



# Santa Clara Adult Education

*Where learning and community meet*



ISSUE 22 OCTOBER '23

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## PRINCIPAL'S MESSAGE

Dear Santa Clara Adult Education Community,

I hope our students and staff are well and thriving in this new school year. We, at Santa Clara Adult Education, firmly believe in the power of education as a means to promote knowledge and social justice. Our commitment to our community values of inclusivity, kindness, and respect are evident throughout this newsletter.

We are proud to report that on October 9, Santa Clara Adult Education staff from all programs participated in a professional learning day. The opportunity provided a platform for open dialogue and collaboration, allowing us to pool our expertise to embed continuous improvement in our school culture. It was a time to bring together the wisdom of our dedicated educators, support staff, and administrators to ensure that we continue to provide the highest quality education to our diverse community.

I want to express my gratitude to the staff and students for your dedication, resilience, and unwavering commitment to our community and its values. I look forward to continuing our work to create positive growth for our programs and our community.

Please enjoy all the good work inside the SCAE Fall Newsletter!

Sincerely,

*Carrie B. Casto*  
Carrie Casto

"Great Acts are made  
up of Small Deeds"

-Lao Tzu



# EXERCISE & WELLNESS

## The Exercise and Wellness Program had a fantastic start to the fall session of classes!

It's encouraging to witness a surge in enrollment for yoga, pickleball, fencing, and swimming classes. It's heartening that several adults are embracing these classes as a means to advance their physical and social well-being.





## Aquatics - Swimmer Spotlight!

The Water Exercise course aims to enhance students' endurance by incorporating flutter kicking at varying speeds and intensities.

Amruta and Aniket, husband and wife, joined Santa Clara Adult Education in January 2023 to get back into swimming.

Both learned to swim during their childhood, but the classes helped them improve their technique and build endurance.

In May 2023, they started going to Santa Cruz on weekends to learn open-water swimming while continuing to put in work in the pool. The biggest challenge was the cold water in Santa Cruz and the restrictiveness of the wetsuit.

In August 2023, Amruta did her first sprint triathlon at Santa Cruz in which she swam 750 meters. Both of them did their first Tahoe swim (0.5 miles) in September 2023. They rediscovered their love of swimming this year and plan to continue swimming regularly.



*"I had been searching for a group to hike with and adult ed provided easy access. I wanted to build strength and stamina and work up to more challenging hikes. Marta, my instructor is great! She provides a fun atmosphere and plans hikes that safely meet the skill level of hikers. The attendees are friendly and engaging which makes the hike very enjoyable. I look forward to the next hike and what location we can experience together." - Hiking Student*

*"I took fencing out of curiosity, but as the class progressed, I found it to have a lot of benefits physically and mentally. It keeps me in shape, and improves my coordination and strength. I also like how Maestro Sahm conducts her class; the speed of the lessons is never rushed, focusing on mastering the basics and discipline of becoming a good and proper fencer." - Fencing Student*

*"My Yoga Instructor has a gentle way of teaching Yoga. Her style is very therapeutic, relaxing and functional" - Yoga Student*



# INDEPENDENCE NETWORK (IN)

The Independence Network students are on a quest to explore the hidden treasures of our community, and they're leaving no stone unturned! They've been spotted traversing the Santa Cruz Beach Boardwalk, capturing nature's essence through selfies at the Don Edwards Wildlife Preserve, delving into history at Mission San José, and scouring the San José Flea Market for hidden gems. These students embody the quintessential adventure squad!



*"The trip to Mission San José was great. I went with my friends Danny and Nicole."- Albert*

*"I liked looking around the flea market and buying fruit that is cheaper than at the regular store." - Ana*

*"In Santa Cruz, I got to walk around the boardwalk and I went on the beach. I got to buy a shirt." - Maylene*



