

OUR ESL COMMUNITY

NEWSLETTER

December 2020

Our ESL Classes will be completed this month on December 17th. We hope you enjoyed the classes and are making plans to register again for ESL. Classes will be starting on January 11, 2020. Please contact Shari at Shari.Beaupre@vernonct.org.

Outreach Resources: Integrated Refugee & Immigrant Services (IRIS) is a non-profit agency that can help refugees and immigrants start a new life in Connecticut's communities. IRIS empowers refugees and immigrants to become self-sufficient and integrated into their new communities. At the same time, newcomers enrich our communities, making this a better place for all of us. If you would like to learn more about IRIS, this is their website. <https://irisct.org/>

Lunch and Learn (open to everyone): Thursday December 10th:12:00 until 12:45
VRABE Speaker for the Sherry Yarusiewicz Topic : VRABE Enrichment classes.

Topic: VRABE ENRICHMENT CLASSES

*From Andy, Shari, and the rest of the VRABE team:
May the light of the holiday season fill your heart, and may the music fill your soul.
Happy holidays and best wishes for a new year full of health, joy, peace, and love.*

WE INVITE YOU TO TAKE A FREE CAREER AND TECHNICAL EDUCATION COURSE

Intermediate and advanced ESL students are eligible to **enroll in free** Career and Technical Education courses, as part of a partnership with Manchester Adult Education. Courses run from **Dec. 8 to Mar. 14** and include: Microsoft 365 (Word and Excel), Keyboarding, Culinary Arts, Customer Service, ServSafe, and ACT WorkKeys (workplace documents, graphic literacy, and applied mathematics), etc.

[Click for slides](#) about Career and Technical Education (CTE) classes.

For additional information and to register, contact Risa, College and Career Transition Specialist, at risa.filkoff@vernonct.org.

Join VRABE students on a Virtual Tour of the CT School of Broadcasting

Thursday, December 3rd at 6 p.m.

--Before Dec. 3rd, please click on this link to register for this virtual field trip:

<https://forms.gle/WapH8D9KkD455qSK7>

--On Dec. 3rd, click on this link at 5:55 p.m. to start the tour:

<https://meet.google.com/ifo-qimn-gem>

--Join us to explore a career in CSB Media Arts-broadcast TV and radio
--CSB offers training in Web Development, Social Media Marketing, Mobile App Design and Development, Digital Filmmaking and Broadcast Media. CSB Media Arts Center training is on site, online, or hybrid. Visit <https://gocsb.com/>.

Have a safe Holiday Season

STUDENT EXCHANGE

Abbas Ghaem

Iran

EOS

Hope in the time of Covid

Hope A line of a poetry from our great poet (HAFEZ). He said:

"This time which is more bitter than poison, will pass away . A time as sweet as sugar will be back"

These months and the days were so bad, due to COVID-19 that it has caused English classes to be closed - many things we have to do now alone. There is anxiety for an election that we do not know, what consequence will be for the US and Iran, my home.

Carmen Centeno

Puerto Rico

EOS

Autumn a season of the year between Summer and Winter, most of people called it Fall, because leaves changed color and fall from the trees.

Autumn also brings colder weather; temperatures start to decrease and days are shorter and nights longer. The birds migrate to warmer places and bears start to hibernate and prepare for the Winter.

Autumn comes with one of the most important holidays, Thanksgiving! Time to share with friends and family around the table and feel thankful and blessed,
Please find attached of the maple tree of my house, one of my favorite things to see in this season.

Dexin Xu

China



Places in CT to Visit

Pablo Aguero

Costa Rica

WHS

Thank you Pablo for sharing this web site as a place for us to travel in our cars.

<https://www.ctvisit.com/articles/top-fall-foliage-drives-in-connecticut>

Seunghong An

South Korea

MPL ESL

The scenery of

Harkness

Memorial State

Park in fall

I knew about Harkness Memorial State Park in New London, CT. last summer. It was recommended as place to visit in the summer season because of the location by sea. I went to the park with my daughter on a Sunday in late fall. It felt more spacious because it's located by the sea. Many people with their families were at the park. Some people



Health Education

National Observances

December 1 World AIDS DAY

National Handwashing Awareness Week (Dec. 6–12)

Steps to washing your hands properly

1. Wet your hands with clean — preferably running — water.
2. Apply enough soap to cover all surfaces of your hands and wrists.
3. Lather and rub your hands together briskly and thoroughly. Make sure to scrub all surfaces of your hands, fingertips, fingernails, and wrists.
4. Scrub your hands and wrists for at least 20 seconds.
5. Rinse your hands and wrists under clean — preferably running — water.
6. Dry your hands and wrists with a clean towel, or let them air-dry.
7. Use a towel to turn off the faucet.

What song can you sing while you wash your hands?

EOS and Tolland

Fall is my favorite season. There are many reasons why I love Fall and why I think it's the best season. First is its perfect weather. Fall has the cool months right between the hot summer and chilling winter. It's the best time to go camping or fishing or hiking or anything else with your family or friends. Second, Fall has magnificent colors, for instance, a variety of shapes of leaves, blue sky, and lake, gorgeous landscape. Finally, Fall is the harvest season. Dropping ears of rice promise another good harvest. The farmers celebrate the plentiful harvest, full of joy.

Qamrah Alsubiaie:

Saudi Arabia

MPL ESL

How's your comfort zone?

How many times have you carried your luggage to departure from one distance to another or even from one country to another? Several times many of us have traveled physically from different countries so that we can meet our many goals in life. But has anyone experienced departure from your comfort zone? Have you thought about yourself and us; the "new you" we will be in? Going into a different comfort zone and what it takes? How much this trip cost us and how much will we gain as well? We have to depart from our comfort zone. Isn't that true?!! Some of us are in a comfort zone and we are stuck in it and we do not want to leave. If you resist the change in daily habits, thinking skills, knowledge, eating habits, and anything related to your new environment, health system or your social-environmental system you should rethink for yourself. The comfort zone's departure starts with self-awareness. We should know about themselves and our mission in life. Maybe you are now wondering, "Is that something easy or hard to do?" I will tell you, that life is a journey with a different process

were enjoying flying a kite in the blue sky.

I felt my mood was calm and peaceful from the surrounding of mansion and the gardens. The scenery of trees and the forest in the sunset was very beautiful as a painting.

and a different level that upgrades you to the next page of your mature life. This process takes time, effort, challenges, and sometimes enjoyment. When someone decides to move from their comfort zone, they should be prepared to accept the challenges and struggles as blessings; steps to upgrade yourself for the next level of your life. Ultimately, do you think we need to educate ourselves and others about our “departed comfort zone”? Take even a small step to see the new version of yourself, ourselves to be more positive, optimistic, and productive people in this great planet.

**If you need help finding resources, contact
Dalia.Belliveau@vernonct.org
For Lunch and Learn contact:
risa.filkoff@vernonct.org**