



September 2020



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

Students get Rewarded for Overcoming Obstacles and Working hard in their ESL Classes from Home

Working remotely has its challenges. Students have sick family members to tend to, issues with technology, not having technology, not having internet, etc. The strength and courage of our adult students is amazing. They can fight through obstacles that are in their way each day and do their work to make progress in their educational journey.

Ms. Jauregui, one of Fontana Adult School's ESL teachers, decided to meet and celebrate her students who showed resilience and attended online class in the month of August. Here are some photos she took with her students, with proper social distancing.



Local Companies are Hiring in Fontana!



Did you know we have several organizations in and around Fontana that are hiring right now? Check out our webpage where postings are added daily. You'll see positions posted for:

- custodian of a hotel
- housekeeper for a hotel
- production associate
- order filler
- sales associate
- administrative assistant
- driver
- retail associate
- warehouse associate
- maintenance technician
- operator
- diesel mechanic
- and more

Please check out what we have available by visiting the webpage.

The webpage for jobs is <https://www.fusd.net/Page/8139>

Students are Working Remotely to Advance in their ESL, High School Equivalency (GED), Diploma, Citizenship, and CTE classes

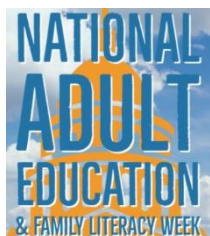
These are difficult times for many of our adult students at Fontana Adult School. In a recent survey, we learned that 63% of our students had either lost their jobs or had reduced hours at work due to Covid19.

Despite hardships, our adult students are doing their best to progress with their studies by remote learning. We have students enrolled in ESL classes, as well as high school equivalency (GED), diploma, citizenship, medical terminology, paraprofessional, interpreter-translator, basic computer, and computer business application classes. Technology problems persist, but students are hanging in there, making the best of the opportunity they have to learn.

We recently asked students to share their photos with us as they work remotely. We may not see each other in person, but we are still an adult education community. We are connected via the world wide web, as is apparent in the pictures sent by students.



It's Adult Education and Family Literacy Week! Let's celebrate the opportunities we have as adult learners, progress in our studies, and expand our knowledge!



FINANCIAL CORNER

WAYS TO SAVE MONEY



- CREATE A BUDGET

- EAT IN, RATHER THAN EATING AT FAST FOOD PLACES OR RESTAURANTS



- TRACK ALL OF YOUR SPENDING

- USE COUPONS



- BUY USED AT LOCAL THRIFT STORES OR ONLINE AUCTION SITES

- SET UP AUTO SAVE FOR YOUR PAYCHECKS



- SELL YOUR EXTRA ITEMS THAT ARE LAYING AROUND YOUR HOUSE

- PLAN YOUR GROCERIES FOR THE WEEK





The Food Pyramid

Milk, cheese, and yogurt are great sources of dairy.

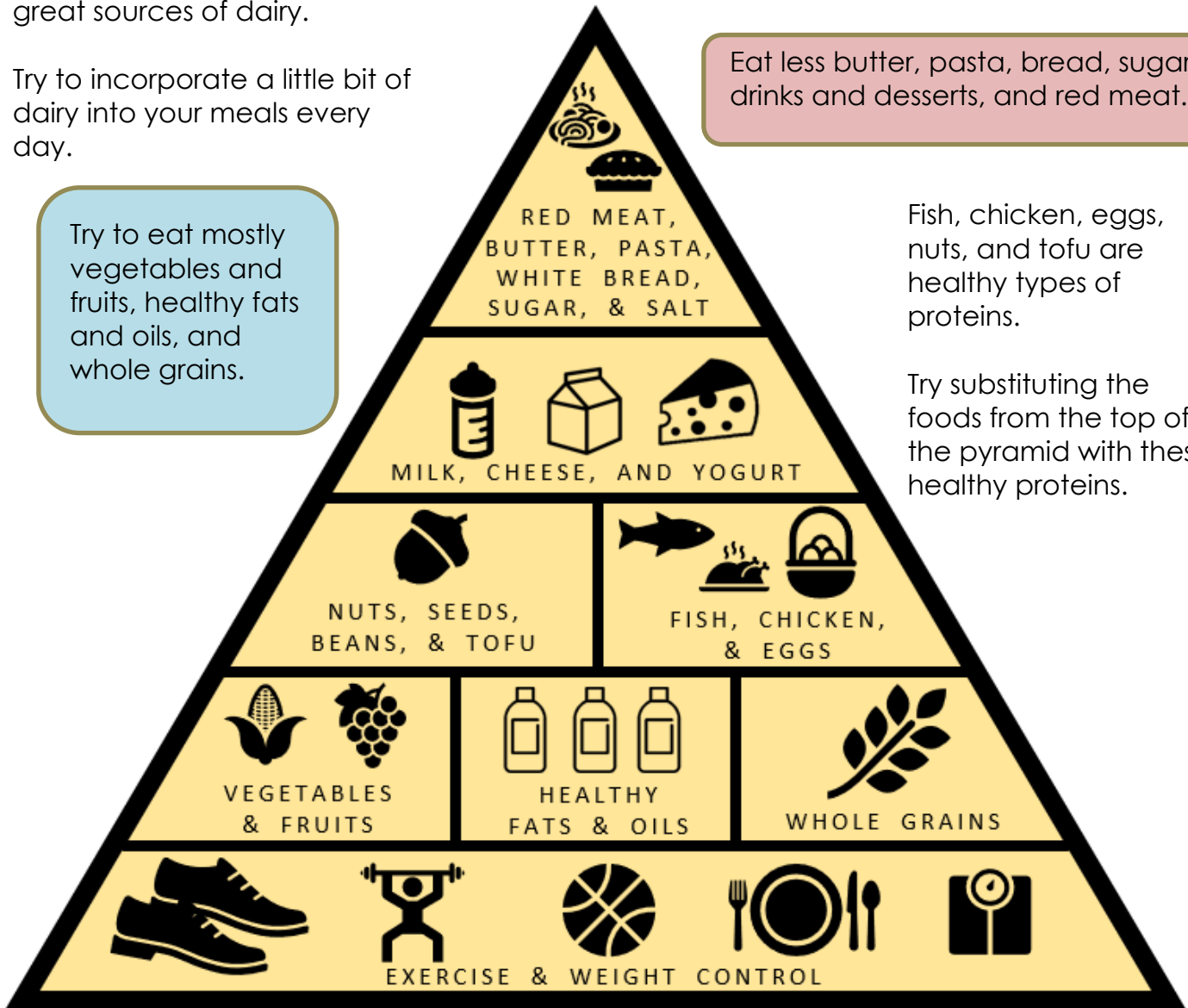
Try to incorporate a little bit of dairy into your meals every day.

