

**Mission Statement**

To prepare every student to be successful in high school, in college,  
in career, and in the 21st century global community.



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[www.aesd.net](http://www.aesd.net)



**Adelanto Elementary School District**  
11824 Air Expressway, CA Adelanto 92301  
Phone: (760) 246-8691 | Fax: (760) 246-4259

**AESD Family Engagement Center**

**2016 Classes**



**Wednesday, January 27, 2016 - Thursday, April 21, 2016**

**Columbia Middle School**

14409 Aster Road, Adelanto, California 92301  
*Phone: (760)530-1950 | Fax: (760)530-1953*

Refer all questions or concerns to Alex Verduzco, Coordinator of Curriculum and Instruction  
(760) 246-8691 ext. 10221  
[alejandro\\_verduzco@aesd.net](mailto:alejandro_verduzco@aesd.net)

### Nutrition Classes - 8 sessions

This class engages families with hands-on activities in diverse topics that support the wellness of our families and students. From nutrition, yoga, brain and learning exercises, parents will practice wellness and learn practical strategies in a fun learning environment.

#### Class schedule (Classes in English and Spanish)

Welcome to Eating Smart & Being Active	Wednesday, Jan. 27	9:30 – 11:00 a.m. and 5:30 – 7:00
Plan, Shop, and Save	Wednesday, Feb. 3	9:30 – 11:00 a.m. and 5:30 – 7:00
Fruits and Veggies	Wednesday, Feb. 10	9:30 – 11:00 a.m. and 5:30 – 7:00
Make Half Your Grains Whole	Wednesday, Feb. 17	9:30 – 11:00 a.m. and 5:30 – 7:00
Build Strong Bones	Wednesday, Feb. 24	9:30 – 11:00 a.m. and 5:30 – 7:00
Protein	Wednesday, Mar. 2	9:30 – 11:00 a.m. and 5:30 – 7:00
Make a Change	Wednesday, Mar. 9	9:30 – 11:00 a.m. and 5:30 – 7:00
Celebrate!	Wednesday, Mar. 16	9:30 – 11:00 a.m. and 5:30 – 7:00

### The 12 Powers of Family Business - 12 sessions

Discuss how to work as a team, identify and set goals, be a positive coach each day, budget family expenses, and allow faith and forgiveness to help you be the best parent you can be. All issues affecting your family are welcome here. Class participants can actively change their family dynamics through participation in this course.

#### Class schedule (Classes in English and Spanish)

Purpose	Wednesday, Jan. 27	9:30 – 11:30 a.m. and 5:30 – 7:30
Focusing on Goals	Wednesday, Feb. 3	9:30 – 11:30 a.m. and 5:30 – 7:30
Performance Planning	Wednesday, Feb. 10	9:30 – 11:30 a.m. and 5:30 – 7:30
Evaluation	Wednesday, Feb. 17	9:30 – 11:30 a.m. and 5:30 – 7:30
Day to Day Coaching	Wednesday, Feb. 24	9:30 – 11:30 a.m. and 5:30 – 7:30
Positive Attitude	Wednesday, Mar. 2	9:30 – 11:30 a.m. and 5:30 – 7:30
Effective Communication	Wednesday, Mar. 9	9:30 – 11:30 a.m. and 5:30 – 7:30
Working Together	Wednesday, Mar. 16	9:30 – 11:30 a.m. and 5:30 – 7:30
Building Resiliency	Wednesday, Mar. 23	9:30 – 11:30 a.m. and 5:30 – 7:30
Faith and Forgiveness	Wednesday, Apr. 6	9:30 – 11:30 a.m. and 5:30 – 7:30
Doing the Right Thing	Wednesday, Apr. 13	9:30 – 11:30 a.m. and 5:30 – 7:30
Humor	Wednesday, Apr. 20	9:30 – 11:30 a.m. and 5:30 – 7:30

### ENGLISH AS A SECOND LANGUAGE (ESL) - 12 sessions

ESL classes will enable students to comprehend, speak, read, and write in English. These lessons will teach key vocabulary words, phrases, and questions so students may successfully complete and participate in day-to-day tasks.

#### Class schedule (Classes in English and Spanish)

Introducing Yourself	Thursday, Jan. 28	9:30 – 11:30 a.m. and 5:30 – 7:30
Housing	Thursday, Feb. 4	9:30 – 11:30 a.m. and 5:30 – 7:30
Meeting the Teacher	Thursday, Feb. 11	9:30 – 11:30 a.m. and 5:30 – 7:30
Family - part 1	Thursday, Feb. 18	9:30 – 11:30 a.m. and 5:30 – 7:30
Family – part 2	Thursday, Feb. 25	9:30 – 11:30 a.m. and 5:30 – 7:30
Making an Appointment	Thursday, Mar. 3	9:30 – 11:30 a.m. and 5:30 – 7:30
Going to the Doctor	Thursday, Mar. 10	9:30 – 11:30 a.m. and 5:30 – 7:30
Health	Thursday, Mar. 17	9:30 – 11:30 a.m. and 5:30 – 7:30
Employment	Thursday, Mar. 24	9:30 – 11:30 a.m. and 5:30 – 7:30
Filling Out an Application	Thursday, Apr. 7	9:30 – 11:30 a.m. and 5:30 – 7:30
Interviewing for a Job	Thursday, Apr. 14	9:30 – 11:30 a.m. and 5:30 – 7:30
Credit cards, loans, and debt	Thursday, Apr. 21	9:30 – 11:30 a.m. and 5:30 – 7:30

### Basic Computer Skills - 5 sessions

This class will offer instruction on basic computer skills. Students will gain the confidence to utilize the computer as a tool to navigate the Internet as a resource in their everyday life. Students will also use the computer to create documents, email, and learn about Internet safety. Social media as means to connect with people, businesses and resources will be covered.

#### Class schedule (Classes in English and Spanish)

Computer Basics	Thursday, Jan. 28	9:30 – 11:00 a.m. and 5:30 – 7:00
Internet Safety/Navigation	Thursday, Feb. 4	9:30 – 11:00 a.m. and 5:30 – 7:00
Creating a Word Document	Thursday, Feb. 11	9:30 – 11:00 a.m. and 5:30 – 7:00
Emailing	Thursday, Feb. 18	9:30 – 11:00 a.m. and 5:30 – 7:00
Putting it all Together	Thursday, Feb. 25	9:30 – 11:00 a.m. and 5:30 – 7:00

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### Common Core Overview: Math / English Language Arts - 5 sessions

This workshop will engage families in becoming familiar with the current Common Core State Standards with a focus on Math and English Language Arts. Participants will receive information about the educational system, as well as learn practical tools on how to support their children at home so they can have a successful school year.

#### Class schedule (Classes in English and Spanish)

Common Core / Language Arts	Thursday, Jan. 28	9:30 – 10:30 a.m. and 5:30 – 6:30
Common Core / Math	Thursday, Feb. 4	9:30 – 10:30 a.m. and 5:30 – 6:30
Homework Help Resources for Language Arts	Thursday, Feb. 11	9:30 – 10:30 a.m. and 5:30 – 6:30
Homework Help Resources for Math	Thursday, Feb. 18	9:30 – 10:30 a.m. and 5:30 – 6:30
CAASPP	Thursday, Feb. 25	9:30 – 10:30 a.m. and 5:30 – 6:30

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