

February 26, 2019



# Student Voice

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publication

[www.wvoc.net/studentvoice/](http://www.wvoc.net/studentvoice/)

West Valley  
Occupational  
Center

(818) 346-3540

Monday - Friday  
8:15 AM - 4:00 PM  
and

Monday - Friday  
5:00 PM - 8:00 PM

Reseda  
Community  
Adult School

(818) 758-3700

Monday - Thursday  
3:00 PM - 8:00 PM

Van Nuys  
Community  
Adult School

(818) 778-6000

Monday - Thursday  
3:00 PM - 8:00 PM

## Smooth Transitions

As part of WVOC's ongoing collaboration with Pierce College, two Pierce College Representatives will be joining our WVOC counseling office. Chariya Sok, an Adult Education Counselor, and Nicole LaFontaine, a Career Guidance Counselor Assistant, will be available to help WVOC students transition into career and college pathways. Both Chariya and Nicole will be available to answer any questions you might have. Make an appointment in our counseling office to meet them.



**Meet: Chariya Sok**  
Adult Education Counselor  
Los Angeles Pierce College

I was born in Cambodia and immigrated to the U.S. when I was nine years old. My K-12 experience has been in LAUSD, and to this day I still crave their coffee cakes for breakfast! I got my bachelor's degree at UCLA in Sociology and Asian American Studies. I became very passionate about education and working with underrepresented students; thus, after I graduated I worked in a middle school in South LA and gained meaningful insights in education. I eventually went back to school to get my master's degree in Counseling at CSULB and started my career in the community college. Currently I am working as an adjunct counselor and instructor at Pierce College, Pasadena City College, and Santa Monica College. I'm excited to be here to support students and to discuss programs and degrees in community colleges and for transfer.



**Meet: Nicole LaFontaine**  
Career Guidance Counselor Assistant, Adult Education  
Los Angeles Pierce College

Hello everyone, my name is Nicole LaFontaine. I am a Career Guidance Counselor Assistant at Pierce College, specifically working with the Adult Education Department. I am 23 years old and was born and raised here in So Cal. As an undergraduate, I attended California Lutheran University and Moorpark College and received a BA in Sociology. Throughout my education, I found that I had a passion for helping people and realized how important education was to me. Therefore, I recently decided to pursue a career as a college counselor. I would love to meet some of the students here at West Valley Occupational Center and answer questions about Pierce College, career choices, assist with resumes, and anything else I can help with!

## Pierce College - Campus Tour

Our academic department will be collaborating with the Los Angeles Pierce College to provide WVOC students the opportunity to explore their campus. We encourage our participants to meet Maria Gaytan, Teacher Counselor outside of Room 6 at 8:30 AM. The group will meet with Pierce College staff and start their tour. Students will receive information about the campus, admission requirements, and will answer any questions students may have. All ESL level 6, Career Technical Education, AC<sup>2</sup>T, Hi-SET and adult diploma students are encouraged to attend.

Don't forget to sign up in the counseling office!

When: **March 7, 2019**  
Tour Time: **9:00 AM - 11:00 AM**  
Meeting time: **8:30 AM, in front of WVOC - Room 6**



## WVOC Student Council



Patricia Jackson (left), Vice President, CTE Program  
Patrick Woodbury (right), President, Academic Program

On Wednesday, February 13, 2019, Student Council Representatives met to discuss ways to improve their collaboration with students, teachers and administration. Students were excited to take part in this leadership role. Among other topics, students discussed upcoming events such as the LAUSD Charitable Campaign, International Day, and graduation events.

WVOC Student Council meets monthly in two groups, from 9:45 AM to 10:15 AM for day students, and from 7:30 PM to 8:00 PM for evening students. For more information regarding dates and locations, contact Cindy Canales at ext. 286, or Ana Rubalcava at ext. 221.

### Class Terms

<b>Quarter 1</b> 10 Weeks	<b>Quarter 2</b> 9 Weeks	<b>Quarter 3</b> 10 Weeks	<b>Quarter 4</b> 9 Weeks
08/14/18 thru 10/19/18	10/22/18 thru 01/18/19	01/22/19 thru 03/29/19	04/02/19 thru 06/07/19
<b>Trimester 1</b> 13 Weeks	<b>Trimester 2</b> 13 Weeks	<b>Trimester 3</b> 12 Weeks	
08/14/18 thru 11/09/18	11/13/18 thru 03/08/19	03/11/19 thru 06/07/19	
<b>Semester 1</b> 19 Weeks		<b>Semester 2</b> 19 Weeks	
08/14/18 thru 01/18/19		01/22/19 thru 06/07/19	

## Spotlight On | Healthy Living

Handwashing: Clean hands save lives

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.



Handwashing involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing is quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.

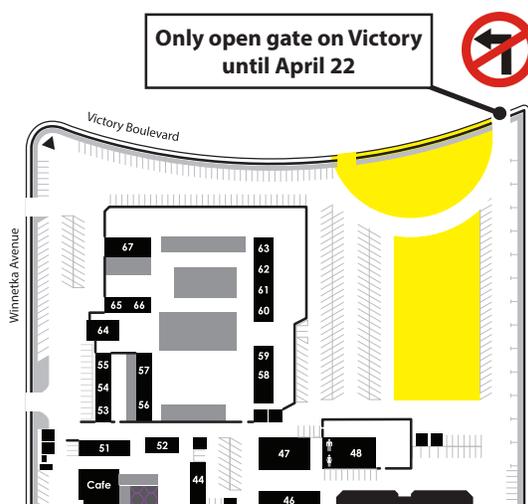
When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Content Source: Centers for Disease Control and Prevention

## Parking Lot Closure

As part of our continuing campus-wide paving project, the next phase of our school's Victory Blvd parking lot improvement is underway. As a result, the middle section of the parking lot area, shown in yellow, will be closed for approximately two months. Since this work will necessitate the closure of one of the lot's two main gates, students should allow themselves extra time to enter and exit this parking lot. And please be aware: No left turns out of the parking lot onto Victory Blvd. will be permitted. Please make right turns only.



### Schoolwide Learner Outcomes

Use spoken and written communication in their field of study  
Follow verbal and written directions  
Work independently and collaboratively

Demonstrate technological skills that support their goals  
Learn skills necessary to enter the workforce or continue their education