



Spring Branch Academic Institute



November 9, 2020

Secondary Issue 11

Congratulations Cross Country

The girls' cross-country team won the District 17-6A team XC championships on Friday. SBAI team members include freshmen Allie Weinhardt and Amelia Bommer. Allie ran a personal best 5k time of 19:13 and finished in first place, making Allie the District 17-6A individual champion. The next step for the Stratford XC team is to compete in the Region 3-6A championships on Tuesday, November 10. This meet features the top 16 teams in Region 3, and the top three teams will advance to the State XC Meet in Round Rock.

Congratulations MS Math Team

In an intense math competition on November 5, our SBAI Dragons faced the Glenwood Springs Cougars from Colorado. SBAI Dragons were victorious and defeated their opponents 25-9. Everyone at SBAI is so proud of our middle school Dragons. Thank you, SBAI Math teachers, for your commitment to the math philosophy at SBAI, and strengthening the math foundation of all our students.

Learning Model Selection Change

Families who would like to change their learning model for the third nine weeks may do so beginning on Friday, Nov. 13. The window will close on Friday, Nov. 20, at midnight. Please watch for more district communication next week. The third nine weeks begins on Tuesday, Jan. 5, 2021. As always, be sure to visit the [In-Person Learner](#) and [Distance Learner](#) websites for more information and reminders.

Stratford Final Exams

Attached is the fall final exam schedule starting December 15. To maintain test security, all students will take final exams in person. Virtual students who are concerned about attending school should work with their teachers. The afternoon of December 16, 17, and 18 are times for voluntary tutorials, in person or virtually. It is also a time for virtual students to take exams if they want to avoid contact as much as possible.

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

- | | |
|------------------|---|
| Nov 9 | 1. SFMS Volleyball
2. Stratford Playhouse Booster Club Meeting 7:00 |
| Nov 10 | 1. Middle School AMC 8 Exam
2. Spelling bee permission due
3. Regional Cross County Meet
4. SHS Girls Basketball |
| Nov 11 | SFMS Volleyball |
| Nov 12 | 1. SHS JV Football
2. SHS Swim Food Challenge |
| Nov 13 | 1. Learning Model selection begins
2. Regional Orchestra Clinic
3. SFMS Fall into Theatre |
| Nov 14 | SFMS Fall into Theatre |
| Nov 18 | SHS Band Performance, 7:00 |
| Nov 20 | 1. SFMS College Shirt Day
2. SHS Swimming Preliminaries
3. Learning Model selection ends |
| Nov 23-27 | Student Holiday |
| Dec 1 | SBAI Secondary Spelling Bee
SFMS F101 8:40 |
| Dec 3 | SHS picture day make up |
| Dec 7 | SFMS picture day make up |
| Dec 15 | SHS Final exams begin |
| Dec 18 | End of second nine weeks |
| Dec 19 | Winter Break begins |
| Jan 5 | Students return to instruction |
| Jan 8 | SBAI Science Fair |
| Jan 12 | SFMS Talent Show auditions |
| Jan 15 | Eighth grade yearbook ads due |
| Jan 18 | Student Holiday |
| Jan 22 | HS Choir Solo and Ensemble |
| Jan 23 | District 14-6A Swimming |
| Jan 29 | 1. District Spelling Bee
2. SHS Playhouse <i>Nunsense</i> 7:30
Queensbury Theatre |
| Feb 6 | 1. Region 5-6A Swimming Finals
2. SHS Playhouse <i>Nunsense</i> 7:30 |
| Feb 15 | Student Holiday |
| Feb 26 | Men's State Swimming 6A Prelims |
| Mar 12 | End of third nine weeks |
| Mar 15-19 | Spring Break |
| Mar 30 | HS JV Orchestra String UIL |

SFMS Veterans Day

Due to Covid-19 restrictions, our annual Veteran's Day Celebration will not be able to happen this year. The PTA will honor our Veterans by sending cards and "SFMS Veterans" face masks, to let them know that we are thinking of them, and to assure them that we do plan to carry on with our traditional celebration in 2021. Many thanks to Cheryl Brady and Melaney LaRue for their help in designing our mask and cards...and to Chick-fil-A Memorial/Dairy Ashford for providing 250 complimentary breakfast coupons to include in the card as well.

