

# WOLF E-NEWS

*from Westside High School*

14201 Briar Forest Houston, Texas 77077 \* Phone: 281.920.8000 \* Fax: 281.920.8059

January 18, 2018

## Enrich Your Student's High School Experience by Hosting a Short-Term French Exchange Student

February 21 – March 5



Have you always wanted to host an exchange student, but were reluctant to make a long-term commitment? Would you like to give your student an opportunity to learn about another culture and develop an appreciation for being a global citizen? Now is your chance to enjoy all of the benefits of sharing a cultural experience with a stu-

dent from another country...but on a very short-term basis.

Westside High School will be home-base for a group of STEM students from France next month. We are in search of host families to provide accommodations, some meals, and transportation to and from school. Participating fami-

lies will be eligible for their student to visit France on a similar trip next year.

Click [here](#) for additional information and to fill out the application. If you have questions or would like to discuss in more detail, please contact Westside's French teacher, Mr. Robert Alexander, at [ralexan6@houstonisd.org](mailto:ralexan6@houstonisd.org).

### Calendar

**Fri., 1/19**

Literacy Empowers You Celebration, Learning Commons, A & B Lunches

Bob: A Life in Five Acts, Black Box, 7 PM

**Sat., 1/20**

Bob: A Life in Five Acts, Black Box, 7 PM

**Mon., 1/22**

College Visit by Fashion Institute of Design and Merchandising, Commons during A & B Lunches

**Sat., 1/27**

Saturday Tutorials, 9 AM -Noon

**Wed., 1/31**

Hawaii Trip Parent Meeting, S-100, 6:30 PM

## BPA Members Advance to State



Westside's Business Professionals of America (BPA) group attended the Regional Leadership Conference and Competition on Saturday, January 13. Twenty eight Westside students advanced to go on to the state competition in March, along with ten additional team members designated as state alternates. Westside teachers Yolande McCall, advisor, and Staci Delk, co-advisor, will accompany BPA members to the state competition Corpus Christi in March.

Westside High School

School Board Recognition Month

Thank You

Holly Flynn Vilaseca



## Class of 2018 News

**It's Official...  
Save the Date**

### Westside Class of 2018 Graduation Ceremony

Saturday, June 9th  
3:00 PM at NRG Stadium

### SENIOR CLASS SPRING ASSEMBLY—Rescheduled

Wednesday, January 24  
Westside Auditorium  
2:00 - 3:15 P.M. (During 7<sup>th</sup> Period)

Students will receive updated "Senior Countdown" and graduation package information, and will submit cap /gown measurements for commencement ceremony.

## Yearbooks for Sale

<https://www.smart-pay.com/>

Don't delay!

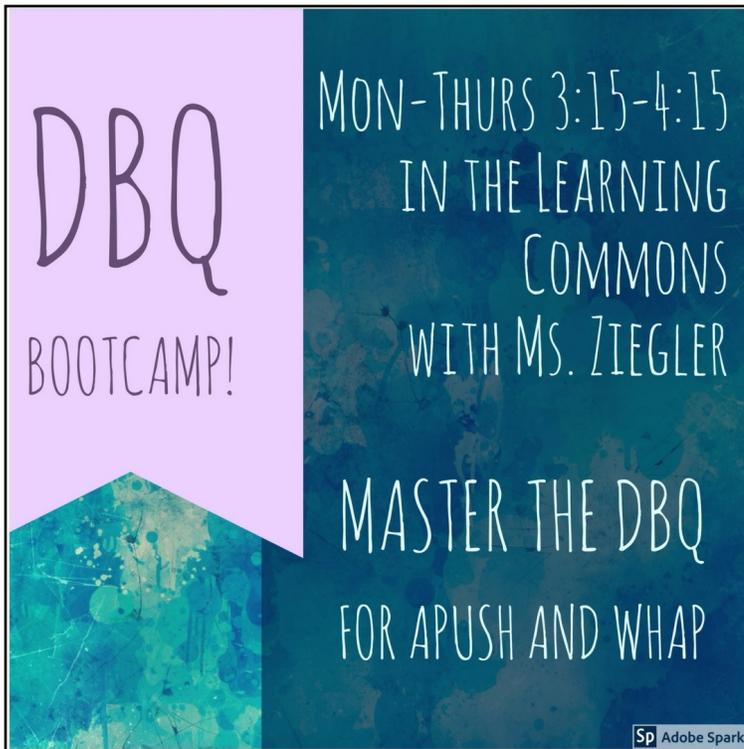
We have already sold more than a third  
of our supply of 2018 yearbooks!

Notes for Seniors:

- You will be submitting your Senior Quote and your nominations for Senior Superlatives at the January 24<sup>th</sup> Senior Assembly—don't miss it.
- We have received your portraits from Prestige, and will be adding your quotes in the coming weeks
  - There are still a couple Senior Ad spaces available.

Contact Ms Roberts at [srobert2@houstonisd.org](mailto:srobert2@houstonisd.org) for information and details.

## Announcements



DBQ  
BOOTCAMP!

