



TPRS "Monthly Minute"

Odessa High School

March 2025



Important Dates To Remember

March 4th- International Women's Day!

March 7th- Senior Meeting 8:30 AM, Student Early Release

March 7th- 3WK Progress Reports

March 9th- Daylight Savings Time Change (Move 1 hr. ahead)

SPRING BREAK MARCH 10th-14th!

March 17th- St. Patrick's Day!

March 17th-21st- SAT testing all week!

March 27th- LAST TPRS Family Meeting, Odessa College



April 4th – END of 5th SIX WEEKS; Teachers post grades



SAVE THE DATE: April 17st- TPRS Senior Celebration (Information soon!)

MARCH is the initiation of the season that is between winter and spring. March is teasing with its weather changes and inconsistent days. We have enjoyed glorious weather followed by freezing temperatures that make us question our viability, to then be greeted with wind gusts that blow our snow jackets off. That very same day we are sunbathing and envisioning ourselves at the lake. March presents to us a whirlwind of change and unpredictability.

Now that we emerge from the cold days of winter, it's nearly impossible not to feel the birth of possibilities with the turning of the season. Nothing matches the rising energy of spring, both in nature and within ourselves. Trees start to show signs of new birth, and the sun shines with a refreshing warmth to the chilled skin. It refreshes our minds and thoughts as we start to engage in visions of blooms and butterflies. Our thoughts soon ponder of what is next and what is to be planned as we enter the new season. Give yourself time to reflect and meditate on what will be your new season. What will you give "bloom" to? Give yourself time to relax and prepare. Take in the beauty around you that we tend to overlook and not see. Prepare for the new season.



“March Motivational Message”

“Without ambition one starts nothing. Without work one finishes nothing. The prize will not be sent to you. You have to win it.”

— Ralph Waldo Emerson

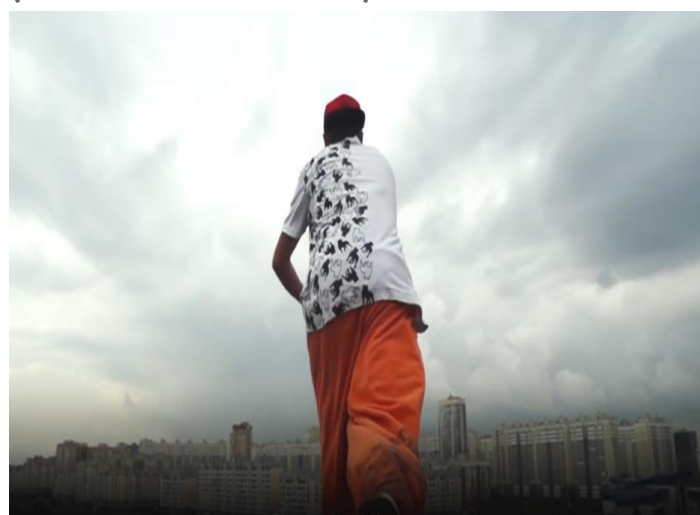
“Spring is coming... Time for some cleaning. Remove all the self-doubt, worry, jealousy, regret, anger, guilt, or any other negative emotions that are holding you back from your happy, fulfilled life.”
— Nanette Mathews

Take time to reflect on how these quotes make you feel about yourself and the season? Did you discover anything surprising? What memories do they evoke? Which quote would you say epitomizes the month of March for you? Why?

Enjoy the month of March and enjoy the new spring season as you build your best life.

Life Advice: **Fall Forward**

(Click on the title link)



SPRING FORWARD!

Sunday, March 9, 2025

**MOVE CLOCKS FORWARD
ONE HOUR AT 2AM!**





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.



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.

2025–26 FAFSA® Form Now Available!

The 2025–26 FAFSA® form is now available for all students and contributors. Complete the form to apply for financial aid for college, career school, or graduate school.

Start a 2025–26
FAFSA® Form

[Log In To Start](#)

Edit a 2025–26 FAFSA® Form or
Accept an Invitation

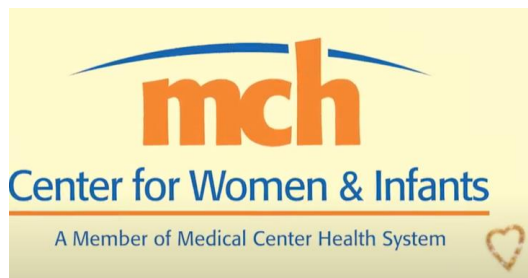
[Log In To Edit](#)



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 TO FAIL YOUR CLASSES. Call our office to discuss. Do not wait until you are failing! Act Now!



MCHS Center for Women and Infants Baby Steps Tour

<https://youtu.be/g4lptY89oqM>

Preparing for your BABY, The ABCs of Childbirth

Preparing for a baby can be overwhelming. Join us for a comprehensive series of four classes designed to prepare the expectant mother/parents for childbirth. Taught by certified childbirth educators, topics covered will include labor, delivery, comfort measures, breathing and relaxation, medical procedures, cesarean birth, understanding newborns and postpartum care.

