



# HAIS Weekly Newsletter

February 3-7, 2025

## Peek at the Week

### Counselor Appreciation Week

**Monday, Feb 3:**

**Tuesday, Feb 4, 330-430:** Debate (Rm 113)

**Tuesday, Feb 4, 330-5:** Cheer Practice (HAIS Gym)

**Tuesday, Feb 4, 415-6:** Girls Basketball Practice (BCM - Ryan)

**Wednesday, Feb 5, 3:30-430:** Interact Meeting (Go Center)

**Wednesday, Feb 5, 330-5:** Dance Practice (HAIS Gym)

**Thursday, Feb 6, 330-5:** Cheer Practice (HAIS Gym)

**Thursday, Feb 6, 330-430:** Debate (Rm 113)

**Friday, Feb 7, 530-730pm:** Girls Basketball Game at HSLJ

**Saturday, Feb 8:** HAIS vs JFA Basketball at DeBaKey

**Saturday, Feb 8:** AP Saturday Academy

\*\*\*There are **no after school** activities on Fridays\*\*\*

## Upcoming Events

2/14: Staff PD Day, No School for Students

2/17: President's Day Holiday

2/27: Black History Month Themed Waiver Day

2/28: Black History Month Performance

3/10-14: Spring Break

3/20: SDMC Meeting

3/21: SAT (11th Graders)

3/27: Final Waiver Day of the Year

3/31: Chavez Huerta Holiday





CELEBRATING

# **BLACK HISTORY MONTH**

We wish everyone a happy and  
uplifting Black History Month!

# HAIS HS Counselor Appreciation Spirit Week



## February 3-7 Dress Up + Events

FEB <b>3</b>	<b>School Counselors Help You Prepare for College</b> Wear your college attire or your favorite college team attire Event: Fidget giveaway during A&B lunch (outside)
FEB <b>4</b>	<b>School Counselors make you feel comfortable</b> Wear your most school appropriate comfortable clothing (sweats, joggers, athleisure attire) Event: Sour Candy giveaway during A/B lunch (outside)
FEB <b>5</b>	<b>School Counselors help you shine bright like a star</b> Wear bright bold colors, sequins, sparkles, clothing with stars Event: Lunch visit with Officer Bennet and Justice, the therapy dog A/B lunch (outside)
FEB <b>6</b>	<b>Schools Counselors think you rock</b> Wear your favorite band or artist t-shirt, hoodie, or sweater Event: 3rd annual "Your Counselor thinks you rock" event-- paint a pet rock during A/B lunch (outside)
FEB <b>7</b>	<b>School Counselors are superheroes</b> Wear your favorite superhero attire Event: Sticker giveaway A/B lunch (outside) & sent a note or letter to your school counselor to show appreciation

## ANNOUNCEMENTS



**THE CUT-OFF TIME TO PICK STUDENTS UP EARLY IS 2:45PM**

▷ **Fri-Yay Treat Donations Needed:** Help show support of HAIS faculty and staff with our Fri-YAY Treat program. Sign up [here](#) to show your appreciation.

▷ **Parents/Guardian Volunteers Needed:** HAIS Parents are invited to serve as parent ambassadors at one of our upcoming HISD Magnet Fairs. Spanish and English speakers appreciated. Please visit the SignUp Genius link to check volunteer opportunities. The next fair is scheduled for Saturday, December 14 at Booker T Washington HS.

<https://www.signupgenius.com/go/20F0845A5AF2AABFF2-53260842-school>

▷ **Reminder:** There is no off campus lunch and students should remain on campus all day on Fridays.

▮ **Student Drop Off & Pick Up:** Please utilize the left-side of Stuart as a drop off/pick up lane between the hours of (730-745; 300-345).

▮ **Campus Closes:** Campus closes at 4:30 Monday through Thursday and 4:00pm on Friday. Students may wait at the Spark Park or at HCC - Central after campus closes.

▮ **Transportation Concerns/Requests:** If you have transportation needs (new request, change of address, stop change request due to concerns) click here to [complete our campus transportation tracking form\\*](#). \*Note that there is a minimum 2-week district processing time. Please be sure to arrange for alternative transportation until you received your transportation update from the district and/or me.