# CAREER TECHNICAL EDUCATION (CTE)

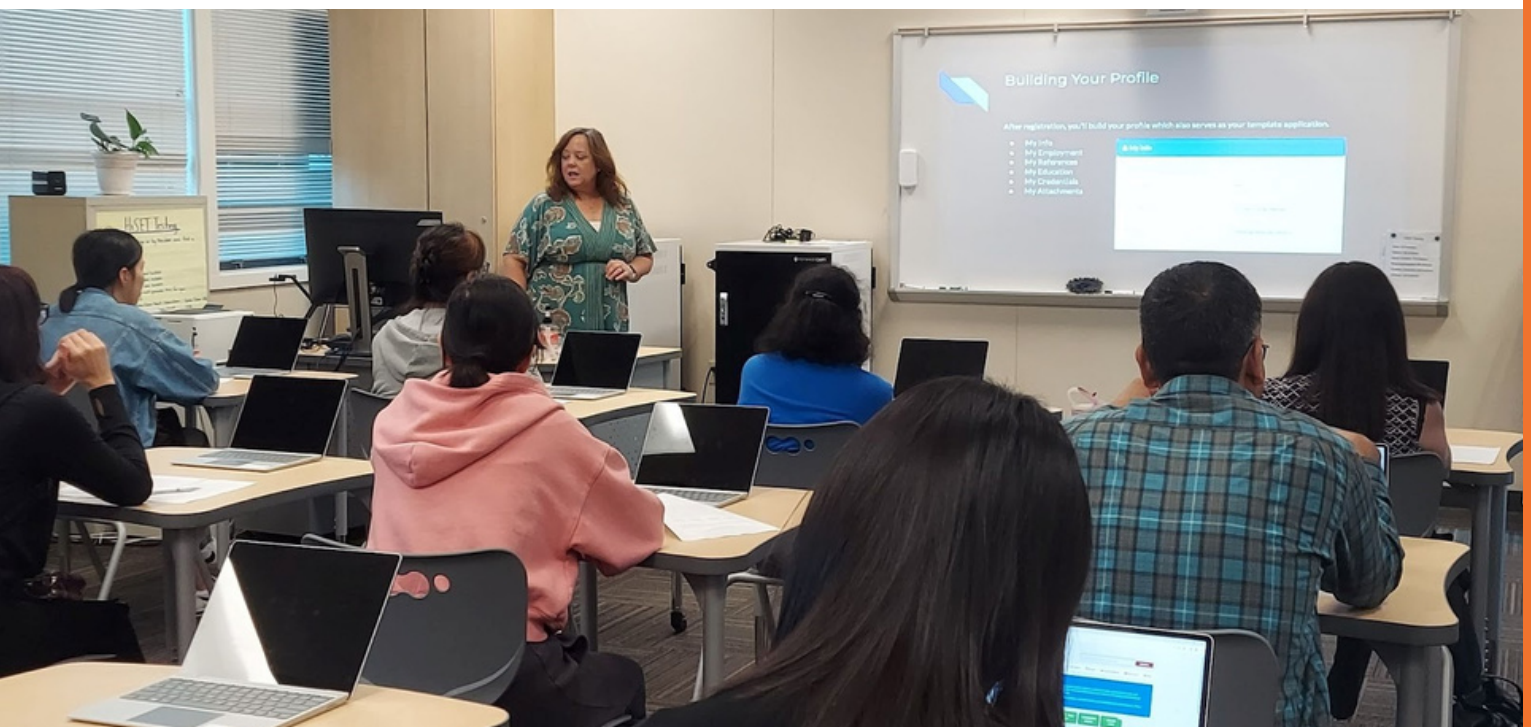
## New Courses! New Faces!

This term CTE is offering two new courses, Introduction to Edjoin and Introduction to Paraeducator Training.

### Introduction to Edjoin



Diane Smith from the district's Human Resources department joined us to share information about how to use Edjoin to stand out in the hiring process. Takeaways for students included the importance of including all of their information in their Edjoin account.



### Introduction to Paraeducator Training

Melissa Mitchell and Magaly Cartagena from the district's Special Education Department have prepared a comprehensive training program for current and aspiring paraeducators.

Topics include IEPs, educational strategies, behavior management, social communication, data, and many others.





# ENRICHMENT

Instructor Deborah Kuo (below) leads her students in creating a delectable feast, which they then get to enjoy together. Taking part in cooking classes is a fantastic way to socialize while indulging in a delicious meal that you've had a hand in preparing.



The Introduction to Woodturning class conducted at Santa Clara High School provides students with an opportunity to showcase their lathe skills by crafting distinctive pens.

The garden program heavily relies on the invaluable contributions of volunteers. Thank you to Twila Guthrie and Jim Murray for volunteering.



Woodworking students display their vases made in the Bud Vase Turning Class.



# SKILLS PLUS

## Serving stroke survivors and individuals with other neurological impairments.

Due to a surge in enrollment, the program now has 61 students, and some courses have hit maximum capacity.

In addition, Arrupe students from Santa Clara University and San Jose State have begun collaborating with our students.

Be sure to check out the beautiful painting on the left, created by one of our talented students.



## Skills Plus Team Participated in the Accessibility Day

Santa Clara Valley Medical Center hosted the annual Accessibility Day event on September 30, 2023, which the Skills Plus team enthusiastically participated in. The team had the opportunity to engage with attendees, provide them with program information, and answer any questions they had.





