

# TPRS "Monthly Minute"

## Odessa High School

February 2024



### Important Dates To Remember>

**February 7<sup>th</sup> Student Early Release**

**February 8<sup>th</sup>, SAT Spring Boot Camp, OHS auditorium**

**February 14<sup>th</sup>- Valentine's Day!**

**February 16<sup>th</sup> – END of 4<sup>th</sup> SIX WEEKS; Teachers post grades**

**February 19<sup>th</sup>- Bad Weather day/ President's Day**

**February 22, 2024- Bus Driver Appreciation Day, Thank you TPRS bus driver!**

**February 25<sup>th</sup>, Parent Meeting at Odessa College, 5:30-6:30 PM, See information flyer in newsletter**



## Valentine's Day Facts

Although the name is Saint Valentine's Day, most people refer to the day as Valentine's Day. It was originally a day to celebrate Saint Valentinus, who performed weddings for soldiers who were not allowed to marry, and later sent to prison for doing so. Saint Valentinus wrote a letter to the daughter of his jailer before he was executed. His letter was signed 'From your Valentine'. He was buried on February 14th. Valentine's Day was not associated with romantic love until the middle ages. By the 1700s in England it began to resemble the Valentine's Day we know today. At this time people began to express their love with gifts of flowers, candy and cards, which were called 'valentines'.

## Interesting Facts:

- On Valentine's Day every year, there are at least 36 million heart shaped boxes of chocolates sold.
- There are enough candy hearts made each year to stretch from Valentine, Arizona to Rome, Italy, and back again. The number of these candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- There are approximately 1 billion Valentine's Day cards exchanged every year in the U.S. alone.
- Every Valentine's Day, the Italian city of Verona receives approximately 1,000 letters that have been addressed to Juliet. This is where Romeo and Juliet, the young lovers in Shakespeare's play, lived.
- At least 9 million people buy their pets a gift on Valentine's Day.
- After St. Valentine was buried, Julia, the daughter of his jailor, planted an almond tree with pink blossoms near his grave. The almond tree today is a symbol of lasting friendship and love.



**Dating and Relationships** can be difficult at any age. Building and maintaining healthy relationships is often a skill we build over time, developed as we grow and learn more about ourselves and others. Specifically, the added stress of surging hormones, peer pressure, and rapid life changes places teens at a higher risk of being in unhealthy relationships. There are a lot of things that feel scary and overwhelming when you are a teenager; your relationship should not be one of them.

**Common red flags in teen relationships:**

- Excessive jealousy, possessiveness, or repeated false accusations that a partner is cheating.
- Tracking/controlling social media usage, strict rules for what a partner can/cannot post or view.
- Pressuring, coercing, manipulating, or forcing a partner into sexual acts.
- Physical violence (hitting, punching, slapping, kicking, spitting.)
- Threatening to 'out' or expose an LGBTQ+ partner to humiliate them.
- Isolation from family, friends, and other trusted sources.
- Demanding that a partner dress, look, or act a certain way.
- Purposely hurting a partner's feelings, exploiting their insecurities, or constantly blaming them for everything.
- Manipulating facts and distorting the truth to make a partner question their sanity and values. (Also referred to as 'gaslighting'.)

There are a lot of abusive behaviors that teens may experience every day. Sometimes, we do not realize that a relationship was abusive until after we have left it. Keeping an eye out for red flags is extremely important, but it is also good to check in every now and then to make sure your relationship stays healthy. Some clever ways to check in with yourself include:

- Asking yourself...
  - Does this person make me feel good about myself?
  - Do I feel supported by this person?
  - Do I always feel safe with this person?
  - Can I be completely myself with this person?
  - Does this person treat me as an equal?

If you answered yes to those questions, awesome! You are on the right track. If you answered no, or are not sure, call our 24-hour Crisis Helpline at 314.531.2003. The most important thing is that you speak to someone about your relationship concerns.





## SENIOR SECTION!!!

ACCESSLife is the application designed with ECISD students in mind. Students can learn about college and career from regional career experts. They have access to hundreds of videos and information to help students make decisions about their careers. This application was made possible with the collaboration of our community partners ACCESS4Success, CTE and AVID. You can download the ACCESSLife App from the Google Play Store or the Apple Store.

\*\*\*\*\*ALL.



SENIORS NEED TO FILL OUT FAFSA/TASFA FOR GRADUATION. CONTACT YOUR COUNSELOR, MS.

