

TPRS "Monthly Minute"

Odessa High School

February 2023



Important Dates To Remember>

February 8th Student Early Release

February 17th – END of 4th SIX WEEKS; Teachers post grades

February 18th - Report cards to students



Program Partner Events:

February 7th- Dad U: OHS library

February 17th Life Center: Mom & Newborn Baby Care , 1:30-2:15PM

February 13th & February 27th - Mary Mentoring Meeting , 6-8:15PM

February 22th- TPRS Parent Meeting, NTO 5:30-7:30 invite on page 10

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.



Don't Forget: Monthly Parent Meeting, February 22, 2023 at NTO Cafeteria, 5:30-7:30PM

TOPIC: Dating and Relationships can be difficult at any age. Building and maintaining healthy relationships is often a skill we build over time, developing 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. You can always call our office and trust that you can talk to us. We are here to help.

Presented to you by TPRS Partner and Support:





LISTEN UP SENIORS!

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>

Attention 2022-2023 SENIORS!

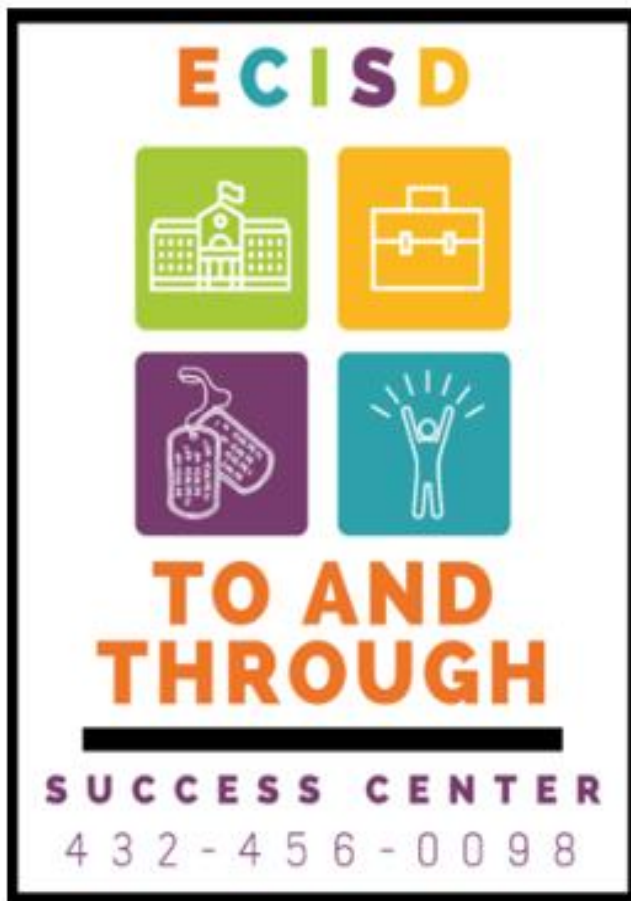
It is time to start making appointments for your senior photos! Please call

Mark's Photography at 432-337-3954

or

Jenni Moore at 806-781-5979

All OHS senior photos are due at the end of the fall semester.





In the NEWS!

