

## Madera Adult School Newsletter



**May 2022**



**Important Update:** May 30th, 2022 - No School

[Please Complete COVID Form Before Leaving Home](#)

**Be Your Best, Do Your Best!**

School Climate and Culture-----

### **Mission Statement**

The mission of Madera Adult School is to provide students with a positive experience and lifelong learning skills to achieve their educational, career, and personal goals by developing respect, responsibility, and accountability, thus empowering the students to continue their education or transition into the workforce and become contributing citizens of a global community. (Revised and Adopted 8/17/20)

### **Vision Statement**

Madera Adult School will be recognized as an innovative and progressive learning institution where students are inspired and supported by staff to be successful in the twenty-first century (Created and Adopted February 2018).

- **Renee Smith's Corner:**
  - **CASAS updates are due June 3, 2022**
  - **Grades are due June 3rd.**
- **Ana Jasso's Corner:**
  - **Time sheets for May need to be submitted by May 31, 2022 by noon.**
  - **Time sheets for June need to be submitted by June 3, 2022, by noon.**
  - **Fridge reminder: Clear out any and all food items and containers by June 3 or whatever is left in the fridge will be tossed in the trash.**
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- **Attendance/Testing Corner:**
  - **All attendance sheets must be turned in by 10:00am June 3rd.**

## GOING ABOVE AND BEYOND

**Teachers & Office Staff can nominate a MAS teacher or Office Staff for the “Going Above and Beyond” Award! This award recognizes a MAS employee that goes above and beyond the everyday expectations of her/his duties! Winners are awarded a certificate and a \$10 Starbucks Card! Please call or email Ana Jasso to nominate a deserving staff member. You may call Ana at 559-675-4425 or email her at [anajasso@maderausd.org](mailto:anajasso@maderausd.org).**

Madera Adult School is still registering students for HSD and HiSet through May 6th.(With the exception of High School transfers.) Students must call the school to schedule a time to register and test. Please plan to be here for at least 1.5 hours. Masks are recommended and students that are sick are asked not to attend until all their symptoms are gone. Masks are recommended to participate in registration and testing. Please call our school at 559-675-4425 to schedule an appointment or visit our school website at [Madera Adult School website](#).

**Attendance Policy:** Students are expected to attend each day they are scheduled to attend. Please contact your teacher if you are going to be absent or late for your class. When attending your classes, students are expected to participate in the lesson. Also important are attendance and a good attitude which are important to the program and to your success!

**“The Challenge” REMAINS:** Remember, Readers are Learners, and Learners are Earners! Books are available in the Office to loan. Please return the book back to the Office after you have read the book. Don’t forget to pick up a ticket from Ana once you have read a book. The ticket you earned from reading a book will be placed in a raffle drawing for three \$100 prizes!

### **Department Chairs:**

Mrs. Anzaldo - ESL/DOC  
Ms. Cruz - HSD

Mrs. Kovacs - HiSet  
Mrs. Waters - SPED

Ms. Santana - ABE  
Vacant - CTE

## Upcoming Events

**Sunday, May 8th, 2022**  
**Mother's Day**

**May 2nd through 6th, 2022**  
**Salute to Education**

**Monday, May 30th, 2022**  
**Memorial Day**  
**No school**

**Wed. June 1st, 2022**  
**Graduation**

## This Month's Highlights

<b>Monthly Calendar</b>	<b>Month of May</b>
<b>Sunday, May 8th, 2022</b>	<b>Mother's Day</b>
<b>Wednesday, May 25th, 2022</b>	<b>Last day of instruction for HSD students</b>
<b>Friday, May 27th, 2022</b>	<b>Last day of instruction for all students.</b>
<b>Wednesday, May 4th, 2022</b>	<b>Teacher, Classified, and Administration Appreciation Luncheon</b>
<b>Monday, May 30th, 2022</b>	<b>Memorial Day</b> <b>No School</b>

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## May is Mental Health Awareness Month

Green symbolizes the continual awareness of mental health in order to help fight the stigma that is often associated with it.

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental and physical well-being.

### History of Mental Health Awareness Month:

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was known as the National Committee for Mental Hygiene and then later as the National Mental Health Association before it got its current name. The association was founded by Clifford Whittingham Beers, Beers, who was born in 1876 in Connecticut, was one of five children in his family who all suffered from mental illness and psychological distress. All of them also went on to spend time at mental institutions and it was from his hospital admittance that he discovered that the mental health field had a notorious reputation for malpractice, maltreatment, and immense bias.