MON-THURS 3:15-4:15  
IN THE LEARNING  
COMMONS  
WITH MS. ZIEGLER

MASTER THE DBQ  
FOR APUSH AND WHAP

Sp Adobe Spark



**WELCOME BACK  
STUDENTS!**

Need help with your classes?  
Or just a place to chill?  
Stop by LC9  
Mon-Thurs.  
3:15-4:15 in the Learning  
Commons



**METRO**

**WHS  
Metro  
Riders**

Do you have a  
**Student Q Fare Card?**

- 50% Discount on Bus and Rail
- 5 Free Rides/50 Paid Rides

Go to [www.ridemetro.org](http://www.ridemetro.org)



**Save the Date!**

HAWAII TRIP 2019  
PARENT MEETING  
JAN. 31ST  
5:00 - 6:30PM  
SEE MS. ZIEGLER IN E213  
FOR DETAILS!

# Info from Our Choices Counselor



Westside High School

## Choices Topic for January: Stress & Suicide

### Fast Facts

- Suicide is the 2<sup>nd</sup> leading cause of death for young people 10-24 years old<sup>6</sup>.
- 20% of students aged 13-18 live with a mental health condition<sup>3</sup>.
- Approximately 50% of students with mental illness, ages 14 years and older, drop out of high school<sup>3</sup>.
- An estimated 3 million adolescents aged 12-17 have had at least one major depressive episode in the past year<sup>4</sup>.
- 7.9 million Americans had co-occurring mental and substance use disorders in 2014<sup>5</sup>.
- People with mental health disorders are more likely than people without to experience an alcohol or substance use disorder<sup>5</sup>.
- Males die by suicide 3.5x more often than females<sup>7</sup>.



### Controversial TV Series: *13 Reasons Why*

The Netflix TV Series '*13 Reasons Why*' highlights many concerning issues that teens regularly encounter at school like emotional and physical abuse, depression, and struggles with mental health. Aimed at teen audiences, the show glamorizes suicide, and fails to address available resources to help struggling students, leaving them feeling hopeless. There are many ways to help those struggling with feelings of hopelessness. How would you help?



#### Warning Signs of Teen Suicide

- Feeling like a burden to others
- Sleeping too little/too much
- Grades declining
- Increased drug/alcohol use
- Withdrawing from friends or hobbies
- Expressing feelings of hopelessness

## Discussion Questions

### Students:

- What self-care strategies do you use to stay functioning at your best?
- What feelings arise when you are in stressful situations?
- How do you cope with stress?
- How do you effectively manage your time?
- What are some signs and symptoms of depression?
- As a friend, how can you help someone who is stressed out or depressed?

### Ways to Manage Stress

Teens say they're feeling stress in all areas of their lives, from school to friends, work and family. Stressful situations increase the level of stress hormones such as adrenaline and cortisol in your body. A lack of sleep is a significant cause of stress. Unfortunately though, stress can interrupt our sleep as thoughts keep whirling through our heads, stopping us from relaxing enough to actually fall asleep. Each day, try to relax with a stress reduction technique. There are many tried and tested ways to reduce stress so try a few and see what works best for you. Exercise, meditation, music, movies, and laughter are all popular self-care strategies that teens use to effectively manage stress<sup>1</sup>, but most important is finding ways to properly manage your time even if it's just to breathe.



### Parents, Faculty, Staff:

- How often do you discuss family rules regarding drinking?
- How can parents make sure alcohol is not consumed by minors in their homes?
- If you drink, do you model healthy drinking behaviors for students/children?
- What can you do if a child shows signs of alcohol use?
- How is drinking monitored at on-campus events?
- What measures do you take to limit teens' access to alcohol?

**Resources:** 1. <http://bit.ly/2zHUGe7>; 2. How to Make Stress Your Friend <https://youtu.be/RcGyVTAoXEU>; 3. <https://www.nami.org/getattachment/Learn-More/Mental-Health-by-the-Numbers/childrenmhfacts.pdf>; 4. <https://www.nimh.nih.gov/health/statistics/prevalence/major-depression-among-adolescents.shtml>; 5. <https://www.samhsa.gov/disorders>; 6. Center for Disease Control and Prevention (CDC); 7. <https://afsp.org/about-suicide/suicide-statistics/>

## HOST A FRENCH EXCHANGE STUDENT FEBRUARY 21ST – MARCH 5TH



**YOU DON'T HAVE TO SPEAK FRENCH!  
ALL WESTSIDE STUDENTS ARE INVITED TO PARTICIPATE!**

- \* Learn firsthand about a new culture! \* Add experience to your résumé!
- \* Students who host a French student can go to France next year!

See Mr. Alexander in S227 or email [ralexan6@houstonisd.org](mailto:ralexan6@houstonisd.org) for information!

## Quick Links

School Web Address:

<https://www.houstonisd.org/westsidehs>

Yearbook Orders:

<https://www.smart-pay.com/>

HISD Web Address:

<https://www.houstonisd.org>

Submit news and pics to the eNews:

[newsatwhs@gmail.com](mailto:newsatwhs@gmail.com)

Subscribe to receive eNews by eMail:

[click here](#)

School Pay:

Pay your senior dues, Power Up, band/orchestra/choir fees, and some athletics fees. [Instructions](#) if needed.

<https://www.schoolpay.com/>