



Spring Branch Academic Institute



October 19, 2020

Secondary Issue 8

SHS Homecoming Week

Stratford's homecoming game is Friday night. Students will be showing school spirit throughout this week culminating in pep rallies Thursday, for freshmen and sophomores, and Friday, juniors and seniors. Both pep rallies will be held outside at the stadium. All students will report to Spartan Time first for attendance. An announce will be made to release only students with a ticket. Tickets will be given out on the day of the pep rally at lunches. A pep rally schedule is attached to the newsletter. The following week Stratford plays that other school and will continue spirit days. The list of themes days over the next two weeks is attached.

SFMS Picture DAY

SFMS picture day is October 19, 2020. Monday will be a free dress day; students must follow SBISD dress code. Students will be pulled from an elective to get the picture taken. This link and code will allow you to order pictures, <https://inter-state.com/FlyerEntry/> Code: 53086C. Virtual students and make up will be December 7.

SAT vs ACT

Tuesday, October 20 from 4:30 – 5:30 representatives from the Princeton Review will discuss the differences between the SAT and ACT college entrance exams. This meeting takes place on Microsoft Teams. See the flyer attached. [Registration required.](#) Invitation Link will be sent day of program.

SHS Picture Day

Stratford yearbook portrait day is scheduled for October 21 and 22 during English classes with make ups December 3. Virtual learners are invited to come on campus between 3:00-4:00 for their portrait.

Advanced Placement Exam Registration

This year, students are responsible for going into their College Board accounts and stating which exams they will take. Your AP teacher will have more information, the deadline for student registration is October 23. All 29 SBAI High School students will take an AP exam, a total of 78 courses.

Absences and early pick up

Please call and email attendance clerks
SFMS 713.251.4604, Ms. Razo [email](#)
SHS 713.251.3406 Ms. Cardoza [email](#)
Also, email Ms. Helfer and Mr. Lefebber

Upcoming Events k

- Oct 19** 1. SHS Homecoming week begins
2. SFMS Picture Day
- Oct 21-22** SHS Picture Day ELA
- Oct 22** SHS pep rally grades 9 and 10
- Oct 23** 1. AP Exam Registration
2. SHS pep rally Grade 11 and 12
- Oct 24** Ready, Set, Go 3:00
- Oct 25** SBEF [Golf Tournament](#)
- Oct 27** In-School SAT, Seniors only
- Oct 29** PSAT -10
- Nov 3** Election Day Virtual Learning
- Nov 20** College Shirt Day
- Nov 23-27** **Student Holiday**
- Dec 3** SHS picture day make up
- Dec 7** SFMS picture day make up
- Dec 18** End of second nine weeks
- Dec 19** **Winter Break begins**
- Jan 5** Students return to instruction
- Jan 8** SBAI Science Fair
- Jan 18** **Student Holiday**
- Feb 12** Lincoln's Birthday
- Feb 14** Valentine's Day
- Feb 15** **Student Holiday**
- Mar 12** End of third nine weeks
- Mar 15-19** **Spring Break**
- Mar 31** April Fool's Day
- Apr 2** **Student Holiday**
- Apr 6** English I EOC, STAAR Writing 4 & 7
- Apr 8** English II EOC
- Apr 9** STAAR make up
- Apr 30** **Student Holiday**
- May 3** AP Physics C PM
- May 4** 1. AP Calculus AB & BC AM
2. Algebra I EOC
3. AP Human Geography PM
- May 5** 1. AP Literature & Composition AM
2. Biology EOC
3. AP Physics I PM
4. Japanese Language & Cult. PM
- May 6** 1. AP U.S. History AM
2. STAAR Science Grade 8
3. AP Computer Science A PM
- May 7** 1. AP Chemistry AM
2. STAAR Social Studies Grade 8

Ready, Set, Go!

A college readiness event for high schoolers is set for high school students from 3:00 – 5:00. The information on this Zoom event is attached.

College Board Exams

October 27 is SBISD's In-School SAT for seniors. Since we have no seniors, we will not need teachers or rooms to proctor the exam. In-person middle school students will report to Stratford for simultaneous classes that day. Like other Stratford students, SBAI students grades 9 – 11 will learn virtually. There will be Zoom sessions with SBAI high school teachers only. Stratford teachers will be proctoring, thus unavailable for Zoom sessions.