Beers went on to author "A Mind That Found Itself", which is a bestseller even today. Gaining popularity and support from medical professionals, Beers Founded the National Committee for Mental Hygiene. Beers and his colleagues at the association wanted to find ways to make sure that mental health patients not only received the right care but also did not feel alone in their fight against mental diseases.

According to MedlinePlus some types of mental disorders are:

- Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias

- Depression, bipolar disorder, and other mood disorders.

- Eating disorders.

- Personality disorders.

- Post-traumatic stress disorder.

- Psychological disorders, including schizophrenia.

## HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH

### 1. Take care of yourself

Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.

## 2. Take care of your loved ones

Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

## 3. Talk about mental health

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment and research on the matter.

## WHY CELEBRATE MENTAL HEALTH AWARENESS MONTH

### A. It's a celebration of mental health

The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.

### B. It's a celebration of changing attitudes

We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go.

### C. It's a celebration of humans

We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.

## Students of the Month

It is important that we recognize those students who have improved attendance, come to class on time, showing better study habits and are a positive influence in the classroom. Send the name of 1 special student per class to Mrs. Juarez who will print a certificate honoring them as student of the month. It is important that we remember most of our adult students have never received such a recognition. This is one way to improve student morale and boost their self-esteem. These names are to be submitted no later than the 25th of each month.

### Students of the Month for April:

<b>Adela Anzaldo:</b>	Sarah Musgrove Maryanne Kowalski Guillermo Carlos Amparo Aamescua	Christopher Perez Jose Matuzalon Tim Franklin Raymond Vallin	Cesar castro Gavin Raiford Cesar Davila Timmon Samir Crenshaw
<b>Lance Hoffrage:</b>	Selina Perez		
<b>Paula Kovacs:</b>	Romaldo Romo Ma D Frias Carrillo	Mariah Sandoval Martha Ponce	Ma D Rias Carrillo Beatriz Barraza
<b>Mayra Santana:</b>	Rebeca Ramirez Leon Maria Leticia Montes Hernandez	Yuli Alvarez Cortez	Elba Rincon Francisco Bazante Hernandez
<b>Azalia Santos:</b>	Francisco Bazante Hernandez Patricia Trejo de Ruiz		Fernando Leon Melgoza
<b>Renee Smith:</b>	Leticia Angel Ortiz	Jose Placido Aguirre	

## Students who inspire:

Juan Adolfo Perez Lopez was born in a small town in Oaxaca, Mexico. As a little boy Juan always liked going to school. However, he went up to sixth grade due that middle school was far from his home, normally it would take a person 8 hours walking. Instead of going to school, Juan started to work with his mother.

In 1990, Juan decided to come to the United States for a better future and help his family. He started to work in the fields. In 1993, Juan started to go to Madera Adult School and learn English as a Second Language, ESL. He took two years of English courses. Then he left school since he had different work shifts. In 2013, Juan decided to give himself another opportunity so he came to register and took an ESL class at Madera Adult School. He completed all his ESL courses. Then he took an ESL college course at Madera Community College during the pandemic which was a challenge for Juan to take his courses through online. He had to let go of his college courses in order to focus on completing his HiSET exams. After a year, taking the HiSET class Juan received his HiSET Certificate.

Currently, Juan is taking an Adult Basic Education class to improve his English Skills. This graduation 2022, Juan will be walking getting his diploma. He is excited that his children will see him walk. His next goal is to go back to college. Mr. Juan Perez Lopez is a good role model for many students who migrate to a new country, new language, and new lifestyle.



## Counselors/Student Advocates

Mrs. Barbara Juarez: Teacher on Special Assignment, Lead Teacher. Please refer students on 504 plans to her.

Mrs. Pam Waters: Resource Specialist. She works with our Special Education / IEP Students

**Michelle Santesteban, Transitions Specialist, (559)593-0993**

The following days/times are designated weekly specifically for your students, staff questions, etc..... I can be easily reached via phone, text, and e-mail, as well as through our new website.

Transition Services Weekly Availability for MAS

Every 2nd Tuesday of the month, on site hours: 5:00pm - 7:00pm

Every Wednesday on site hours: 9:00am - 3:30pm

Every 4th Tuesday of the month hours 5:00pm - 8:00pm **virtual by appt. only**

To request an appointment with me, Go to [SCAEClearns.org](https://www.scaeclearns.org) - click on Transition Specialist, look for my name/picture and click on "Make an appt." I will always be available on other dates/times with an appointment and be as flexible as possible. Thank you for your support, and I look forward to another successful academic year.

**All staff have access to my calendar to add appointments  
or you may email me directly.**