# ENGLISH LANGUAGE LEARNERS (ELL/ESL)

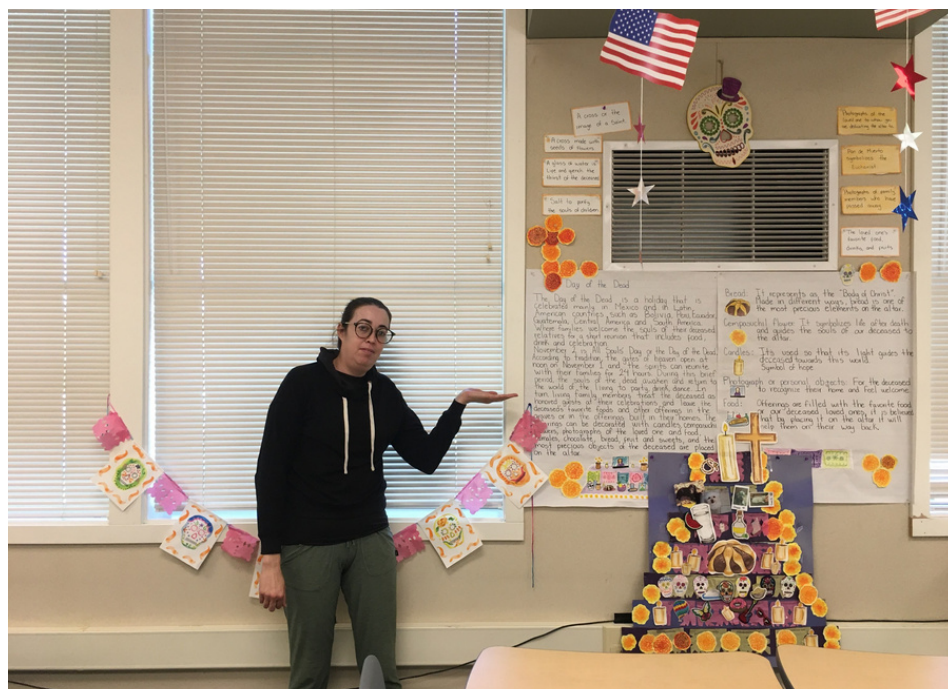
## SCAE Offers Additional Classes to Accommodate Students

Good news! SCAE has recently made changes to the morning and evening schedules for English learners by adding two new classes. The goal is to reduce the number of students on the waitlist, which is fantastic, due to the high demand for classes. Additionally, we have also hired two new instructors, Lisa Gallato, who will teach the morning class, and Andrea Lee, who will take the evening class.



This month's curriculum will focus on culture sharing, allowing students to share their cultural backgrounds with their peers and foster a sense of community within the school. This initiative aims to promote a safe space that emphasizes respect and appreciation for one another's cultural differences.

Featured in the images below are Balvina De La Torre and Hyun Su Kim, both students of Cynthia Fagan's Level 5 class. The photo exhibits Balvina De La Torre presenting an altar and poster that explains the importance of Día de Los Muertos, a traditional Mexican holiday. On the right, Hyun Su Kim created a poster for his presentation on the Fall Festival, representing South Korean culture.





# HIGH SCHOOL DIPLOMA (HSD)

Between July and September this year, 11 students have already completed their coursework and will graduate in May 2024. The HSD program offers students the flexibility of meeting with their teacher in person or online. The independent study model allows students to complete coursework at their own pace, with each student having a unique set of classes to fulfill in order to earn their High School Diploma.



# HIGH SCHOOL EQUIVALENCY (HSE)

In the month of September, four test sessions offered in English and Spanish were provided for students working towards attaining their High School Equivalency certificate.

One way of preparing for the HiSET or GED exams is through an in-person, self-paced model of instruction. This involves weekly sessions with a teacher to help students earn a certificate. The prep class prepares the students to improve their skills in writing, reading, math, science, and social studies.

- The programs are open to adults 18 years of age or older.
- Transcripts are not required for the High School Equivalency Program (HSE).
- All classes are free
- [Register for the Orientation](#)



# WILSON PRESCHOOL

Welcome Back, Wilson Preschool Families!

It's wonderful to see our parents and children enjoying the many classes, from Parenting the Toddler to the four year old. This year, we are thrilled to offer Parenting the Four year old at no cost to our families. SCAE can utilize California Adult Education Program (CAEP) funds for programs aimed at assisting parents in supporting their children's K-12 success.

