

TPRS "Monthly Minute"

Odessa High School

November 2023

YOU ARE IN THE 3rd and LAST SIX WEEKS OF THE YEAR!



Important Dates To Remember>>>>>>

3 WEEK PROGRESS REPORT---November 17th

6 WEEK PROGRESS REPORT---December 18th



November 5- Daylight Savings Time Ends. Move your clocks back one hour. Don't forget!

November 8th- Student Early Release

November 11- Veterans Day

November 14- TPRS Health Resource Fair, 11-2:30PM. Make sure to return your parent permission forms to RM 213. **See FLYER ATTACHED!**

November 20-24- Thanksgiving Break!



Take a look at your grades!

If you need a printout of your grades go by the TPRS office, RM 213. If you feel that you need some help in some of your classes, and you need additional tutoring, please contact us as soon as you can. We will schedule a time for you and a tutor to meet in person or via zoom meetings.

There is no charge for tutoring,

YES, IT IS FREE!

Also, if you have more than 8 absences in a period, you have lost your credit! Please, visit your corral to get on your attendance contract to make up the hours to restore your credits. It is important that you start thinking about a plan to makeup your hours or do credit recovery so that you stay on track to graduate and not fall behind on credits. Visit our office so that we can help you.



In the NEWS!

TPRS visits MCH to learn CPR and Parent Enrichment!

Teen Parents from both Permian and Odessa High visited Medical Center to be trained in Child CPR and choking. Our students were able to take a mannequin and video home with them to teach their families and CPR. In addition, Dr. Garcia, with MCH Pediatrics, was able to deliver some great pointers on parenting and health of their children. MCH also hosted lunch and a great question and answer session. Our TPRS students gave us great feedback on the learning opportunity and were really



grateful. Thank you to MCH for their partnership and continued support to our ECISD TPRS students.



**November is for
Thanksgiving,
and a little fun,
too!**

**Feel free to take a
look at the links
below for some
great and
inexpensive ideas
for arts and crafts
and recipes that
you can share
with your
children and
family.**

**Take some pics
and share them
with us!**

**This
Thanksgiving, I
am thankful for
you and all of our
TPRS Team!**

Kid's Arts & Crafts

HAVE FUN!

...More NEWS!



“ Gifts, Gifts, and More Gifts!”

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. We received a truckload full of diapers, wipes, snacks, waters, and several gift cards! Our students and staff are very excited with the donation. 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 a 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/>

SENIOR SECTION:



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!



Did you know that as an ECISD TPRS student that you are eligible to receive childcare services and transportation to school for **FREE!**

If you attend OHS, COC, or EAA campuses you can go to school and not have to worry about who is going to take you to school or who is going to take care of your child. This peace of mind is **FREE!**

It is proven fact, TPRS students that utilize childcare services improve and/or continue to do well with attendance and grades. **FREE** Childcare also helps with establishing a daily routine for your baby so that s/he will sleep during the night, giving parents a good night's rest.

We encourage you to call the center or our office to set up a tour to see the ECISD facility and meet the staff.

You will love it! Call 432-456-9671 or 456-5854.

ECISD
Teen Parent Related Services

Health Education Resource Fair

Please join us in meeting the community agencies
November 14 at American Legion
Come enjoy snacks, prizes, and
360 photo booth

READING ALOUD TO BABIES

- READING HELPS TO BUILD VOCABULARY (STORED FOR LATER USE)
- READING ALOUD IMPROVES LISTENING SKILLS
- READING BOOKS TEACHES UNCOMMON WORDS
- READING TO YOUR BABY TEACHES HER TO PAY ATTENTION
- THROUGH READING BABIES LEARN ABOUT MEANING OF WORDS
- READING HELPS TO IMPROVE MEMORY
- READING ENCOURAGES LOVE FOR BOOKS AND LEARNING
- READING IS A BUILDING BLOCK FOR IMAGINATION

mch
Medical Center Hospital
A Member of Medical Center Health System

superior healthplan

Donations & Sponsors

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Welding & Construction Service
(432)208-4335
Odessa Tx

Join us on November 14th to learn about agencies in our community that support you and your families. Several agencies will be on-site to share their information and give some great giveaways!

If you have any questions, call the TPRS office at 456-5854/ 456-5851.

We look forward to seeing you there!

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

The word *Period* means that the crying has a beginning and an end.

For more information follow this link, [I want more information, please.](#)



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

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





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 LifeCenter

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

Odessa
432.617.8378
802 N. Washington
Odessa, TX 79761

Andrews
432.523.2859
1412 NE Mustang Drive
Andrews, TX 79714

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

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

The LifeCenter



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://www.suicidepreventionlifeline.org)

Baby Steps Tours

One of the most important things to do before your delivery date is to take a Baby Steps Tour at the MCH Center for Women & Infants. Baby Steps Tours give you a chance to become familiar with our amenities and services, ask important questions and get to know our staff before your baby's arrival.

The tours take place on the dates and times listed below, no appointment needed, just meet us in the lobby on the 1st floor of the CWI and the tour will begin promptly, at the times scheduled.

Saturday, March 25, 2023 at 10 AM

Tuesday, April 11, 2023 at 7 PM

Saturday, April 22, 2023 at 10 AM

Saturday, May 6, 2023 at 10 AM

Tuesday, May 9, 2023 at 7 PM

Saturday, June 3, 2023 at 10 AM

Tuesday, June 13, 2023 at 7 PM

Saturday, July 1, 2023 at 10 AM

Tuesday, July 11, 2023 at 7 PM

Tuesday, August 8, 2023 at 7 PM

Saturday, August 26, 2023 at 10 AM

Tuesday, September 12, 2023 at 7 PM

Saturday, September 23, 2023 at 10 AM

Tuesday, October 10, 2023 at 7 PM

Saturday, October 21, 2023 at 10 AM

Saturday, November 4, 2023 at 10 AM

Tuesday, November 14, 2023 at 7 PM

Saturday, December 2, 2023 at 10 AM

Tuesday, December 12, 2023 at 7 PM

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 28th, 2023

October 26th, 2023

November/December- No Meeting.

January 25th, 2024

February 29th, 2024

March 21st, 2024

April/May-No Meeting.

Door Prizes will be given.



Teen Parent Related Services Include:



Odessa High School
Home of the Bronchos

- * 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.)