



January 2021



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

Students are Graduating and Completing Programs, Despite Barriers and Obstacles

We congratulate our newest graduates and high school equivalency completers!



Students are learning digital literacy skills to successfully complete their classes this semester.





LEARNING NEVER ENDS

- HOW TO INCREASE INTELLECTUAL WELLNESS -

1. Read for fun
2. Learn a new language
3. Play an instrument
4. Write down your thoughts in a journal
5. Learn a new skill
6. Play strategy board games
7. Do daily crossword puzzles, word searches, and sudoku



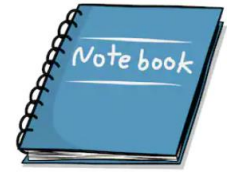
<https://www.bellinfitness.com/eight-steps-increase-intellectual-wellness/>

<https://www.utoledo.edu/offices/rocketwellness/docs/Tips%20on%20Improving%20Intellectual%20Wellness.pdf>

New Year, New You: 6 Ways to Stay Organized this Year

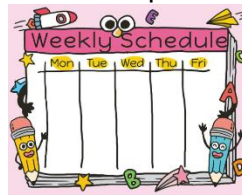
- *Write Things Down*

- Carry around a notebook or planner with you throughout the day! This will help when something comes up that you might want to jot down to remember.



- *Make Schedules and Deadlines*

- People who are organized set aside their time for specific purposes. Schedule your time so you know what you have going on.



- *Don't Procrastinate*

- Set deadlines for yourself and don't wait until the last minute! The longer you wait to get something done, the harder it will be to finish it and do it well.

- *Declutter Regularly*

- Make time once a week to get everything back into its place at home and at work.

- *Make a Space for Everything*

- Everything should have its own space, be labeled, and set aside. Group together the things that go together and give them a home!



- *Keep Only the Things You Definitely Need*

- More stuff means more clutter. Only keep the things you really want! Make a list of the things you want vs. what you need. If they don't line up, it's time to get rid of some things.



Meet Shawn Dickerson, Senior Secretary I



"I admire FAS students for their courage to obtain their dreams of learning English, obtaining their GED and H.S. diploma."

Shawn Dickerson is our **school secretary**. She likes to provide support for both staff and students. Below is a list of some of the ways she helps at Fontana Adult School:

- needing DACA Letters, EDD documentation, Transcripts, or Attendance Records
 - making sure classes are covered if a teacher needs to be out
 - arranging equipment for teachers
 - work orders for staff & faculty
 - working with the budget technician on getting supplies for staff & faculty
 - arranging for donations to be delivered from organizations
 - tracking keys, equipment, and other materials
 - serving as the main point of contact for staff
 - making connections with local congregations and sharing program information with them to help get the word out about opportunities at Fontana Adult School
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"They are more secure about who they are. There is something about having a paper, a credential. The sweat and tears you poured into getting this."

Meet Guadalupe "Lupita" Berry, Bilingual Receptionist

Lupita Berry assists everyone coming to the school in person or calling on the main phone line. Here is a list of some of her main duties at Fontana Adult School:

- makes referrals to Chaffey College and follows up on those referrals
- follows up on CASAS testing, reviewing scores and explaining how students can improve their scores if they have tested multiple times in the same school year
- registers students for classes & assisting with appointments
- assists students so they know how to log onto the computer
- connects students with teachers as needed
- checks Pearson VUE customers/students in for testing
- follows up if a student misses a test or digital literacy-reschedules the student
- explains pathways to students
- assisting colleagues
- contacting teachers when new students get added to classes
- tracking and issues book and laptops to students

Fontana Adult School is committed to culturally responsive teaching. We highlight accomplishments by people from diverse backgrounds and experiences to enrich our students' knowledge base, learn from and relate respectfully with anyone with whom they come in contact.



Christina Koning – Award-winning Novelist and Journalist from Borneo

Christina Koning is from Borneo, an island located in the southwest Pacific. She went to Girton College and the University of Edinburgh. She became a writer and won awards for her work. Her books include *A Mild Suicide*, *Fabulous Life*, and *Variable Stars*.



Tanya Streeter – World Champion Diver from the Cayman Islands

Born in the Cayman Islands, Tanya Streeter is a natural free diver. She was educated at Roedean in England and at Brighton University. She began freediving at the age of 25 and was an immediate success. In 1998, she broke the record of achieving 370 feet, replacing Deborah Andollo's spot. She was then inducted into the "Women Divers hall of Fame" in 2000. 2 years later, she broke the men's No Limit record by diving to 525 feet. Tanya was featured in a couple of documentaries, one by Animal Planet and the other by BBC Two.



Our College Tutors are Helping Students Learn Digital Skills to Succeed in their Classes in the Upcoming Semester

Meet our Team!



Nykalette Silver



Oriana Cervantes



Jessie Cumberbatch



Dan Reynoso

SIMPLE WELLNESS AND HEALTH TIPS

Drink a glass of water as soon as you wake up

Take the stairs, rather than the elevator

Track your steps

Use nontoxic household cleaning products

Choose natural foods, rather than processed

Get sunlight every day

Have a positive mindset

Sleep enough every night

Practice self care

Walk more often

<https://fourwellness.co/blog/31-simple-wellness-tips-for-healthy-and-happy-living>

HOW TO MANAGE DEBT

Monitor your spending to know how you can cut down payments

List out all of your debt

Pay more than the minimum payment for credit card bills

Calculate your daily interest to better understand your loans

Have specific goals for paying off your debt, including numbers and a timeline

Sign up for autopayments for your debt

<https://studentloanhero.com/featured/finance-tips-31/>