DANGERFIELD, TO SET UP AN APPOINTMENT AND GET THAT DONE! 432-456-5851.

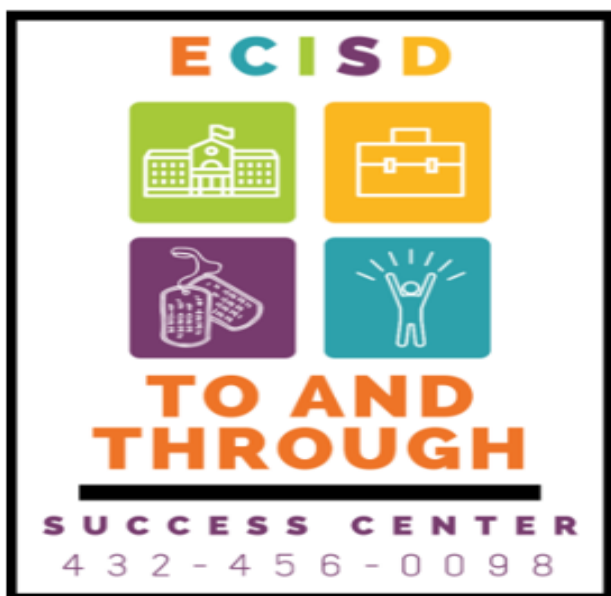
You can also get some guidance through ECISD "To and Through Success Center" and video link below.

<https://youtu.be/zQ9Xf5CdK4c>

**Enroll In Wrangler Promise to qualify for free tuition at Odessa College! Complete your FAFSA forms for free!**

FEBRUARY 25<sup>th</sup>, Odessa College

Gregory Hall, 5:30-6:30 PM



If you feel that you are needing some help in your classes, we have tutoring resources for you.

- Odessa College Tutoring- Available Sunday through Monday and evening hours
- AVID tutoring – by appointment.
- AIR Tutors- online tutoring by appointment

**There is NO REASON FOR YOU NOT TO BE PASSING YOUR CLASSES. Call our office to discuss. Do not wait until you are failing your semester!**



