



May 2021

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

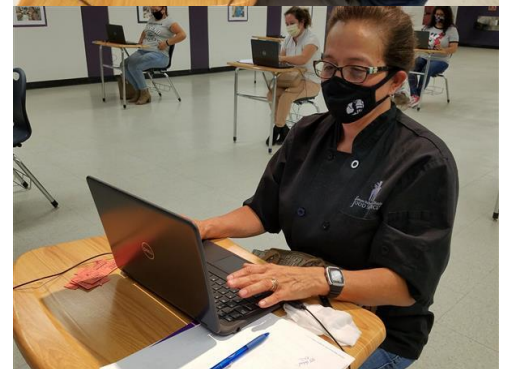
Fontana Adult School Students are earning their High School Diplomas and completing their GED!



2021 Graduation news on Page 3!



In – Person Classes are Off to a Successful Start!



Our in – person classes have successfully begun! Students are enjoying face – to – face learning. Our students, teachers, and staff are following precautions to ensure the health of everyone on campus. This includes:

- Cleaning and sanitizing rooms between each use
- Hand – washing stations
- Sanitizing wipes and hand sanitizer
- Social distancing
- Shields, and more!

Be a TEACHER'S ASSISTANT.

REQUIREMENTS:

~PASS THE PARAPROFESSIONAL ASSESSMENT*

~HSD OR HSE



Prepare
to PASS the
PARAPROFESSIONAL TEST

@ Fontana
Adult School.

~Ability to Assist
~Language Arts
~Math

available

Fontana Unified School District
is looking for
Paraprofessionals

SPRING 2021

Introduction to PARA PREP WORKSHOP

May 5th – May 19th

Mondays & Wednesdays

5pm – 8pm

IN PERSON



Fontana Adult School *10755 Oleander Ave. Fontana, Ca 92337 * (909) 357-5490
www.fusd.net (select Adult School)



Fontana Adult School
Graduation Ceremony

Thursday, June 10th, 2021

San Manuel Stadium
12 P.M.

Outdoor, in-person ceremony

Following COVID safety guidelines

Free parking

3 tickets per graduate

Broadcasted on YouTube Live

If you need to pick up your cap and gown, contact a Guidance Tech at (909) 357-5490 x
56229, x56238

Persevering through Hard Times

Fontana Adult School students have been working hard throughout the past academic year despite setbacks and difficulties presented by the pandemic. Below are some words and quotes of inspiration from FAS teachers.

“Strive for progress, not perfection.”
“Just keep swimming.”

- Anne McClellian

“No one is perfect – that’s why pencils have erasers.” - Wolfgang Riebe

- Lisa Pinell

“Always turn a negative situation into a positive situation.”

- Damaris Amarante

“Success is not final, failure is not fatal - it is the courage to continue that counts.” - Winston Churchill

- David Baker



WHAT MAKES UP YOUR CREDIT SCORE?

Your credit score is an important number that businesses look at before making lending decisions.



This chart shows the different components that make up your FICO credit score.

Credit scores range from 300 to 850. A higher credit score is better, and will tell lenders that you are reliable.

To increase your credit score:

- Do not miss payments
- Have a variety of credit types
- Build up your credit history
- Try to avoid maxing out credit card limits



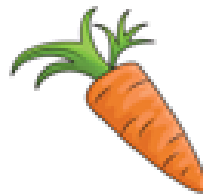
HOW TO EAT A HEALTHY DIET

Eating healthy foods, such as fruits and vegetables, will provide you energy throughout the day and will satisfy your hunger faster than processed food.

Here are some suggestions for how you can transition to eating a healthy diet:



Have healthy snacks available for you to grab whenever you feel hungry



Have a mix of different colored vegetables throughout your day



Choose whole grain bread, pasta, oatmeal, and rice



Limit consumption of food and drinks that are high in sugar and salt content



Use cooking oils instead of butter, shortening, or lard



Read the Nutrition Facts label to know what you are eating

<https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-adults>



TAKING CARE OF YOUR SMILE



Floss to remove food, stimulate your gums, and reduce inflammation



Use mouthwash that your dentist recommends



Drink water throughout the day



Visit the dentist every 6 months



Brush your teeth before bed to get rid of plaque



Brush your teeth properly (circular motions)



Make sure to clean your tongue



Ensure that your toothpaste contains fluoride

<https://www.healthline.com/health/dental-and-oral-health/best-practices-for-healthy-teeth#6.-Dont-let-flossing-difficulties-stop-you>

11 Tips for Time Management



- Create a daily task list.
 - Start off your day by writing down your to-do list. As you finish your tasks, check them off and keep the momentum going!
- Prioritize your tasks.
 - Prioritize your most immediate tasks first (such as the ones that might be due sooner).
- Do the most important tasks in the morning.
 - The sooner you start working on it, the sooner you can check it off!
- Minimize distractions.
 - Turn on “do not disturb” mode on your phone or computer, go offline to avoid social media, the news, or emails.
- Avoid multitasking.
 - Multitasking overloads the brain. Focus on one or two things at a time to get them done efficiently.
- Don't wait for inspiration to start working.
 - Start now!
- Schedule your breaks.
 - We need breaks to help keep us focused. Use breaks to get a drink, grab a snack, go for a walk, etc.
- Organize your desk, inbox, etc.
 - Staying organized can help you avoid distractions. Clean up your space!
- Check your email twice a day.
 - Dedicate a portion of your day to checking/answering all your emails (preferably in the morning and in the evening)