October 29 SBAI and SBISD will be administering the PSAT – 10. We will test our sophomores, both in-person and virtual, in the SBAI pod. We will need rooms, teachers, and a quiet environment to administer the exam. Like other freshmen and juniors in the district, non-testers in high school will have a virtual, asynchronous day. Middle school students will spend the entire day at SFMS attending elective classes normally while having virtual, asynchronous classes with SBAI teachers.

Virtual College Visits

We will share some opportunities to explore universities. Email Ms. McIver if you'd like a longer list. Attached is a list of questions to ask college admission representatives

Texas Tech Virtual Events [Scholars Reception](#), 10/22, 11/12, for high ability students considering honors
University of Chicago [Supplemental Essay](#), 9/30, 7pm [Letters of Recommendation](#), 9/30, 7pm
[Discovering U: Joint Virtual Info Session](#), Columbia, UT Austin, Yale, University of Michigan, 10/1, 7pm
[Verito Virtual College Fair](#) Rhodes College, Denison, William & Mary, 9/29, 5pm-8pm
[Northeast Public Universities](#) Delaware, Maryland, Pitt, Penn State, Connecticut, Rutgers 10/8, 6 pm
Johns Hopkins Virtual Events for Students [Hopkins Senior Preview](#), 9/28-29 [Hopkins DecidED](#), 10/4

Science Fair

SBAI's third annual science fair is under way. The science fair is part of the SBAI middle-school science curriculum. We are inviting high school students to participate as well. Through the development and presentation of science/engineering projects, students enhance the following abilities: making observations, asking questions regarding particular phenomena or situations, formulating ideas and procedures for the solution of a problem, using complex and/or analytical reasoning skills to find an answer or a solution to a problem, and effectively presenting their works to society. Colleges look for students who establish and nurture a clear passion and expertise in whatever they choose to pursue. Volunteering to compete in science fair would show that passion. All experiments and data analysis is to be completed before winter break. The SBAi Science Fair will be on Friday, January 8, 2021. We will have enough time to register SBAI winners for Science and Engineering Fair of Houston. Registration and date of SEFH are still to be determined.

Go Guardian

SBAI teachers are using Go Guardian during their classes to monitor the tabs students have open while they should be engaged in learning. Virtual students must use their SBISD Chromebook during Zoom classes. Middle school students who have Chromebook issues need to go to SFMS to get issues resolved. Please call ahead 713.251.4600. High school students with issues should contact Ms. Helfer and Mr. Lefeber.

Financial Aid Workshops

There are two series of workshops SBISD is offering for post-secondary planning, *Parent U FINANCIAL AID INFO SESSION* and *Planning for the Future T-2-4 Series*. See attachments at the end of the newsletter.

COVID Dashboard

The [COVID Dashboard](#) provides a summary of active, test-confirmed COVID-19 cases involving SBISD students and staff members as reported to the District. Totals reflect those participating in any on-campus activity. For more information associated with SBISD's health and safety protocols regarding COVID-19, including isolation, quarantine, and reporting, please refer to the [District's LearnSBISD plan](#).

SHS Student Parking

I cannot believe this is needed for our newsletter. Stratford is selling 2020-21 parking passes for juniors and seniors. Click on this link for [parking information and regulations](#). Sophomore passes go on sale in late Fall; I was told it would be in October.

CIS Newsletter

Communities In Schools is a 501 (C3) non-profit organization that partners with schools, colleges or independent school districts for the purpose of addressing the barriers to success (academic and non-academic needs) faced by students and/or their families within the campus community. Please see the August/September newsletter at the end of the newsletter.

SFMS PTA/Campus Communication

We encourage all families to join SFMS's PTA. To receive regular details from SFMS, click on the link and add your email address to get the [SFMS PTA e-blast](#). Please read the e-Blast and this newsletter to stay informed.

Stratford PTSA/Campus Communication

We encourage all families to join SHS's PTSA. Parents, please stay informed with upcoming events. To receive regular details from SHS, click on the link and add your email address to [Sign Up for Spartan Scoop](#). Please read the [PTA information](#) and this newsletter to stay informed.

