

Family Engagement Center 2017 - 2018 Classes

Tuesday, Wednesday and Thursday
January 30, 2018– April 19, 2018
(Session 2)

Mission Statement

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



Board of Trustees

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www.aesd.net



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Parent Workshops– 8 sessions

Victor Community Support Services will be hosting a series of workshops covering topics such as Cyberbullying, Depression, Self-Esteem, 5 Love languages and much more. **Class schedule (Classes in Spanish, translator available upon request)**

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|------------------------------------|-----------------------------|----------------------|
| Session 1- Effective Communication | Tuesday, January 30 | 9:30 a.m.-11:00 a.m. |
| Session 2- Women Support Group | Tuesday, February 06 | 9:30 a.m.-11:00 a.m. |
| Session 3- Parenting Styles | Tuesday, February 13 | 9:30 a.m.-11:00 a.m. |
| Session 4- Women Support Group | Tuesday, February 20 | 9:30 a.m.-11:00 a.m. |
| Session 5- Stress Management | Tuesday, February 27 | 9:30 a.m.-11:00 a.m. |
| Session 6- Women Support Group | Tuesday, March 06 | 9:30 a.m.-11:00 a.m. |
| Session 7- Life Lines | Tuesday, March 13 | 9:30 a.m.-11:00 a.m. |
| Session 8- Women Support Group | Tuesday, March 20 | 9:30 a.m.-11:00 a.m. |

Citizenship Classes – 8 sessions

This course will teach you all the necessary information to help you pass the citizenship test, interview tips and more.

Class schedule (Classes in English and Spanish)

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| Every Tuesday starting on January 30th | 4:00 p.m.- 6:00 p.m. |
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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)**

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|-------------------------|-------------------------------|-------------------------------------|
| Purpose | Wednesday, February 14 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Focusing on Goals | Wednesday, February 21 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Performance Planning | Wednesday, February 28 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Evaluation | Wednesday, March 07 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Day to Day Coaching | Wednesday, March 14 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Positive Attitude | Wednesday, March 21 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Effective Communication | Wednesday, April 11 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Working Together | Wednesday, April 18 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Building Resiliency | Wednesday, April 25 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Faith and Forgiveness | Wednesday, May 2 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Doing the Right Thing | Wednesday, May 9 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |
| Humor | Wednesday, May 16 | 9:30- 11:30 a.m. AND 5:00-7:00 p.m. |

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)**

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| Welcome to Eating Smart & Being Active | Wednesday, January 31 | 10:00 a.m.- 11:30 a.m. |
| Plan, Shop, and Save | Wednesday, February 07 | 10:00 a.m.- 11:30 a.m. |
| Fruits and Veggies | Wednesday, February 14 | 10:00 a.m.- 11:30 a.m. |
| Make Half Your Grains Whole | Wednesday, February 21 | 10:00 a.m.- 11:30 a.m. |
| Build Strong Bones | Wednesday, February 28 | 10:00 a.m.- 11:30 a.m. |
| Protein | Wednesday, March 07 | 10:00 a.m.- 11:30 a.m. |
| Make a Change | Wednesday, March 14 | 10:00 a.m.- 11:30 a.m. |
| Celebrate! | Wednesday, March 21 | 10:00 a.m.- 11:30 a.m. |

Basic Computer Skills – 8 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. **Class schedule (Classes in English and Spanish)**

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| Computer Basics | Wednesday, January 31 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, February 01 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Internet Safety/Navigation | Wednesday, February 07 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, February 08 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Internet Safety/Navigation | Wednesday, February 14 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, February 15 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Microsoft Word | Wednesday, February 21 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, February 22 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Microsoft Word | Wednesday, February 28 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, March 01 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Microsoft PowerPoint | Wednesday, March 07 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, March 08 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Microsoft PowerPoint | Wednesday, March 14 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, March 15 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |
| Emailing | Wednesday, March 21 10:00-11:00 a.m. AND 5:00- 6:00 p.m. | Thursday, March 22 11:00-12:00 p.m. AND 6:00- 7:00 p.m. |

English as a Second Language (ESL) – 8 sessions

This class will use USA Learns, a free website designed to help adults learn English online.

Class schedule (Classes in English and Spanish)

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| English Speaking | Wednesday, January 31 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, February 01 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| English Vocabulary | Wednesday, February 07 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, February 08 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| English Grammar | Wednesday, February 14 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, February 15 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| English Pronunciation | Wednesday, February 21 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, February 22 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| English Listening | Wednesday, February 28 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, March 01 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| English Reading | Wednesday, March 07 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, March 08 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| English Writing | Wednesday, March 14 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, March 15 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |
| Life Skills in English | Wednesday, March 21 11:00-12:00 p.m. AND 6:00- 7:00 p.m. | Thursday, March 22 10:00-11:00 a.m. AND 5:00- 6:00 p.m. |

Zumba Fitness – 8 sessions

This one hour of exhilarating calorie-burning, body-energizing, awe-inspiring movements will allow you to enjoy a dynamic fitness program that will help get you in shape and feel great! **Class schedule (Classes in English and Spanish)**

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|---|--|
| Every Wednesday starting on February 14 th | 9:00 a.m. –10:00 a.m. AND 4:00 p.m. –5:00 p.m. |
| Every Thursday starting on February 15 th | 9:00 a.m. –10:00 a.m. AND 4:00 p.m. –5:00 p.m. |

Dessert and Pastry Classes – 8 sessions

Learn the basics on how to make delicious bite-sized cake pops, marshmallow pops, different decorating techniques and much more! **Class schedule (Classes in Spanish, translator available upon request)**

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|---|-------------------------|
| Every Thursday starting on February 1 st | 10:00 a.m. – 11:30 a.m. |
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THE FAMILY ENGAGEMENT CENTER WILL BE CLOSED FROM MARCH 26TH- APRIL 9TH (NO CLASSES WILL BE IN SESSION)