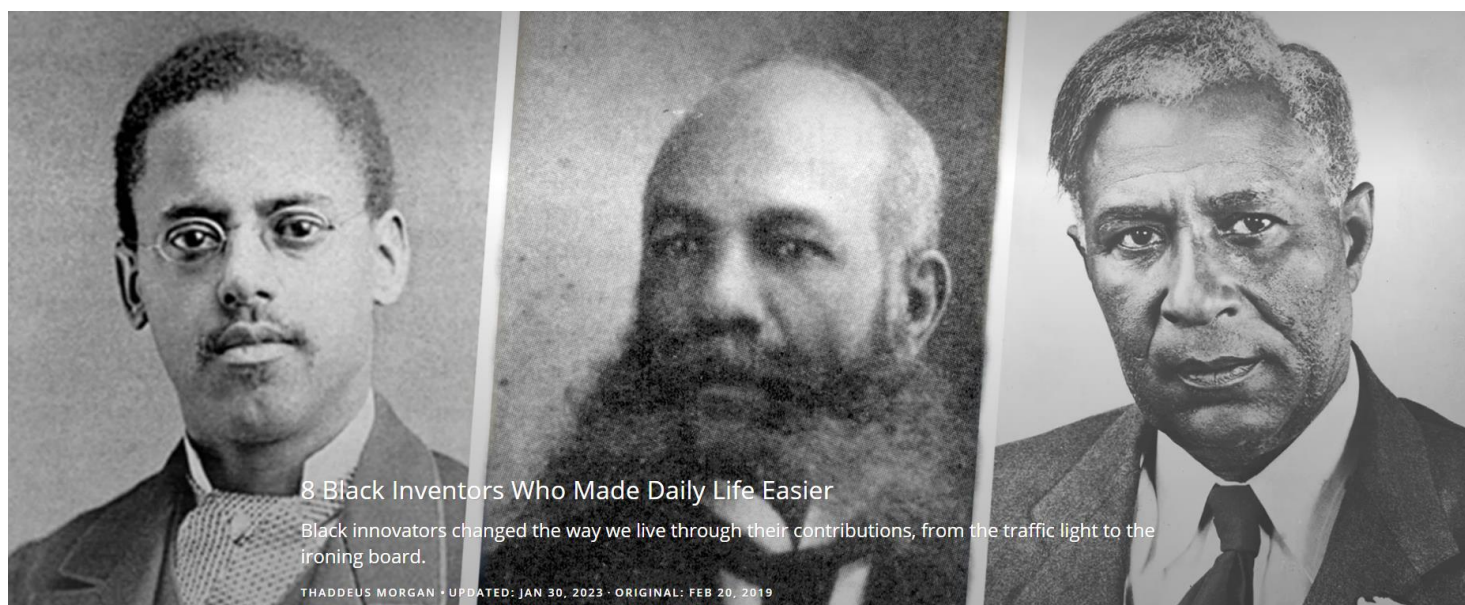


Our very own Aalyiah Mendoza (11th) celebrated a first place award with the OHS Winterguard at the North Texas Color Guard Association Competition in Dallas, TX, on January 28th, 2023. Her family accompanied her

efforts and celebration! Way to go Aalyiah!



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.



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

TPRS PARTNER EVENTS:

The Letters in **PURPLE** Stand for

P	U	R	P	L	E
PEAK OF CRYING	UNEXPECTED	RESISTS SOOTHING	PAIN-LIKE FACE	LONG LASTING	EVENING
Your baby may cry more each week, the most in month 2, then less in months 3-5	Crying can come and go and you don't know why	Your baby may not stop crying no matter what you try	A crying baby may look like they are in pain, even when they are not	Crying can last as much as 5 hours a day, or more	Your baby may cry more in the late afternoon and evening

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


PARENTING WISELY
A HIGHLY INTERACTIVE PARENTING PROGRAM


Community Outreach Center
456-8569

“ La Mejor Practica para Prevenir la Violencia en la Juventud ”
Centro de Control de Las Enfermedades