Spring Forest Middle School Bell Schedule Monday, Tuesday, and Friday

A Lunch
 1st Period 8:40 AM – 9:34 AM
 2nd Period 9:38 AM – 10:32 AM
 3rd Period 10:36 AM – 11:30 AM
 LUNCH 11:34 AM – 12:04 PM
 4th Period 12:08 PM – 1:02 PM
 5th Period 1:06 PM – 2:00 PM
 6th Period 2:04 PM – 2:58 PM
 7th Period 3:02 PM – 3:55 PM

B Lunch
 1st Period 8:40 AM – 9:34 AM
 2nd Period 9:38 AM – 10:32 AM
 3rd Period 10:36 AM – 11:30 AM
 4th Period 11:34 AM – 12:28 PM
 LUNCH 12:32 PM – 1:02 PM
 5th Period 1:06 PM – 2:00 PM
 6th Period 2:04 PM – 2:58 PM
 7th Period 3:02 PM – 3:55 PM

C Lunch
 1st Period 8:40 AM – 9:34 AM
 2nd Period 9:38 AM – 10:32 AM
 3rd Period 10:36 AM – 11:30 AM
 4th Period 11:34 AM – 12:28 PM
 5th Period 12:32 PM – 1:26 PM
 LUNCH 1:30 PM – 2:00 PM
 6th Period 2:04 PM – 2:58 PM
 7th Period 3:02 PM – 3:55 PM

SBAI Bell and Bus Schedule

1st Period 8:40 AM – 9:35 AM
 2nd Period 9:40 AM – 10:35 AM
 3rd Period 10:40 AM – 11:30 AM
 4th Period 11:35 AM – 12:25 PM OR 12:15 – 1:05
 5th Period 12:30 PM – 1:20 PM
 OR 1:10 PM – 2:00 PM
 6th Period 2:05 PM – 2:55 PM
 7th Period 3:00 PM – 3:55 PM

Bus 8:30 SFMS → SHS
Bus 9:25 SHS → SFMS; 9:39 SFMS → SHS (RT)
Bus 10:23 SHS → SFMS; 10:37 SFMS → SHS (RT)
Bus 11:21 SHS → SFMS; 11:35 SFMS → SHS (RT)
 Bus 12:09 SFMS → SHS; **12:19 SHS → SFMS** (RT)
 Bus 12:33 SFMS → SHS; ~~12:53 SHS → SFMS~~ (RT)
 Bus 1:07 SFMS → SHS; **1:17 SHS → SFMS** (RT)
Bus 1:51 SHS → SFMS; 2:05 SFMS → SHS (RT)
Bus 2:49 SHS → SFMS; 3:03 SFMS → SHS (RT)
Bus 3:45 SHS → SFMS

Spring Forest Middle School Wednesday Bell Schedule

A Lunch
 1st Period 8:40 AM – 10:17 AM
 3rd Period 10:21 AM – 11:59 AM
 LUNCH 12:03 PM – 12:33 PM
 5th Period 12:37 PM – 2:14 PM
 7th Period 2:18 PM – 3:55 PM

B Lunch
 1st Period 8:40 AM – 10:17 AM
 3rd Period 10:21 AM – 11:59 AM
 5th Period 12:03 AM – 12:45 PM
 LUNCH 12:45 PM – 1:15 PM
 5th Period 1:19 PM – 2:14 PM
 7th Period 2:18 PM – 3:55 PM

C Lunch
 1st Period 8:40 AM – 10:17 AM
 3rd Period 10:21 AM – 11:59 AM
 5th Period 12:03 PM – 1:30 PM
 LUNCH 1:30 PM – 2:00 PM
 5th Period 2:04 PM – 2:14 PM
 7th Period 2:18 PM – 3:55 PM

SBAI Bell and Bus Schedule

1st Period 8:40 AM – 10:15 AM
 3rd Period 10:20 AM – 11:50 AM
 5th Period 12:40 PM – 2:10 PM
 7th Period 2:15 PM – 3:55 PM

Bus 8:30 SFMS → SHS
Bus 10:08 SHS → SFMS; 10:22 SFMS → SHS (RT)
Bus 11:50 SHS → SFMS
 12:38 SFMS → SHS (RT)
Bus 2:05 SHS → SFMS; 2:18 SFMS → SHS (RT)
Bus 3:45 SHS → SFMS

Spring Forest Middle School Thursday Bell Schedule

A Lunch
 2nd Period 8:40 AM – 10:17 AM
 Advisory 10:21 AM – 11:59 AM
 LUNCH 12:03 PM – 12:33 PM
 4th Period 12:37 PM – 2:14 PM
 6th Period 2:18 PM – 3:55 PM

B Lunch
 2nd Period 8:40 AM – 10:17 AM
 Advisory 10:21 AM – 11:59 AM
 4th Period 12:03 AM – 12:45 PM
 LUNCH 12:45 PM – 1:15 PM
 4th Period 1:19 PM – 2:14 PM
 6th Period 2:18 PM – 3:55 PM