## WHAT'S HAPPENING IN OUR CLASSROOMS?

Review the [Homework and Assignment Tracker](#) to check in with your students' academic progress, see their weekly learning objective, and note any important class announcements. Navigate through the tabs at the bottom of the page to view different subject areas. If you have questions about a particular assignment, please contact the teacher.

## EDUCATION BEYOND OUR WALLS

Follow @HAISstudyabroad on Twitter and Instagram and check out our updated [website](#) for more information on upcoming deadlines. **Don't miss out on your chance to see the world!**

**2024-2025 Applications are now open!**

**Didn't finish your CIEE application? The time isn't over yet!**

You can still submit your application before their second deadline on February 26th and be considered for a scholarship. There is still money to be given out!

[Program Search for CIEE High School Summer Abroad](#)





# TRAVEL TO SPAIN

## Spring Break 2026





**FOOD**



**HISTORY**



**CULTURE**



**Register to Join**

**Contact Ms. Alderete  
for more Information**  
ealderet@houstonisd.org

**Focus on the FLOS!**

DiscoverU offers MANY summer opportunities!

We partner with DiscoverU to provide your students a database of MANY cool summer opportunities and APPLICATION support with their advisors. Students can login on [www.discoverus.org](http://www.discoverus.org) and search for programs that align with their interests. They can also book appointments with advisors to look for programs, work on applications, and ask about funding opportunities. Check out the DiscoverU January Newsletter here for more information and deadlines this month! [Let's begin applying to FLOs this Spring Semester!](#)



## **FOCUS ON THE FLOS**

### **Bee's Believers**

An opportunity for high schoolers to participate in sport related STEAM projects and to learn from pro and collegiate athletes who have pursued degrees/careers in STE(A)M!

*Grade Eligibility: 9-12*  
*Program Length: (Weekly/Monthly Meetings)*  
*Academic Eligibility: N/A - Not required for application*

 **App Deadline: 2/14/2025**

### **Temple Pre-College Workshops**

Temple University's Pre-college Workshops invite students entering grades 10, 11, or 12 to experience Temple University academics while exploring potential college majors through non-credit workshops.

*Grade Eligibility: 10-12*  
*Program Length: 1-2 weeks*  
*Academic Eligibility: >3.0 GPA or top 20%*

 **App Deadline: 2/15/2025**

### **Pre-College Summer Journalism Institute**

The Summer Journalism Academy at Boston University gives high school students the opportunity to expand their skills and prepare for college, either through a residential experience on campus or through remote instruction from home.

*Grade Eligibility: 10-12*  
*Program Length: 3-4 weeks*  
*Academic Eligibility: N/A - Not required for application*

 **App Deadline: 3/15/2025**

## **Student Services**

Please scan for assistance with the campus counselor or campus Wraparound Specialist.



**2025 January Counselor Newsletter.pdf**

**Download**  
1.2 MB

# Reasons to Submit a SAF

	Yes	No
 My mom lost her job	✓	
 Life is wonderful!		✗
 I broke up with my partner	✓	
 Classes are tough and I am struggling with keeping my grades up.	✓	
 I am fine!		✗
 I don't have the resources to feel successful in school	✓	
 I don't know		✗
 I feel sad all the time	✓	
 I have concerns about issues going on with my family	✓	
 My best friend told me that his dad passed away	✓	



**Attention all HAIS Students this is a message from your school nurse**

*Please have your parent or guardian sign you up for Hazel Health Services for our school by scanning the QR code on the Hazel Health attached flyer.*

After completing you will receive a small prize for either parent consent for these services but also even if they choose to opt of and decline these services please see Nurse Ambrosia.

