



Norton Space and Aeronautics Academy
503 E. Central Avenue, San Bernardino, CA 92408

AGENDA de la REUNIÓN de ELAC/ELAC MEETING AGENDA

9 de Septiembre 2014/ September 9, 2014

Objetivos

- ✓ ¡Bienvenidos a ELAC!
- ✓ Elecciones de ELAC
- ✓ Actualizaciones de la escuela
- ✓ Horas de voluntarios
- ✓ Importancia de la asistencia
- ✓ Fechas importantes
- ✓ Invitada Especial, Mariana Perez
Presentación de El Sol

****Preguntas y Comentarios****

****Conclusión de la junta****

Objectives

- ✓ Welcome to ELAC!
- ✓ ELAC elections
- ✓ School Updates
- ✓ Volunteer hours
- ✓ Importance of attendance
- ✓ Important dates
- ✓ Guest Speaker Mariana Perez
El Sol Presentation

****Questions and Comments****

****Adjourn Meeting****

9 de Septiembre del 2014/ September 9, 2014

NORTON SPACE AND AERONAUTICS ACADEMY
JUNTA DE ELAC 9 DE SEPTIEMBRE, 2014 8:30-9:30 a.m.

ELAC Meeting 9/9/14

Sign-in Sheet - Bienvenidos

Please sign-in. Por favor firme el registro.

- | | |
|---------------------------------------|-----------------------------|
| 1. Grecia Cardenas Tejelo | 15. Rodriguez Araceli |
| 2. Tessa Moroy | 16. Diana Zamate |
| 3. Adriana Banda | 17. Edilberta Escobedo |
| 4. MIRIAM VARELA | 18. Veronica Lopez |
| 5. Alma Inzunza | 19. Ana Villalpando |
| 6. Regina Ombutka (Teochi Samsilvans) | 20. Blanca Martinez Present |
| 7. maria ALARCON | 21. Irma I. Flores |
| 8. Auelina Suarez | 22. Jp Jp |
| 9. Celsa Guzmán Ortega | |
| 10. Maria Contreras | |
| 11. Carmen Berna | |
| 12. Olinda Estrada | |
| 13. Perpet Gonzalez | |
| 14. JACICA Miranda Juan | |
| | 27. |
| | 28. |

SCHOOL CENTS

BACK-TO-SCHOOL 2014

HELP YOUR SCHOOL EARN \$250 TO \$2,000!

Shop Inland Center and log receipts dated August 15, 2014 through May 15, 2015. Schools earn at least 10 points per dollar spent, with lots of bonus point offers throughout the year. Bring your original receipts to Guest Services, located in Center Court where they will promptly credit your school and return your receipt.

Did you receive a receipt via email?

Visit shoppingpartnership.com/inland to submit a receipt emailed to you from a retailer.

EXTRA BONUS POINTS OPPORTUNITIES

Triple points at Macy's, just in time for Back To School!

Receive TRIPLE POINTS for any purchases made at Macy's! For example, spend \$20 and get 600 points for your school. Log your receipts at Guest Services by October 31, 2014.

Earn 3,000 points at Macy's "Shop For A Cause" Saturday, August 23

Save 25% with a Savings Pass* and enter to win a \$500 shopping spree during Macy's "Shop For A Cause" Event to support local non-profit organizations. Pick up your Savings Pass, with a \$5 donation at Macy's. Show your receipts, spent that day, at Guest Services and earn 3,000 points for your school.

*Exclusions apply.

Earn double points in August and September

Receive DOUBLE POINTS on all mall receipts logged through September 30, 2014, excluding Macy's which is triple points.

Earn 500 points for attending our FREE Kids Club Saturday, August 16 & September 20, Noon-3pm

Located near the Children's Play Area. August: Decorate a Pencil Box for Back to School and learn about Insects.

September: Decorate a festive Frisbee for Mexican Independence Week and learn about Pets.

QUESTIONS?

Call (800)539-3273 or visit InlandCenter.com.

School Cents is co-sponsored by Macy's San Bernardino.

INLAND CENTER



ADDITIONAL BONUS POINTS OFFERS

Earn 1,000 points on Facebook

Visit facebook.com/ShopInlandCenter, click on "More" and select School Cents. Follow the instructions from your laptop or desktop computer. Limit one per Facebook fan.