Try to eat mostly vegetables and fruits, healthy fats and oils, and whole grains.

Eat less butter, pasta, bread, sugary drinks and desserts, and red meat.

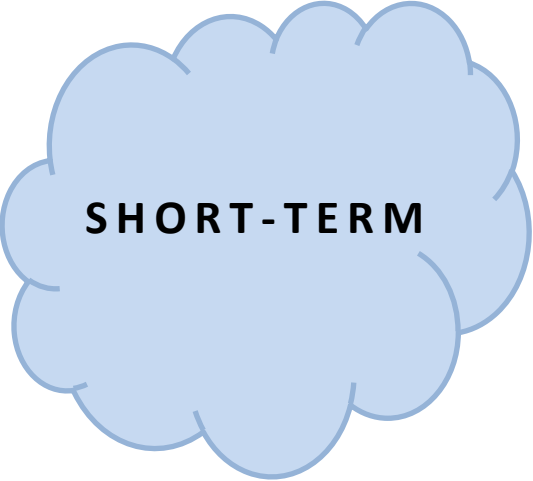
Fish, chicken, eggs, nuts, and tofu are healthy types of proteins.

Try substituting the foods from the top of the pyramid with these healthy proteins.



Exercising daily and controlling how much you are consuming is important in maintaining your health.

Tips to Manage Your Stress



SHORT-TERM

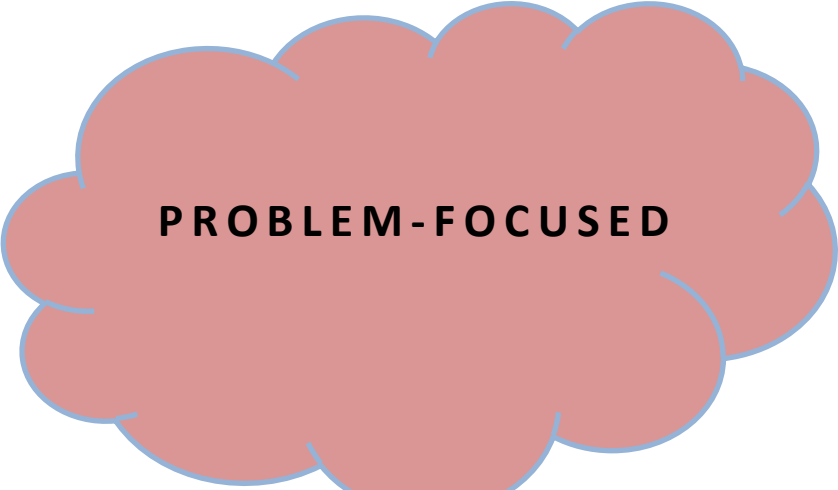
6. Take slow breaths
7. Relax your muscles
8. Go on 15 to 20-minute walks

3. Eat a balanced diet
4. Make time for your favorite activities and hobbies
5. Think positively about yourself



LONG-TERM

1. Create a to-do list or a schedule
2. Talk with your friends and family members



PROBLEM-FOCUSED