# *Presents:* **SAT**

## **SPRING BOOT CAMP**

FEBRUARY 8, 2024

OHS AUDITORIUM

8:30AM - 4:00PM

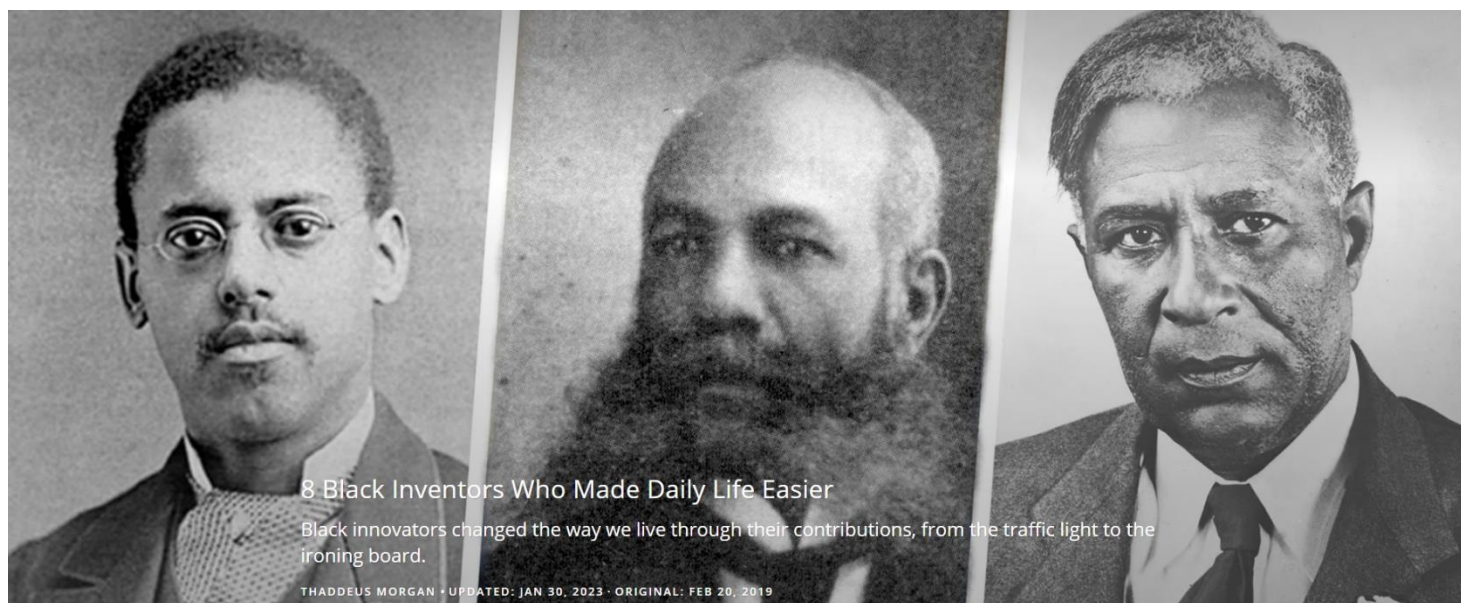
**FREE**



**To Participate Scan QR Code**







**8 Black Inventors Who Made Daily Life Easier”, Read More [Here](#).**

**FREE CHILDCARE and TRANSPORTATION**--If you are planning to use TPRS Free Childcare Services or need bussing, give us a call. You can view a virtual tour of the childcare facility, [here](#). If you need more information about the childcare center, call Sylvia Duran at 456-6971.

# LITTLE FAMILY LIBRARY NOW OPEN!

Out side of corral 3

\*Select a book for yourself, a child in the home, or older sibling or parent.

\*Exchange when ready.

\*Returning the book is optional.

\*Select from fiction, nonfiction and children's bookshelves.

The library will be open for staff on Fridays.





# Enroll your child for free monthly books!



Inspire your child's love of reading with Dolly Parton's Imagination Library



## FREE BOOKS FOR KIDS!

If you have a child from 0-5 years old, register them today for free monthly books.

### How It Works:

- Enroll your child online at [\(imaginationlibrary.com/usa/affiliate/TXECTOR/\)](http://imaginationlibrary.com/usa/affiliate/TXECTOR/)
- In 6-8 weeks, your child will receive their first book in the mail, 'The Little Engine That Could'.
- Books arrive in the mail monthly until your child's 5th birthday.

### Easy to Enroll!



Scan this code to enroll your child in Dolly Parton's Imagination Library. It's easy!



Ector County ISD Education Foundation

PO Box 951  
Odessa, Texas 79760  
Phone: 432-210-6395

## **TPRS PARTNER EVENTS:**



Embrace Grace, Crossroads Church initiative, is showing love to our TPRS students! We are so very thankful for their donations of supplies and gifts for our students. Embrace Grace's goal is that no teen parent has to leave school so that they can work to buy baby goods. Embrace Grace provides baby showers and a 12-week class through an on-site program at Crossroads. Several of our TPRS students attend the weekly meetings and have found great personal rewards with the relationships that they have encountered as they "Embrace

Grace".

**Thanks a million!**

**"You Are Brave. You are Accepted. You are Loved."**

Join a 12-week personal walk as you learn about God's Love and Grace for you and your baby. In honor of you and your new found bundle of Joy, Embrace Grace wants to provide a baby shower in continuance to help you with your NEW LIFE Journey. Life is better Together.



2 Corinthians 12:9 "My grace is all you need for my

Power is the greatest when you are weak."

For more information, click the link below to provide your information so that someone can reach out to you.

<https://www.crchurch.cc/Events/embracegrace/>





The Letters in **PURPLE** Stand for

**PURPLE**

**PEAK OF  
CRYING**

Your baby may cry more each week, the most in month 2, then less in months 3-5

**UNEXPECTED**

Crying can come and go and you don't know why

**RESISTS  
SOOTHING**

Your baby may not stop crying no matter what you try

**PAIN-LIKE  
FACE**

A crying baby may look like they are in pain, even when they are not

**LONG  
LASTING**

Crying can last as much as 5 hours a day, or more

**EVENING**

Your baby may cry more in the late afternoon and evening

For information on “PURPLE CRYING” see link [HERE](#).



A poster for the "Parenting Wisely" program. At the top, it says "PARENTING WISELY" in large, bold, serif letters, with "A HIGHLY INTERACTIVE PARENTING PROGRAM" in smaller text below it. The logo for ECISD (Community Outreach Center) is in the center, featuring stylized letters in orange, green, and blue. Below the logo is the phone number "456-8569". At the bottom, a tablet displays the text "La Mejor Practica para Prevenir la Violencia en la Juventud" in Spanish, with "Centro de Control de Las Enfermedades" written in small text below it. The background is a light pink wall with a white decorative column on the left and a potted succulent on the right.