Patriot Paws

SFMS PTA will also be fundraising for Patriot Paws at Texas A&M, as we have for the last 6 years! Patriot Paws is a foundation that raises money to train service dogs to give to disabled American veterans. These dogs help them to overcome and cope with PTSD, and other disabilities. Because of generous donations, like the ones from SFMS, the service dogs can be provided to veterans at no cost. We will not be able to collect money at school as usual, but please consider an online donation at <https://patriotpaws.org>. Click on "DONATE", Go to Honor A Veteran, Enter "SFMS Veteran" instead of an actual first/last name...You can skip the address if you'd like.

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](#), 11/12, for high ability students considering honors

Spartan Time visits You must register via Naviance to attend a virtual college-rep visit.

Hawaii Pacific University will be conducting virtual college visits on Monday, November 16

Marymount Manhattan College will be conducting a virtual college visit on Monday, November 16

Virtual Fall Into Theatre

Drumroll, please...Bobcat Playhouse presents Virtual FALL into Theatre! *10 Ways To Survive Life in A Quarantine* By Don Zolidis

Friday, November 13 @ 6:30pm & 8pm and Saturday, November 14 @ 5pm, 6:30pm, & 8pm. Use this [Zoom Link](#) with a password of Bobcat

2020-2021 Yearbooks

Order your 2020-2021 Yearbook Today, <https://www.balfour.com/shop/yearbook?smi=74036>

Eighth-Grade Dedication Ads

Deadline to buy a Yearbook Ad is Friday, January 15. 1/8 Page Ad = \$25, 1/4 Page Ad = \$50, 1/2 Page Ad = \$100. If you have already purchased a Yearbook AD, Mrs. Rasberry will send out a separate email regarding when Yearbook AD designs need to be turned in. Contact Mrs. Rasberry @ 713-251-4696 or faralyn.rasberry@springbranchisd.com if you have any questions.

Spelling Bee

The SBAI secondary spelling bee will be December 1 at SFMS room F101 at 8:40. The bee will be in person but open to virtual students. Parents won't be allowed to watch this year to allow for social distancing of the participants. Virtual students who participate may be picked up after the bee. The permission slip is attached to the newsletter.

Yearbook Photos

Ms. Raspberry, Yearbook Advisor, is looking for some photos from distance learning students. Normally the yearbook students take photos during school, but of course, they want to include the distance learning students in this year's yearbook as well. She wants the photos you have from Distance Learning - First day of school, Distance Learning – class at home, and Red Ribbon Week photos from everyone. Please email Faralyn.Raspberry@springbranchisd.com. Thank you for your help!

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

November 9 B-Day	10 A-Day	11 B	12 A	13 B
16 A	17 B	18 A	19 B	20 A
23 -----	24 -----	25 -THANKSGIVING BREAK--	26 -----	27 -----

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

Stratford HS Final Exam Schedule Fall 2020

NON-TEST DAYS

Friday, Dec. 11
Monday, Dec. 14

"A" Day
"B" Day

Tuesday, Dec. 15

7:45–9:45 Period 1 *Exam

10:00–12:00 Period 3 *Exam

12:00 – 12:30	A Lunch
12:06 – 1:15	Period 5 Class
12:36 – 1:45	Period 5 Class
1:15 – 1:45	B Lunch

1:51–3:00 Period 7 Class

Wednesday, Dec. 16

7:45–9:45 Period 2 *Exam

10:00–12:00 Period 4 *Exam

12:00 – 12:15 Grab & Go Lunch

12:15 Buses Leave

1:00 – 2:00 6th Period Class
2:05 – 3:00 8th Period Class

Thursday, Dec. 17

7:45–9:45 Period 5 *Exam

10:00–12:00 Period 7 *Exam

12:00 – 12:15 Grab & Go Lunch

12:15 Buses Leave

1:00 – 2:00 1st Period Class
2:05 – 3:00 3rd Period Class

Friday, Dec. 18

7:45–9:45 Period 6 *Exam

10:00–12:00 Period 8 *Exam

12:00 – 12:15 Grab & Go Lunch

12:15 Buses Leave

**All students must clear the building
@ 12:15 unless staying for tutorials
or make-up exams**

- Students must stay the entire class period during classes and finals.
- Students needing to stay on campus can attend their review session in person with teachers if needed. Parents must request this in advance
- By district policy, no final exams may be given early.