Please help our HAIS school goal of 100% participation

# Hazel Health is here to support your student



With Hazel, your child can get the health care they need, when they need it, at school or at home, via TeleHealth at **no out-of-pocket cost to you.**

## Virtual physical and mental health care for students

Physical health providers address student needs within minutes

- Cold or flu symptoms
- Headache
- Stomach ache
- Abdominal pain
- Minor injuries
- and more

Licensed therapists help students cope with what they're feeling

- Anxiety
- Academic stress
- Depression
- Bullying
- Change
- and more

Scan to learn more



Learn more and consent for services [my.hazel.co/houstonisd](https://my.hazel.co/houstonisd)

# Hazel Health está aquí para ayudar a su estudiante

Con Hazel, su hijo puede obtener la atención médica que necesita, cuando la necesita, en la escuela o en el hogar, a través de tele salud **sin costo de bolsillo para usted.**



## Atención virtual de salud física y mental para estudiantes

Los proveedores de salud física abordan las necesidades de los estudiantes en cuestión de minutos

Los terapeutas autorizados ayudan a los estudiantes a afrontar lo que sienten

Síntomas de resfrío o influenza

Ansiedad

Estrés académico

Dolor de cabeza

Dolor de estómago

Depresión

Acoso escolar

Dolor abdominal

¡y mucho más!

Cambios

¡y mucho más!

Todos los servicios se prestan a través de la telemedicina



Obtenga más información y dé su consentimiento para acceder a los servicios. [my.hazel.co/houstonisd](https://my.hazel.co/houstonisd)

### ***Friendly Reminder about the New HISD Hazel Health Services for 2024-2025 school year***

While most school nurse treatments remain the same as last year. We are so excited to announce a new physical telehealth service available with your school nurse and mental health services with our school counselor.

Through our partnership with Hazel Health, all HISD students can access virtual health care at no out-of-pocket cost to you or your family this school year. All it requires is a one-time parental consent for approval of provided health services. With your given permission (consent), it is possible for your child to receive basic over the counter medication(s) for minor illnesses/ receive treatment/or obtain appropriate healthcare referrals through a provided telehealth visit at school or while at home during the school day. 18+ years of age students may consent for themselves to receive these services also. You do not have to have health insurance to sign up. It is not a requirement to have health insurance, but it is just included in application for gathered health information. You will never be billed for these free student health services. Please call Hazel Health with any concerning questions. 1-800-764-2935. Please go to [getstarted.hazel.co](https://getstarted.hazel.co) to consent or opt out of services. We thank you for acknowledging this new HISD free health service to our HISD students and want your feedback. We are here to serve you.



Sincerely,

Please contact your school nurse with any questions or help with application.

Learn more and sign up today at [www.houstonisd.org/telehealth](http://www.houstonisd.org/telehealth)

## HCC Information

### Helpful HCC Resources

Want to know how to log into your Canvas? What do you do if you have trouble accessing your HCC Email? How do you register for academic services?

Check out our HCC Resources page [here](#).

## CELEBRATING ALL THINGS HAIS



Shout  
out!

### #PhoenixRising

SHOUT OUT GOES TO:

**Ms. Alderete and the HAIS Interactors:** It was admirable of the kids to show up and volunteer on one of the coldest mornings for Chevron marathon, Kudos to Ms. Alderete in keeping this club so

active and involved with community 🙌

- Ms. Bobba

**Ms. Yockey:** Thank you for waking up so early and joining me on a very cold morning/day to volunteer at the Chevron Houston marathon. It's not an easy thing to do to get out of bed on days like those, but it was well worth it seeing how much fun the students had at the event.

- Ms. Alderete

**Ms. Baltz, Ms. Shyr, and Lunar New Year Performers:** Great job organizing and putting on our annual Lunar New Year Celebration at HCC.

- Ms. Alderete

Have you caught a colleague, faculty/staff member, or student doing something above and beyond? Let's recognize it.

[Submit your Shout Out for next week's newsletter.](#)