Purchase \$75 or more in any combination of JCPenney and The Children's Place gift card brands and receive a \$10 Mall Visa® Gift Card* August 1 - September 15, 2014

*While supplies last. Must be in one transaction. Limit one gift per person, per day. See Guest Services, Concierge or Mall Management for terms and conditions. Subject to availability. See Cardholder Agreement for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. Product may not be available in all states. The Visa Gift Card is issued by Sunrise Banks, N.A.; St. Paul, MN 55103, pursuant to a license from Visa U.S.A. Inc. Sunrise Banks, N.A.; Member FDIC. Cards may be used at merchants in the U.S. and District of Columbia wherever Visa debit cards are accepted. See Cardholder Agreement for details. Offer not valid online. Offer not valid in JCPenney and The Children's Place stores. Not valid with any other offer. Void where prohibited.

For bonus points information about the Mall Visa® Gift Card visit shoppingpartnership.com/inland.

GET BONUS POINTS OFFERS

Visit shoppingpartnership.com/inland to register for email reminders and exclusive School Cents bonus points offers.

School Cents emails are not given, sold or rented to anyone without your consent and are sent once or twice a month.

¿Como Puedo Cuidar De Mi Salud Mental?

1. Quiérase a si mismo/a:

Haga cosas que le hagan sentirse bien. Relaciónese con personas que lo apoyen y deje atrás las amistades que no le aportan nada de positivo.

2. Manténgase activo/a mentalmente:

Participe de actividades sociales. Establezca una rutina y organice su tiempo.

3. Participe en actividades físicas:

Incorpore a su rutina actividades físicas. Haga cosas que sean divertidas y relajantes.

4. No use drogas ni abuse del alcohol:

Las drogas y el alcohol pueden cambiar las funciones mentales y físicas de algunas personas.

5. Mantenga un peso saludable:

Determine su peso ideal y cultive un estilo de vida para lograr un balance entre su actividad física y las calorías que consume.

6. Coma saludablemente:

Seleccione sus alimentos poniendo atención en las etiquetas de nutrición y coma una amplia variedad de alimentos.

7. Cultive un estilo de vida equilibrado:

Mantenga un balance entre el trabajo y su vida personal. Descanse. Aprenda a evitar y manejar el estrés.

8. Infórmese

Conozca y sepa identificar los factores de riesgo para las enfermedades mentales.

9. Aprenda los hechos:

Los mitos nos impiden buscar ayuda. El poder distinguir entre la realidad y los mitos que existen sobre las enfermedades mentales, le ayudara a estar mejor preparado para buscar ayuda.

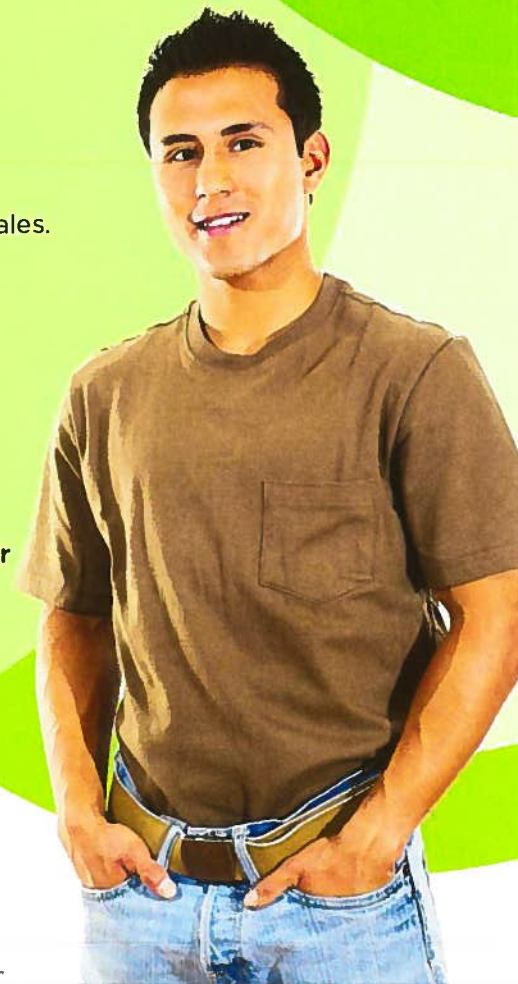
10. Busque ayuda:

Hable de sus problemas con sus seres queridos o con profesionales de la salud mental. Busque apoyo para adaptarse a cambios inesperados en su vida. **Si cuidamos de nuestra salud mental, sabremos identificar los problemas y recibir a tiempo tratamiento para la depresión y otros temas de la salud mental.**

