

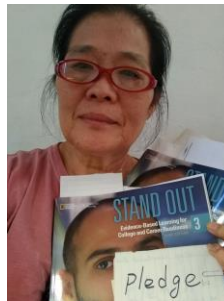
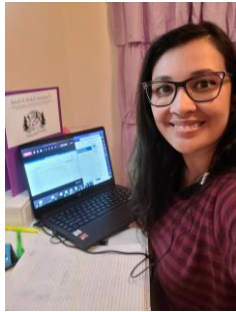


October 2020



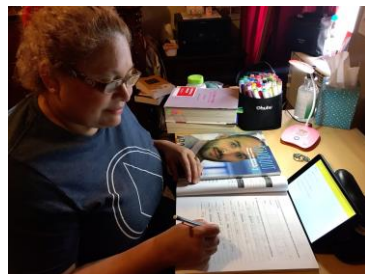
Fontana Adult School, as part of the Fontana Unified School District, empowers students to prepare for success in college, career, and life.

Despite all odds...students are making progress on their studies working remotely



Fontana Adult School students have shown resiliency, and perseverance, while working remotely this semester.

Students are trying their best to adapt and learn!



College Tutors are Instrumental in Helping Students with Digital Literacy Skills



Oriana Cervantes joined the team at Fontana Adult School at the end of July. She has already made a large impact upon our students learning by helping students with digital literacy skills, basic computer usage, keyboard functions, and how to send an email in a professional format.

Oriana is a graduate of California State University of San Bernardino. She grew up in the city of Riverside, and still resides there with her family. Her goal is to continue to work in a school environment. Her kindness and willingness to help others, especially during these difficult times, will lead her to greater paths in life!

Meet our Most Recent Graduates and High School Equivalency Completers!

Students are making progress working remotely on their studies. Meet our newest high school diploma graduates and high school equivalency completers. We are so thrilled to see them reach this major milestone in their lives.





PERSONAL FINANCE TIPS



Create a financial calendar
Add reminders about important payments



Check your interest rates to see which loans to pay off first



Set a weekly or monthly personal budget



Set aside one minute every single day to check on your transactions



Set specific financial goals with actual numbers and dates
How much money and by when?



Make savings part of your weekly or monthly budget that you make



REDUCING YOUR RISK OF HEART DISEASE

WITH WATER!

Heart disease builds up over years, but it is preventable



Drinking enough water every day can reduce your risk of heart disease by half!



Drink 5 or more glasses of water every day



Add lemon or orange slices for flavor



Avoid sugary drinks such as soda



Herbal teas with no sugar are also good to drink

<https://lluh.org/patients-visitors/health-wellness/live-it/online-health-show/episode-7-water>



HOW TO FOCUS

with mindful breathing



Benefits of learning to focus:

- Increases creativity
- Find solutions quicker
- Learn, remember, & concentrate better
- Regulate emotions

How can you increase your focus?

Practice mindful breathing!

1. Take a deep breath in for 4 seconds
2. Hold it for 2 seconds
3. Slowly breathe out for 8 seconds
4. Relax your muscles

Meet Jovita Idar – Mexican American Activist who Dedicated her Life to the Pursuit of Equality and Justice

Jovita Idar was born in Laredo Texas in 1885. During those times, Mexican Americans faced discrimination in her state. Idar became a teacher, and a journalist. She helped fight against discrimination of women and Mexican Americans throughout her life. She founded the League of Mexican Women in 1911 and served as its president. Through journalism, she was able to keep pursuing for justice. Later in life, she moved to San Antonio Texas where she opened a free kindergarten, served as a Spanish translator in the local hospital, as well as a teacher.



Srinivasa Ramanujan's Contributions to Mathematics

Srinivasa Ramanujan is a famous Indian mathematician who contributed important theorems and ideas to the world. He lived in the poorest areas of India when he was growing up. In 1911, Ramanujan published his first paper in the Journal of Indian Mathematical Society and gained the respect of other mathematicians. He is an inspiration to people around the world. He was a phenomenal genius who did not let hardships stop him from pursuing his dreams of becoming one of the best-known contributors to mathematical theory and practice.



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.