2025 Class Dates

- March 18th, 20th, 25th, and 27th
- May 6th, 8th, 13th, and 15th
- July 8th, 10th, 15th, and 17th

All classes are free and will be from 6:30 pm – 8:30 pm.

Pre-registration is required. Please call [\(432\) 640-6000](tel:4326406000) for more information and to register for the classes.

Baby Steps Tours

One of the most important things to do before your delivery date is to take a Baby Steps Tour at the new 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.

No appointments needed, just meet us in the lobby on the first floor of the Center for Women and Infants Center and the tours will begin promptly, at the times scheduled.

- March 11, 2025 at 7:00pm
- April 8, 2025 at 7:00pm
- May 13, 2025 at 7:00pm
- June 10, 2025 at 7:00pm



CCMR & POST SECONDARY NEWS

<https://www.smores.com/sq360m>

Check out the ECISD CCMR Post Secondary Department's website for all of your college and scholarship information!

WHY ODESSA COLLEGE? (click [here](#) to see the video)



WHY UNIVERSITY OF TEXAS OF THE PERMIAN BASIN? (click [here](#) to see the video)



ODESSA COLLEGE

TPRS FAMILY MEETING

March 27, 2025

5:15 PM–6:15 PM

Wood Math & Science Building,
RM 119

WHAT DID YOU SAY?

Communication is key! Ever heard that phrase? Learn how we can effectively communicate in our family to promote better relationships. We will also make an Easter Candy basket!

(All supplies are provided. Free!)

- ✓ 1-hour session
- ✓ Grand Prize Raffle (Must be present to win)



CONTACT US

432-456-5854 (OHS)
432-456-2208 (PHS)



MCH Family Outreach
Offering Hope Since 1890



We had a great time on February 27th! A full room of parents and children engaged in learning about love languages and building healthy relationships. MCH Outreach hosted

the learning activity along with the family craft of “Painting with Love” in which we all painted

beautiful pictures on canvas to share with those that we love. Join us this month!

The Itsy Bitsy Leprechaun

Introduce your child to a magical St. Patrick's Day twist on the popular nursery rhyme "The Itsy Bitsy Spider!" This colorfully designed board book follows the leprechaun on a St. Patrick's Day adventure.

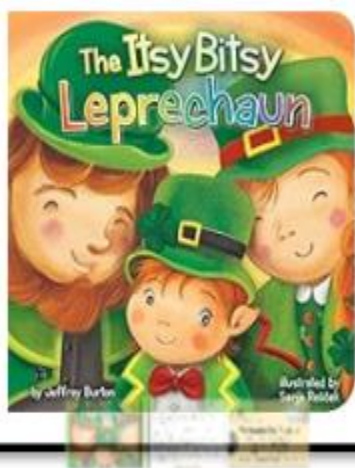
Teach your child about story sequencing. Ask "What was the leprechaun doing at the beginning of the story? What happened next? What were the leprechaun and his friends looking for? How does the story end?" Ask your child what adventure s/he would like to have!

Sing-song stories are important because it helps children learn to:

Recognize sounds: Singing breaks words down into syllables which helps children learn to sound out words.

Remember words: Music activates a different part of the brain than spoken language, which helps children remember longer.

Develop listening skills: Singing helps children hear the rhythms and rhymes of language.



READING IS FUN!

We hope you and your baby are enjoying your monthly book distribution.

Please, remember to send pictures or video of yourself reading to your baby.

We are having a grand prize drawing for students that submit a video or picture by May 1st.

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





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

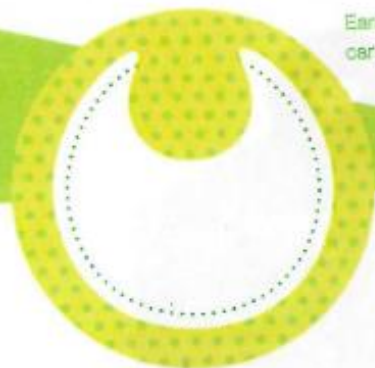
By appointment only. Call The Life Center - Odessa at 432.617.8378

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

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".



SCHEDULE:

6:30pm Crossroads Student Building

- Tuesday, January 28 | Introduction
- Tuesday, February 4 | Expect
- Tuesday, February 11 | Realize
- Tuesday, February 16 | Perceive
- Tuesday, February 23 | Testimony Night
- Tuesday, March 4 | Trust
- Tuesday, March 11 | Spring Break (no meeting)
- Tuesday, March 18 | Awake
- Tuesday, March 25 | Defend
- Tuesday, April 1 | Free
- Tuesday, April 2 | Transform
- Tuesday, April 9 | Grace
- April 15 | Easter Week (no meeting)
- April 22 | Conclusion

SPECIAL EVENTS | SHOWERS

- Saturday, April 5—Princess Day
10:00am | Crossroads Student Building
- Sunday, April 15—Embrace Grace
Baby Shower | 4:00pm | Crossroads Chapel





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)

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

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



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