C Lunch
 2nd Period 8:40 AM – 10:17 AM
 Advisory 10:21 AM – 11:59 AM
 4th Period 12:03 PM – 1:30 PM
 LUNCH 1:30 PM – 2:00 PM
 4th Period 2:04 PM – 2:14 PM
 6th Period 2:18 PM – 3:55 PM

SBAI Bell and Bus Schedule

2nd Period 8:40 AM – 10:15 AM
 Advisory 10:20 AM – 11:50 AM
 4th Period 12:40 PM – 2:10 PM
 6th Period 2:15 PM – 3:55 PM

Bus 8:30 SFMS → SHS
Bus 10:08 SHS → SFMS; 10:22 SFMS → SHS (RT)
Bus 11:50 SHS → SFMS
 12:38 SFMS → SHS (RT)
Bus 2:05 SHS → SFMS; 2:18 SFMS → SHS (RT)
Bus 3:45 SHS → SFMS

Stratford High School Bell Schedule

October 19 B-Day	20 A-Day	21 B	22 A Pep Rally Schedule	23 B Pep Rally Schedule
26 A	27 B	28 A	29 B	30 A
November. 2 B-Day	3 A/B-Day Virtual Learning Day All 8 Periods	4 A-Day	5 B	6 A Progress Report

Regular Schedule

Period 1/2 7:45-9:10

Period 3/4 9:16-10:41

Spartan Time 10:47-11:27

A lunch- 11:27-11:57

(Math, Science, Social Studies, Foreign Lang. office aide/Study Hall)

Period 5/6 12:03-1:28

Period 5/6 11:33-12:58

(English, Athletics, Guthrie, Fine Arts, CTE)

B lunch- 12:58-1:28

Period 7/8 1:34-3:00

October

THEME DAYS

HOMECOMING WEEK

1on	19	20	21	22	2
Tues	Wed	Thurs	Fri		
<p>monochrome monday</p> 	<p>texas tuesday</p> 	<p>winter wonderland wednesday</p> 	<p>throwback thursday</p>  <p>Freshman + Sophomore Pep Rally</p>	<p>SHS Spirit</p>  <p>Junior + Senior Pep Rally</p>	

MEMORIAL GAME / GREEN RIBBON WEEK

1on	26	27	28	29	3
Tues	Wed	Thurs	Fri		
<p>Color War</p> <p>12 - Green 11 - White 10 - Gold 9 - Black</p> 	<p>asynchronous day</p>	<p>hawaiian day</p> 	<p>asynchronous day</p>	<p>White Out</p>  <p>Junior + Senior Pep Rally</p>	



SAT vs ACT

Tuesday, October 20

4:30-5:30

Experts from the Princeton Review will discuss the differences between the SAT and ACT College Entrance Exams.

Bring your questions!

Program takes place on Microsoft Teams.
Registration Required. Register at www.hcpl.net/events/36661
Invitation Link will be sent day of program.

HARRIS COUNTY
PUBLIC LIBRARY
your pathway to knowledge

Kingwood
Branch Library

Pep Rally Bell Schedule 20-21

Period 1 or 2 7:45-9:10

Period 3 or 4 9:16-10:41

A Lunch	10:41-11:11
Period 5 or 6	11:17-12:42

Period 5 or 6	10:47-12:12
B Lunch	12:12-12:42

Period 7 or 8 12:48-2:14

ST/Pep Rally 2:20-3:00

- All Students will report to their Spartan Time
- Only students with a ticket may be released for the pep rally
- 10/22 Pep Rally is for 9th & 10th grades only with a ticket
- 10/23 Pep Rally is for 11th & 12th grades only with a ticket

UT SENATE OF COLLEGE COUNCILS PRESENTS

Ready, Set, Go!

A COLLEGE READINESS EVENT FOR HIGH SCHOOLERS

OCTOBER 24TH | 3-5PM | ZOOM

Sign up at tinyurl.com/readyssetgohs or scan this
QR code:



Questions to ask College Admission Reps

Admission

1. What admission requirements have changed due to Covid-19?
2. What is the average high school GPA of the entering freshman class?
3. Is the ACT or SAT required?
4. Will you accept transfer credits?

Financial Aid

5. When is the priority deadline for financial aid applications?
6. How many students receive financial aid?
7. Are there separate deadlines for admission and scholarship applications?
8. Are there opportunities for on-campus employment?