SBAI

Spelling Bee

Permission slip is due
Tuesday, November 10th if
you are going to participate!

Permission/Participation Form and Quick Info Sheet

Students and Parents:

Yay, it's bee time! This is a *voluntary* activity and is not required. We will hold 2 separate spelling bees, 1 for elementary SBAI students, 1 for secondary. We are sending the 2 winners to the district bee this year. The secondary spelling bee will occur Tuesday December 1 at Spring Forest Middle School at 8:40 in F101. Students will be socially distanced while competing and will be following all health and safety protocols outlined by SBISD. Virtual students may leave after the bee.

The district bee will be held Friday, January 29.

Due to COVID-19 safety protocols, parents will not be permitted to attend the bee in person this year.

The requirements for participating in the bee are below.

- **Students who wish to participate in the SBAI Spelling Bee must turn in this signed permission slip by Tuesday, November 10th.**
- Students will be given a copy of the *spelling practice words* from the Scripps website (www.spellingbee.com) once they have returned the permission slip.
- SBAI will adhere to local bee rules as other SBISD schools do.
- Students who have excessive tardies, absences, failing grades, office referrals, or conduct issues will not be allowed to participate in the Bee.
- Disqualification is at the discretion of Ms. Kassir and Mr. Lefebvre.
- Students must not solicit assistance from teachers at any time during the school day. They are welcome to study words with their friends.
- There will be no official bee practices on campus – rather, studying for the bee is the responsibility of the student and parent.
- Please understand that these guidelines are meant to ensure the most fair and judicial Spelling Bee as possible.

Please keep this page for your reference and sign and return the 2nd page by
Tuesday, November 10th if you are interested in participating.

Good Luck!

SBAI Spelling Bee

Permission Slip

In signing my name below, I acknowledge that I have read the Spelling Bee Info Sheet and agree to the guidelines and rules written above.

Student Name _____

Grade _____

Parent Signature

Student Signature

Date _____

Please return this form to Ms. Helfer or Mr. Lefebber.

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?



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.

Habrà 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

SHS Chromebook Trouble Shooting Help

[SHS Chromebook Expectations](#)

[How to log into your Chromebook](#)

[Checklist for common issues](#)

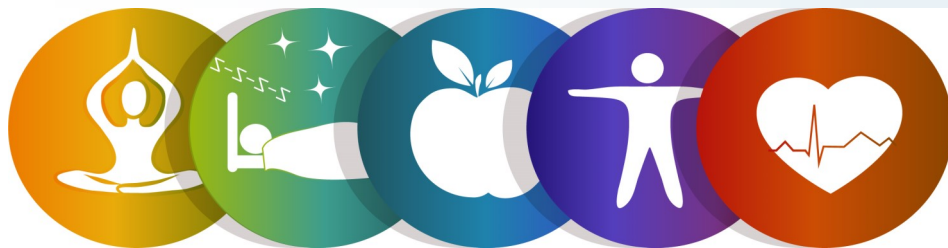
[Connecting to SBISD wifi](#)

[Clearing the Cache](#)

[Update Chrome OS](#)

[Itslearning Log in Error](#)

[Lost/Stolen Form](#)

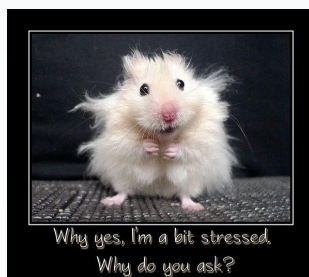


CIS Newsletter

"Wellness Wednesday: Stress Management"

CIS is hosting the 2nd session in the "Wellness Wednesday" series will be on November 18th. During Spartan Time, students have the opportunity to learn about stress in the body and ways to deal with it in a healthy way.

Stress Management (November 18th)



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



Holiday's Got You Stressed?

Identify and address the problem: Work on one thing at a time.



Let some things go: Don't waste your energy on things you can't fix!

Deal with your emotions: Acknowledge your worries, then let them go!

Avoid stress when possible: Certain people, places, things, or painful memories.