Additionally, we are introducing free parent and child art classes this year. Join us for some creative and bonding time with your little ones!



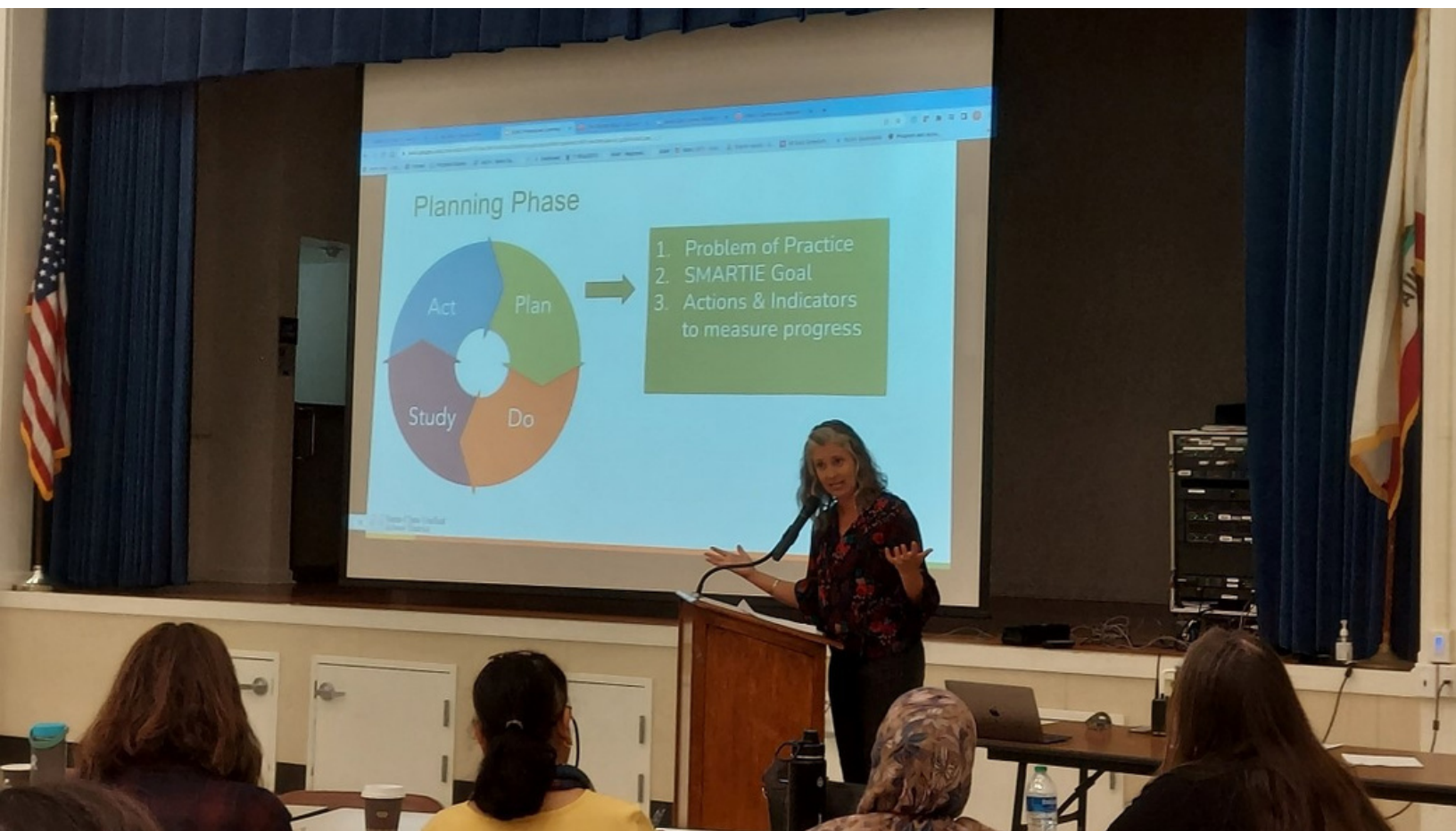


# SCAE STAFF PROFESSIONAL DEVELOPMENT

Santa Clara Adult Education had its Professional Development Day on October 9th. Thank you to everyone who had the opportunity to participate.

The PD included: Meeting staff members from other programs, learning about the continuous improvement process, beginning to develop program improvement plans, and connecting to the School Leadership Team (SLT).

If you missed the professional development session, here is the link to the presentation [October 9 Professional Learning](#)





# STUDENT SUCCESS STORY

## Student panel participants from SCAE at the South Bay Consortium for Adult Education (SBCAE) Professional Development Day

Maria Paluga Holtz and Yling Song, two students from the English Language and Careers programs at SCAE, participated in the student panel at the South Bay Consortium for Adult Education Professional Development Day on September 29, 2023.