Red Nacional de Prevención de Suicidio: 1 (800) 273-8255

Unidad de Acceso a Servicios de Salud Mental: 1 (888)743-1478

County of San Bernardino
Department of Behavioral Health
Promotores de Salud



Terapia disponible por citas

LUNES	<p>Clase de Aerobics 10:30 - 11:30 a.m.</p> <p>*Curso de computación básica ESL 5:00 - 7:00 p.m.</p> <p>Sabores-LGBTQ (primer y tercer Lunes de cada mes) 5:00 - 7:00 p.m.</p> <p>**Rock-It[™] Salud Mental (para los niños)</p> <p>*Niños Defensa Personal</p> <p>Fecha de inicio: 9/29/14 ¡En Vivo! 11:00 a.m. – 12:00 p.m.</p>
MARTES	<p>NAMI (Grupo de Apoyo segundo Martes de cada mes) 6:00-9:00p.m</p> <p>Clase de Aerobics 9:00 - 10:00 a.m.</p> <p>ESL 10:00 a.m.-12:00 p.m.</p> <p>Ejercicios/Yoga 4:00 - 5:00 p.m.</p> <p>Zumba 6:00 - 7:00 p.m.</p>
MIERCOLES	<p>Clase de Aerobics 10:30 - 11:30 a.m.</p> <p>*Curso de computación básico (Bilingüe) ESL 5:00 - 7:00 p.m.</p> <p>Fecha de inicio: 10/1/14 Movimiento Kidz 5:00 - 6:00 p.m.</p> <p>Mano a Mano (Grupo de Apoyo) 6:00 - 9:00 p.m.</p> <p>**Rock-It[™] Salud Mental (para los niños)</p> <p>*Niños Defensa Personal</p>
JUEVES	<p>Clase de Aerobics 9:00 - 10:00 a.m.</p> <p>ESL 10:00 a.m. - 12:00 p.m.</p> <p>*Curso de computación básico Ejercicios/Yoga 4:00 - 5:00 p.m.</p> <p>Zumba 6:00 - 7:00 p.m.</p> <p>Padres Ayudando A Padres (Clase de 26 semanas) 7:00 - 9:00 p.m.</p> <p>12 Pasos (Grupo de Apoyo) 7:00 - 9:00 p.m.</p>
VIERNES	<p>Clase de Aerobics 9:00 - 10:00 a.m.</p> <p>Ejercicios/Yoga 5:00 - 6:00 p.m.</p>

Therapy offered by appointment

MONDAY	<p>Aerobics Class 10:30 - 11:30 a.m.</p> <p>ESL 5:00 - 7:00 p.m.</p> <p>Sabores-LGBTQ (1st & 3rd Monday of the month) 5:00 - 7:00 p.m.</p> <p>*African American Parent Resiliency Workshop</p> <p>**Rock-It[™] Mental Health (for kids)</p> <p>*Kids Self Defense</p> <p>Start Date: 9/29/14 ¡En Vivo! 11:00 a.m. – 12:00 p.m.</p>
TUESDAY	<p>Aerobics Class 9:00 - 10:00 a.m.</p> <p>ESL 10:00 a.m. - 12:00 p.m.</p> <p>*Computer Basics Class</p> <p>Exercise/Yoga for Seniors 4:00 - 5:00 p.m.</p> <p>Zumba 6:00 - 7:00 p.m.</p>
WEDNESDAY	<p>Aerobics Class 10:30 - 11:30 a.m.</p> <p>*Computer Basics Class (Bilingual) ESL 5:00 - 7:00 p.m.</p> <p>Start Date: 10/1/14</p> <p>Start Date: 10/1/14 Kidz Movement 5:00 - 6:00 p.m.</p> <p>Mano a Mano (Support Group) 6:00 - 9:00 p.m.</p> <p>**Rock-It[™] Mental Health (for kids)</p> <p>*Kids Self Defense</p>
THURSDAY	<p>Aerobics Class 9:00 - 10:00 a.m.</p> <p>ESL 10:00 a.m. - 12:00 p.m.</p> <p>Exercise/Yoga 4:00 - 5:00 p.m.</p> <p>Zumba 6:00 - 7:00 p.m.</p>
FRIDAY	<p>Aerobics 9:00 - 10:00 a.m.</p> <p>Exercise/Yoga 5:00 - 6:00 p.m.</p>

Clase de Salud Mental disponible por registraci3n.

Taller de como Controlar la Diabetes disponible por registraci3n.

*** Por registraci3n**

Wellness Class offered by registration

Diabetes Self-Management Workshop offered by registration

*** By registration**