Academics

9. What is distinctive about education here?
10. What is the most popular major on campus? Why?
11. Are any new programs scheduled for the next four years?
12. What is the quality of student and faculty relationships? Is the faculty interested in accessible to students after class? Do faculty members participate in student activities?
13. What support services are available?

Campus Life

14. How has your campus adjusted to the Covid-19 Pandemic?
15. What are the housing options for freshmen?
16. How would you assess safety on campus, and where can I get more information?
17. How would you characterize the majority of students?

18. What role do team sports play in the social life of the college?

19. What is the role of fraternities and sororities on campus? If I didn't want to join, could I have a satisfactory social life?

Career Readiness

20. Is there a department that assists students in finding internships?

21. Is there job placement help for graduates?

SHS Chromebook Trouble Shooting Help

[SHS Chromebook Expectations](#)

[How to log into your Chromebook](#)

[Checklist for common issues](#)

[Connecting to SBISD wifi](#)

[Clearing the Cache](#)

[Update Chrome OS](#)

[Itslearning Log in Error](#)

[Lost/Stolen Form](#)



ZOOM with Parent U

Planning for the Future T-2-4 Series

For middle and high school students and families

Financial Aid Overview (HS)

Tuesday, September 22

6-7pm

Register Here: <https://conta.cc/32urB3H>

Join us to learn how to apply for financial aid and the type of aid available. This overview session will include information about the FAFSA, TASFA, and the CSS profile.

(Presented by Susie Velis, SBISD Guidance and Counseling).

College Applications in the COVID Climate (HS)

Tuesday, September 29

6-7pm

Register Here: <https://conta.cc/2FloYZC>

Come learn how to strengthen an average application, turn virtual learning weaknesses into strengths, and nurture relationships with teachers and counselors in order to stand out academically and socially during these uncertain times. (Presented by Ibrahim Firat, Firat Education).

Preparing for the Future with Advanced Coursework (Pre-AP, AP, Dual Credit, OnRamps) (MS/HS)

Thursday, October 8

6-7pm

Register Here: <https://conta.cc/3kfM5U3>

What are advanced courses and what is the difference between them? Learn about a variety of courses offered in middle and high school and which one(s) are best for your student.

(Presented by Amy Ellingson, SBISD Advanced Academics).

Scholarships 101 (MS/HS)

Tuesday, November 17

6-7pm

Register Here: <https://conta.cc/3kfUR4s>

Scholarships are a great way to gain free money to assist with the costs of college. Join us as we discuss how to identify trustworthy search engines, types of scholarships, options for applying, and techniques to stand out. (Presented by Lendora Johnson, SBISD Guidance and Counseling).

Military Roundtable (MS/HS)

Wednesday, November 18

6-7pm

Register Here: <https://conta.cc/2ZD8mTO>

Join us to learn about the opportunities extended to you while enlisted in a US military branch.

(Presented by Amanda Boquist, SBISD and representatives from all military branches).

Certification, Apprenticeship, and Technical Programs (HS)

Thursday, November 19

6-7pm

Register Here: <https://conta.cc/2ZERxYC>

Come learn about post-secondary certification, apprenticeship, and technical programs available for short-term training that will prepare you for in-demand jobs.

(Presented by Susie Velis, SBISD Guidance and Counseling).

MS: presentations best for middle school families

HS: presentations best for high school families

MS/HS: presentations for both middle and high school families

More sessions to come! Visit the SBISD Parent U site for more information

<http://online.springbranchisd.com/parentu/>

Hosted by SBISD Family E3 Team and the SBISD Guidance and Counseling Department

Questions – FamilyE3@springbranchisd.com

ZOOM con Parent U

Planeando para el futuro: serie de T-2-4

Para estudiantes y familias de la escuela intermedia y secundaria

Vistazo a la Ayuda Financiera (HS)

Martes, 22 de septiembre

6-7pm

Regístrese aquí: <https://conta.cc/2FxsLCV>

Acompáñenos para aprender cómo solicitar ayuda financiera y los tipos de ayuda disponibles. Esta sesión de descripción general incluirá información sobre la solicitud FAFSA, TASFA y el perfil de CSS. (Leticia Verdinez, SBISD Family E3).