## Taking Charge of Your Health: Student Patricia Roesch



*"About 40 years ago I decided to get serious about exercising and started running; a few years later I added bicycling. I enjoyed those activities (plus skiing, and hiking), then I started getting injuries. About 20 years into doing mostly lower-body exercises I decided to incorporate more upper-body and stretching exercises. I joined a water exercise class at Santa Clara Adult Ed and started taking yoga, pilates, and various stretching classes through Adult Ed and the Santa Clara Senior Center.*

*I am currently enrolled in 3 classes at Adult Ed; Strength and Stretch, Pickleball, and Yoga. I have enjoyed the early morning Water Exercise class for many years. I enjoy cooking and try to eat a sensible diet including plenty of fruit, veggies, salads, and protein. Socially, I have a group of friends that I started running with 40 years ago and we still try to meet weekly for a potluck dinner. I meet monthly for lunch with friends and join a friend for a weekly hike at Rancho. I love to attend my grandkids' soccer games as often as possible. I also enjoy reading and gardening."*



# NEW STAFF MEMERS



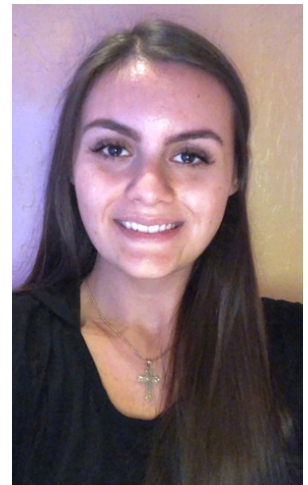
**Lisa Collato**

English Language Learners (ELL/ESL) Instructor

Email: [lcollato@scusd.net](mailto:lcollato@scusd.net)

Lisa Collato taught community college ESL for 15 years and middle school English for 3 years before coming to Santa Clara Adult Ed. She has an M.A. in English with a concentration in TESOL from San Francisco State University and an M.A. in Teaching from USC. She loves teaching English language learners because it's fascinating to learn about different cultures. She also likes running into her former students years later and seeing how far they've come! In her free time, she enjoys hiking, baking, dancing, and spending time with her kids.

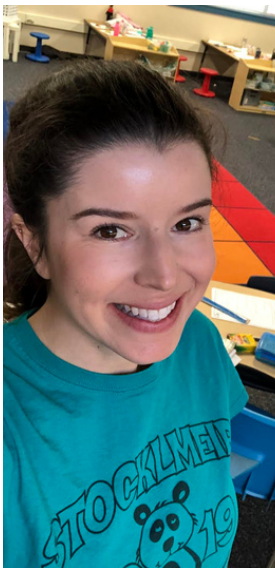
My name is Katy and I am new to the staff at Independence Network (IN)! I am extremely geared towards incorporating creativity into daily life, and I try to emphasize free thinking and independence. I am very excited to be a part of the team and I am looking forward to forming connections with the students and staff.



**Kety Smit**

Independence Network Instructor

Email: [ksmit@scusd.net](mailto:ksmit@scusd.net)



My name is Andrea Lee and this is my first year teaching English language learners. I'm currently a 2nd-grade teacher and have been teaching for the past 13 years. When I'm not teaching, I love to travel, hike, and go to the beach.

**Andrea Lee**

English Language Learners (ELL/ESL) Instructor

Email: [anlee@scusd.net](mailto:anlee@scusd.net)





**Principal Weekly Updates**  
[SCAE Weekly Updates](#)

**Social Media - Follow SCAE**  
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**For Frequent Updates Visit**  
[Santa Clara Adult Ed](#)

**Alarms On:**

This is reminder that the alarms are on for the holidays in the calendar of events. Please plan accordingly. Special hours are also listed in the weekly update.

**Office Hours**

Monday 8:00am - 4:00pm

Tuesday - Thursday 8:00am - 6:30pm

Friday 8:00am - 1:00pm

## CALENDAR OF EVENTS

- November 6 - Winter/Spring Registration Starts
- November 10 - Holiday/No Classes
- November 20-24 Thanksgiving Break Week/No Classes
- November 23-24 Holiday
- December 23 - End of Fall Term
- December 25 to January 5 - Holiday Break/No Classes
- December 25-26 - Holiday
- December 29 - Holiday
- January 1 - Holiday
- January 8 - Winter/Spring Term Starts
- January 15 - Holiday/No Classes