## GET INVOLVED!

## INNERVIEW: OUR VOLUNTEER HOURS TRACKING SYSTEM

Track Your Volunteer Hours

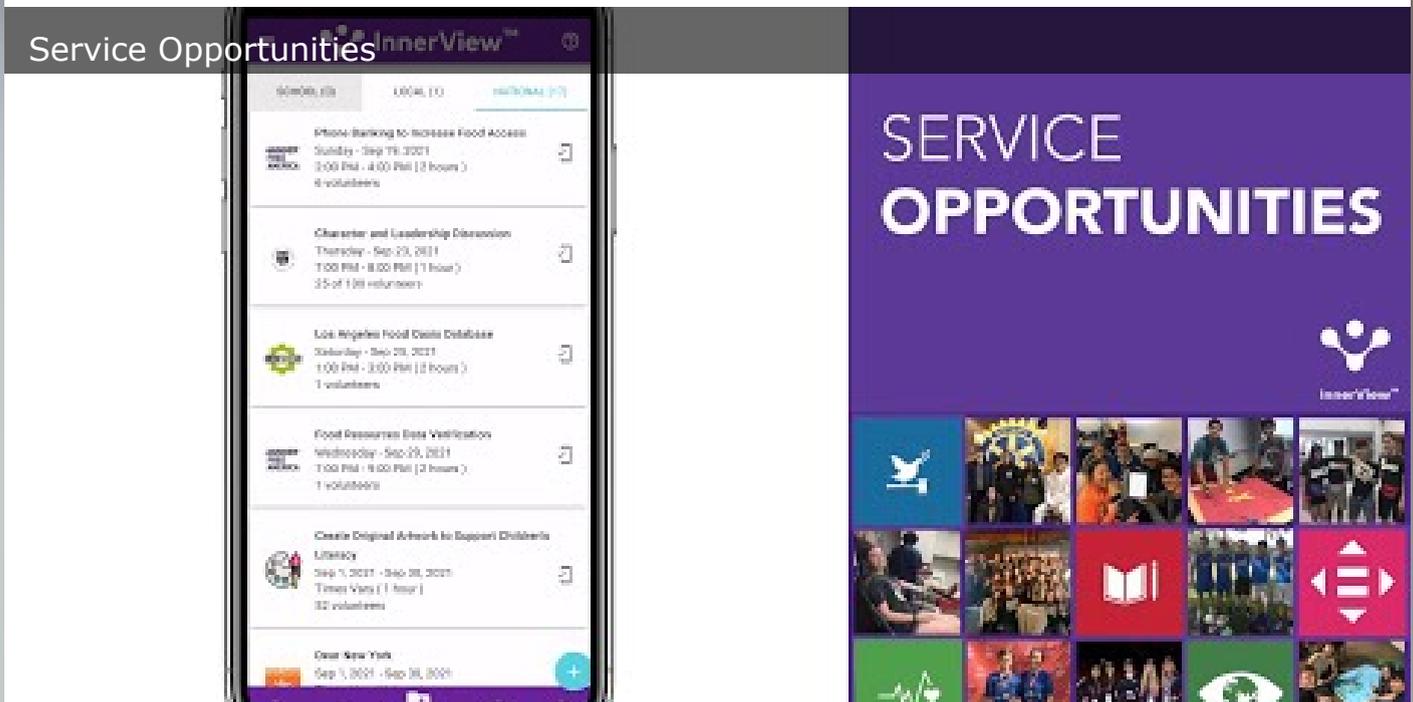
Did you know you can earn graduation regalia by completing 200 hours during your time at HAIS? Use our tracking system on Innerview. If you need assistance on how to get started, see below or Ms. Alderete.



Innerview-GettingStarted\_HS.pdf

Download  
1017.0 KB

## Finding Volunteer Opportunities



## PTO

### Join the HAIS PTO Band!

The HAIS PTO will be using the BAND App as their official mode of communication. You can join by downloading the app and joining our "Band"

<https://band.us/n/a7a2Af3e122fe>



## CLICK TO JOIN THE HAIS PTO

### Purchase HAIS Gear and Support Your HAIS PTO

Show off your HAIS pride and support the HAIS PTO. You are able to choose your color of choice for most items. Check out the site and order now!

[Click here to place your order and have it delivered directly to you.](#)



## HAIS

Through **international studies**, a **personalized environment** and a **college preparatory curriculum**, HAI S will prepare students for active roles as **global citizens**.

Follow Us on Social Media:

Instagram: @haisechs

Twitter: @HAIS\_ECHS

Facebook: @houstonacademyforinternationalstudies

Email: [ealderet@houstonisd.org](mailto:ealderet@houstonisd.org)

Website: <https://www.houstonisd.org/Page/51266>

Location: [1810 Stuart Street, Houston, TX, USA](#)

Phone: [7139421430](tel:7139421430)

Twitter: [@HAIS\\_ECHS](#)



**Erica Alderete**

Erica is using Smore to create beautiful newsletters