Solicitudes universitarias en tiempos de COVID (HS)

Martes, 29 de septiembre

6-7pm

Regístrese aquí: <https://conta.cc/33zTozo>

Ven y conoce cómo fortalecer una solicitud promedio, convertir las debilidades del aprendizaje virtual en fortalezas, y avivar las relaciones con los maestros y consejeros con el fin de resaltar académicamente y socialmente durante estos tiempos de incertidumbre. (Ibrahim Firat, Firat Education).

Prepárese para el futuro con cursos avanzados – (Pre-Colocación Avanzada-Pre AP, Colocación Avanzada-AP, Crédito Dual, OnRamps y más) (MS/HS)

Jueves, 8 de octubre

6-7pm

Regístrese aquí: <https://conta.cc/2FvdkuX>

¿Que son los cursos avanzados y cuál es la diferencia entre ellos? Venga y entérese de la variedad de cursos y para ayudarle a determinar si son adecuados para su estudiante. (Amy Ellingson, SBISD).

Guía para las Becas (MS/HS)

Martes, 17 de noviembre

6-7pm

Regístrese aquí: <https://conta.cc/2ZC85k6>

Las becas son una gran manera de obtener dinero gratis para ayudar con el costo universitario. Acompáñenos a la charla y conocer cómo identificar buscadores de redes de confianza, tipos de becas, opciones para solicitar, y técnicas que resalten. (Lendora Johnson, SBISD).

Mesa redonda militar (MS/HS)

Miércoles, 18 de noviembre

6-7pm

Regístrese aquí: <https://conta.cc/32utqxA>

Venga y conozca sobre las oportunidades que se ofrecen al enlistarse en un sector militar de EE. UU. (Amanda Boquist, SBISD y representantes de todas las divisiones militares).

Certificación, aprendiz, y programas técnicos (HS)

Jueves, 19 de noviembre

6-7pm

Regístrese aquí: <https://conta.cc/35BdBal>

Aprenda sobre los programas de certificación postsecundarios, aprendiz, y programas técnicos para capacitación a corto plazo que le ayudaran a prepararse para trabajos en demanda. (Susie Velis, SBISD).

MS: Clase más adecuada para padres de escuelas intermedias;

HS: Clase más adecuada para padres de secundaria;

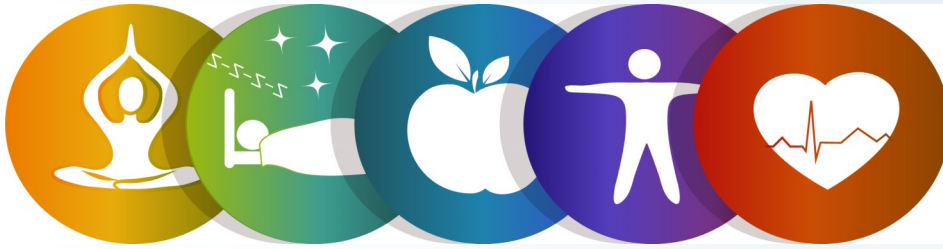
MS/HS: Clase para ambos.

Habrará más sesiones – Conozca más en el sitio web de SBISD Parent U

<http://online.springbranchisd.com/parentu/>

Presentado por el equipo Family E3 de SBISD y el Departamento de Guía y Consejería de SBISD

Preguntas – Contáctenos en FamilyE3@springbranchisd.com



CIS Newsletter

Wellness Wednesday Series

Beginning this month, CIS will be hosting a series of virtual events called “Wellness Wednesday”. During Spartan Time, these events will focus on providing students with opportunities to engage with guest speakers on various Wellness topics such as:

- *Mindfulness (October 14th)*
- *Stress Management*
- *Yoga*
- *Nutrition*
- *Self-care*



If you are interested in participating, please submit a [request to Mrs. Thompson](#)

Domestic Violence Awareness Month

YOU HAVE THE RIGHT TO:

- ◆ **Make decisions about your own body**
- ◆ **Choose your own friends**
- ◆ **Be treated with respect**
- ◆ **Express your own thoughts and opinions**
- ◆ **Live without fear or intimidation**
- ◆ **Feel good about yourself**
- ◆ **Choose what to wear**
- ◆ **Change your mind**
- ◆ **Spend time with your family**
- ◆ **Private use of your cellphone and computer**
- ◆ **Spend time doing things of interest to you**



Sign up for Wellness
Wednesday Webinar Series:



For more info about resources
and events, follow us!
@spartans4spartans



If you or someone you know is
in an unhealthy relationship
**text “Lovels” to
866-331-9474**