## Resources

### Crisis Phone Numbers:

**911** for Immediate Crisis

#### Permian Basin Community Center Crisis Line

- 24/7 Crisis Intervention/Suicide Prevention
- 1-844-420-3964

#### The Crisis Center

- 24/7 Crisis Intervention/Suicide Prevention
- 1-866-627-4747

#### Crisis Text Line

- If you are in crisis, reach out for help. Text HOME to 741741.
- 24/7 Crisis Intervention/Suicide Prevention
- [Crisis Text Line Website](#)

#### National Suicide Prevention Lifeline

- 1-800-273-8255
- [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

# Get in **FREE** with your **ECISD** ID!

ECISD students, faculty and staff  
can get into all **Odessa College**  
Athletic events free!





# TPRS FAMILY MEETINGS

## 2023-2024



All of our meetings will involve discussion topics and activities. We want to provide an interactive opportunity for you and your child to learn about parenting and allow an opportunity for questions that you or your child may have about this journey. Our speakers will engage our attendants in discussions, games, activities that will help our teen parents and families understand important facets of being a parent.

All meetings will provide refreshments and snacks.

### Topics will include:

Pregnancy Basics  
Nutrition  
Birthing  
SIDS and Newborn Handling  
Bonding and Infant Play  
Post-Partum Depression

....and so much more!

## Meeting Time 5:30-6:30PM

### Odessa College, Gregory D. Williams Hall



Location for our meetings are subject to change. We will send notices, if needed. Do not worry if you are late. We prefer that you attend. All handouts will be available to you if you are absent. Parents of our TPRS students are required to attend at least 5 meetings. There is lots to learn. We look forward to helping you and your child in the journey of parenthood and school. Let's learn together. We look forward to seeing you!

August 31, 2023

September 28<sup>th</sup>, 2023

October 26<sup>th</sup>, 2023

November/December- No Meeting.

January 25<sup>th</sup>, 2024

February 29<sup>th</sup>, 2024

March 21<sup>st</sup>, 2024

April/May-No Meeting.

Door Prizes will be given.





## Free baby supplies for children up to 36 months!

Supplies include free diapers, formula, wipes  
and gently-used maternity and baby clothing.

**By appointment only. Call The Life Center -  
Odessa at 432.617.8378**

The **Life**Center

802 N. Washington, Odessa 79761 • 432.617.8378



Earn Baby Bucks to redeem for new baby items from clothing to  
car seats and strollers, just by attending classes!

## free pregnancy classes and education

Classes are taught by qualified instructors,  
with topics such as:

- Nutrition
- Home Safety
- SIDS and Abusive Head Trauma Prevention
- Raising Emotionally Healthy Children
- Mother and Newborn Baby Care
- Infant Choking, First Aid and CPR
- Breastfeeding/Dad University
- Labor and Delivery
- Car Seat Safety

Call for class or appointment\* times  
in your area!

**Midland**  
432.683.6072  
2101 W. Wall Street  
Midland, TX 79701

**Andrews**  
432.523.2859  
1412 NE Mustang Drive  
Andrews, TX 79714

**Odessa**  
432.617.8378  
802 N. Washington  
Odessa, TX 79761

**Big Spring**  
432.606.5041  
1801 S. Main Street  
Big Spring, TX 79720

\*Parenting education is available  
by appointment; call for details.

The **Life**Center

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# Teen Parent Related Services Include:



**Odessa High School**  
Home of the Broncos

- \* **Counseling Services**
- \***Tutoring, Academic/Attendance Review**
- \***Health Services**
- \* **Truancy Intervention**
- \* **Free Child Care Services and Bussing to/from school**
- \***Homebound Education and Services**
- \***Dropout Recovery**
- \***Credit Recovery/Acceleration through online education**

## TEEN PARENT RELATED SERVICES (TPRS) STAFF:

**Odessa High School : 456-0029**

Connie Flores, Case Worker: 456-5271

Marisela Gonzalez, Specialist: 456-5854

Erica Dangerfield, TPRS Counselor: 456-5851

Marisa Molina, OHS Nurse, 456-5253

Rose Valderaz, Coordinator: 456-8552

Kimberly Bryer, TPRS Homebound Teacher: 456-1006

Hortencia Del Bosque, TPRS Homebound Teacher: 456-8524

(Students at middle school campuses will need to contact the high school their campus feeds into.)