**PARENT POWER SCHEDULE
2022 - 2023
ODESSA HEAD START/EARLY HEAD START SITES**



<i>Session #</i>	<i>Date</i>	<i>"Foundations of Fatherhood"</i>	<i>Parent Power Presenters</i>	<i>Time</i>	<i>Location</i>
1	Tuesday, October 11, 2022	<i>Introduction of Program Parenthood Self-Assessment</i>	Mr. Moreno	5:30 – P.M. 7:30 P.M.	Hollingsworth Head Start Center
2	Tuesday, October 18, 2022	<i>Character of a Man</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center
3	Tuesday, October 25, 2022	<i>Influence of Character</i>	Mr. Moreno	5:30 – P.M. 7:30 P.M.	Hollingsworth Head Start Center
4	Tuesday, November 1, 2022	<i>My Anger – Friend or Foe?</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center
5	Tuesday, November 8, 2022	<i>Dealing With Guilt & Shame</i>	Mr. Moreno	5:30 – P.M. 7:30 P.M.	Hollingsworth Head Start Center
6	Tuesday, November 15, 2022	<i>My Child's Life Part I</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center
7	Tuesday, November 29, 2022	<i>My Child's Life Part II</i>	Mr. Moreno	5:30 – P.M. 7:30 P.M.	Hollingsworth Head Start Center
8	Tuesday, December 6, 2022	<i>Improving Communication</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center
9	Tuesday, January 10, 2023	<i>Healthy Relationships</i>	Mr. Moreno	5:30 – P.M. 7:30 P.M.	Hollingsworth Head Start Center
10	Tuesday, January 24, 2023	<i>Traditions, Culture & Identity</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center
11	Tuesday, January 31, 2023	<i>Developing Your Support System</i>	Mr. Moreno	5:30 – P.M. 7:30 P.M.	Hollingsworth Head Start Center
12	Tuesday, February 7, 2023	<i>Fatherhood & Parenthood – The Next Level</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center
Make- up Day	Tuesday, February 14, 2023	<i>* (Make –up Day If Necessary) *</i>	Mr. Moreno	5:30 – P.M. 7:30 – P.M.	Hollingsworth Head Start Center

** Dates Subject to Change **

**** Hollingsworth Head Start Center located at 900 S. Grant St. – Odessa*

The curricula used in the sessions are

- (1) Foundations of Fatherhood;
- (2) Moms as Gateways
- (3) Parents as Partners curriculum.

Be on time. Everyone attending will receive a nice free meal from 5:30 to 6:00. The children attending will be asked to go to a childcare room so that parents can attend the Parenting classes.

At the end of the 13-week sessions, a graduation ceremony is held at the Hollingsworth Center where certificates of completion and pins are awarded to those who complete 10 of the 13 sessions.



Mothering As Responsible Youth

Hey, young (or expecting) moms age 15-23!
Need a community of moms your age?

We got you!

Join us at **M.A.R.Y. Mentoring**, for a free dinner together and an opportunity to do life with other moms like you! Plus, childcare is always provided.

NEW Location as of 2/13/2023

WHERE: Life Center
805 N Sam Houston Ave.
Odessa, TX 79761

TIME: 6:00 pm to 8:15 pm.

WHEN:	September 12	January 23
	September 26	February 13
	October 10	February 27
	October 24	March 13
	November 14	March 27
	November 28	April 10
	December 12	April 24
	January 9	May 8

If you need a transportation Angela before noon.

Got questions? For more information, call Angela at
432.617.8378 for the M.A.R.Y. program in Odessa.

We hope to see you there!

Transportation is available to and from the meetings. Please let our TPRS staff know if you need accommodations, 456-5271.



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

TEEN PARENT RELATED SERVICES (TPRS) STAFF:



Administration Annex at NTO

Rose Valderaz, Coordinator: 456-8552

Sophia Olivarez, Admin. Asst: 456-6919



Odessa High School : 456-0029

Connie Flores, Case Worker: 456-5271

Marisela Gonzalez, Specialist: 456-5854

Erica Dangerfield, TPRS Counselor: 456-5851

Kimberly Bryer, Homebound Teacher: 456-1006

Hortencia Del Bosque, Homebound Teacher: 456-8524



Senior Celebration

Tuesday, April 18, 2023 @ 1:00 pm

Details to follow

Follow TPRS



Mark your Calendar

Wednesday, February 22, 2023

Who: TPRS Students and their parents

What: Parent Meeting with Special Guest Speakers by Crisis Center

Where: New Tech Odessa Cafeteria
300 E. 29th

When: Wednesday, February 22, 2023 from 5:30pm – 7:30pm

Love is respect. Start talking about **healthy relationships!**

February is Teen Dating Violence Awareness Month.
RSVP by 2/21, a meal will be provided.



Door prizes and
children books will be given!!