Take care of your body: Exercise, healthy foods, sleep, and no harmful substances.

Contribute: Making a difference in someone's life can change your own for the better.

When to turn for help: When stress is affecting your grades, health, relationships, or self-image, it's ok to ask for help!



Sign up for Wellness
Wednesday Webinar Series:



For more info about resources
and events, follow us!

@spartans4spartans



CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential





CIS Wellness Wednesday: *Stress Management*



Register for the event

HERE!

What: Join this virtual event to learn more about Stress in the Body and tips on how to manage stress.

When: November 18, 2020

10:45am-11:30am during Spartan Time

Where: Zoom (link provided upon registration)

RSVP to:

Amanda.thompson@springbranchisd.com

by November 17th to receive the Zoom



Why yes, I'm a bit stressed.
Why do you ask?

NEED HELP PAYING RENT?

YOU MAY BE ABLE TO RECEIVE **UP TO \$2,112** FOR
DELINQUENT RENT FOR AUGUST OR PRIOR MONTHS

LANDLORD

To qualify, you must agree to these terms for assisted tenants:

- ✓ Unit must be inside City of Houston
- ✓ Waive all late fees and interest for that month
- ✓ Allow for interest/penalty-free payment plan for any rent due in excess of \$2,112 and any balance in rent through August
- ✓ Refrain from evictions through September 2020 and rescind any prior eviction process

Refrain from evictions through September 2020 for all tenants who enter into a payment agreement with the following terms:

- ✓ Tenant represents they have a COVID-related hardship, and if qualified, they applied for assistance
- ✓ Tenant isn't in default of a payment agreement they previously negotiated with the landlord
- ✓ Payment agreement includes any back rent owed before the beginning of the program
- ✓ Tenant pays the first payment no later than October 1 and the last payment no later than November 30

Next steps:

- ✓ Sign up immediately to be a Participating Landlord
- ✓ Inform qualifying tenants with delinquent rent that they may apply for assistance starting August 24
- ✓ Be sure your tenants have computer and internet access when the tenant system goes live

*The Landlord Enrollment process is not a guarantee of rental assistance.

FOR MORE INFORMATION VISIT
HoustonRentAssistance.org

Telephone assistance will be available on August 24th. at
832.390.2018

TENANT

To qualify:

- ✓ Tenant's landlord must be on the Participating Landlord Directory
- ✓ Have unpaid rent from April - August
- ✓ Have a landlord who agrees to the landlord terms
- ✓ Prior to April 2020, household income is less than 80% of Area Median Income or tenant is currently participating in any of the programs listed (*see table below*)
- ✓ Cannot pay rent due to economic harm or healthcare impact of the COVID-19 Pandemic

Next steps:

- ✓ If possible, secure computer or smart phone access to submit your application starting August 24
- ✓ Check to see if your landlord is on the Participating Landlord List
- ✓ If not, ask your landlord to sign up as a Participating Landlord
- ✓ Prepare to submit your application online or via the telephone number below
- ✓ Ask your landlord for a payment plan

*The Tenant Application process is not a guarantee of rental assistance.

2020 Houston/The Woodlands/Sugar Land Region.
HUD Maximum Annual Household Income Limits*

Household Size	80% Area Median Income
1-person	\$44,150
2-person	\$50,450
3-person	\$56,750
4-person	\$63,050
5-person	\$68,100
6-person	\$73,150
7-person	\$78,200
8-person	\$83,250

QUALIFYING PROGRAMS

- Medicaid
- Public Housing Assistance
- SNAP
- TANF
- SSI
- National School Lunch Program/Head Start
- Low Income Home Energy Assistance Program
- WIC
- Federal Pell Grant
- VA Pension
- Tribal Assistance
- Harris Health Gold Card



LANDLORD ENROLLMENT

Residential Property Landlords enroll to be a Participating Landlord



TENANT APPLICATION

Residential Tenants apply for rental assistance



APPLICATION SELECTION

Tenant Applications are selected for processing



PAYMENTS TO LANDLORDS

Payments are processed to Landlords



Mayor Sylvester Turner



BakerRipley
Community Developers



If you need help, call the Eviction
Defense Coalition Hotline:

713-982-7340