge sacrifices as adult learners when they come to school, but there will be big rewards at the end of their educational path. They say, "Adults should take advantage of opportunities at this school, regardless of age."

Maria Cortes and Mario Torres win our December Essay Contests



Maria Cortes and Mario Torres participated in the December writing competition, both winning \$25 gift cards to Stater Brothers for their efforts and well-written essays. Mario wrote about Albert Einstein, while Maria wrote about Mother Teresa.

We look forward to having more winners in February when our writing contest focuses on African-Americans who have made major contributions to our lives.

Keiko Nagumo and Anvar Boyzo thank the FUSD Board of Directors for Adult School Programs



On January 15, 2020, two of our former students, Keiko and Anvar, spoke in front of the Board of Directors at Fontana Unified School District to thank them, and their teachers, for the Paraprofessional program at Fontana Adult School. Keiko was able to get a job as a bilingual aide with the District upon completing her program, and Anvar obtained employment in the After School Program.

College Mentors are off to a Good Start at Fontana Adult School



This semester, we will have twelve mentors working with us from California State University, San Bernardino, and Chaffey College. The mentors will help students with the following goals:

- **Transition to College**
- **Completing GED & HSD Programs**
- **Transition to Careers**

Each mentor will work with a select group of students to help them with goals, pathways, and transitions. They will be going into classrooms to help all students and teachers, tutor during class and after class, and help with school projects.



FONTANA ADULT SCHOOL WILL HAVE A VARIETY OF ACTIVITIES AND EVENTS IN THE NEXT FEW WEEKS TO CELEBRATE BLACK HISTORY MONTH...STAY TUNED FOR PHOTOS AND UPDATES!



What to do When Dealing with Family Members' Mental Health Journey

- **Educate Yourself**

- Get familiar with common symptoms of mental illness
- Take a course to expand your knowledge
- Join a support group



- **Remain Calm**

- Be mindful and patient with your loved one
- Write down how you feel and what you want to say to them
- Consider your loved one's symptoms and your relationship before acting

- **Be Respectful and Patient**

- Keep your loved one's healing in mind when you are approaching them about their mental health
- Encourage a person to seek help, but don't demand it of them
- Let them know that you are there for them if they ever wish to talk



- **Listen**

- Listen to your loved one thoroughly before giving advice
- Try not to turn the conversation towards the experiences of others--focus on your loved one's story
- After you have taken the time to listen, you may offer resources

- **Provide Support**

- Ask them how you can help
- Be a source of support while empowering them to take charge of their own recovery



- **Establish boundaries**

- Be sure you're not working harder than they are at their healing process
- Connect to your intentions, show compassion, but maintain your own self-care as well

Student Success Story – Maria Elizabeth Alegria



Maria started with us in our Beginning ESL class this last semester. When she found out that Amazon was coming on campus for a hiring event, she came and applied. With the help of Rosa Castillo, our AmeriCorps VISTA, she got the job. She did so well that in three months, she became a permanent employee at Amazon.

Maria says the ESL class, and Mrs. Pinell-Hernandez, were a tremendous help because while she is at work, she uses her English skills and is improving. She reflects back often to what she learned in her ESL class because it was very relevant to what she is doing at her job.

For the first time, Maria will have excellent health benefits for herself and her family because of her work at Amazon. She is now returning to FAS this semester to join the Citizenship class. She is working on obtaining her US citizenship very soon!

**College and Career Fair at Fontana Adult School – Open to
our Fontana Community**

FEBRUARY 25, 2020

NAVIGATING YOUR FUTURE

Presented by FUSD Special Services and Fontana Adult School

Former Students are doing a Great Job Furthering their Education at Chaffey College!



Did you know? We have many former students just from this past school year who are now attending Chaffey and succeeding as full-time students? Bianca Rios is one of them. She attends school full-time and works part time. To Bianca, the key is self-motivation. She often imagines herself at the end of her educational journey and how good it will feel knowing that she did it. She knows college will open many more opportunities for her and she is not giving up.

Bianca is not alone. We are in conversations with many of our students from last school year who are now following the same path as Bianca – earning their high school diplomas and equivalency certificates motivated them to continue further with their studies.

Bianca is thankful for her teachers at FAS for helping her, especially with overcoming her frustrations with mathematics.

Customer Service Class at Fontana Adult School



Are you looking to be more employable and have a passion for serving people?

Start by taking a customer service class!

Class dates: February 4 – May 14, 2020

Mondays – Fridays, 1:00 pm to 2:00 pm

Please register for the class by coming to the FAS office.



Using planners and calendars to stay organized



Community Circles to Build Communities

What did our students do to succeed at Fontana Adult School last month?

Setting goals



Applied to college and for financial aid



Came to class every day, ready to learn

