



Permian High School Teen Parent Related Services March Newsletter 2025



TPRS Monthly Family Meeting Recap



TPRS had an amazing turnout at their monthly family meeting Thursday, February 27, 2025. It was nice to see teen parents and their families come together to learn, grow, and support one another. MCH Outreach was our guest speaker, sharing an important message about building healthy relationships through communication, respect, and love. We had lots of door prizes, and everyone was a winner! Both parents and students were actively engaging in the discussion, asked thoughtful questions, and shared their own experiences. Thank you to MCH Outreach for their presentation!

Highlight of the Evening – Canvas Painting



The canvas painting activity was a fun and creative way to express emotions and connect with the entire family. Each family was able to participate in the fun and be creative. Thank you to our TPRS Specialist Marisela Gonzales and Michelle Dominguez for putting this event together. Our goal is to create a welcoming, healthy and friendly environment where teen parents and their families feel supported and encouraged.

Join us for our next family meeting on March 27th at Odessa College Wood Math and Science Building, Room 119. From 5:15 pm until 6:30 pm.



March Important Dates to Remember

TSIA2 Testing March 4 - March 5

Teachers Post Grades Progress Reports March 7

Early Release Day/West Texas Relays March 7

Progress Reports to Parent Portal March 17

Spring Break March 10 - March 14

PHS Senior FAFSA Night – March 26

TPRS Family Night – March 27

Teen Parent Related Services Include

Counseling Services
Health Services
Free Child Care Services
Transportation

Tutoring
Virtual Communication
Homebound Services
Support Services

Academic Review
Truancy Intervention
Dropout Recovery
Credit Recovery

by Michelle Dominguez



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College Bound

Your future starts now! If you are a senior who is graduating in May and want to go to college, start planning today. Remember your GPA is important so pass all your classes. Colleges look at your GPA and coursework. If you need help, come to our TPRS office, C12 for assistance with either Ms. Grado or Ms. Dominguez. They can help you complete the necessary steps below:

Complete your FAFSA – <https://studentaid.gov>

Apply Texas to apply to several schools. Notice deadlines and application fees. (see your counselor for fee waivers) Remember some schools require essays, recommendation letters, or community service hours.

Take the SAT or ACT (If required) - Check if your target schools need test scores. Many are now test-optional, but a good score can boost your chances for scholarships!

Apply Scholarships - College can be expensive, but **FAFSA** helps determine eligibility for grants, loans, and work-study programs. Look for scholarships through your school, local organizations, and online platforms.

Texas College Bridge

Make sure you have your Texas College Bridge Certificates Printed and ready to turn in. Students who complete the Texas College Bridge for math or English program can earn a TSI exemption at over 100 partner colleges and universities across Texas, providing a smoother transition to higher education. Click the link on how to print [here](#).

College Career and Military

For more information select the College Career and Military link [here](#).

Early Literacy Jumpstart Program

One of the TPRS programs is the Early Literacy Jumpstart Program, which is funded through grants. During the school year, TPRS student parents receive books to read to their babies, and the students love it! We emphasize the importance of reading to babies to help prepare them for kindergarten, as it supports their social, developmental, and thinking skills. Each month, students receive a holiday-themed book. This month, the book for March is *The Itsy Bitsy Leprechaun*.

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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.

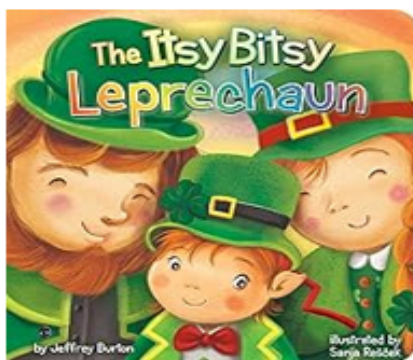
Teach your child about story sequencing. Ask "What was the leprechaun doing at the beginning of the story? What happened next? What were the leprechaun and his friends looking for? How does the story end?" Ask your child what adventure s/he would like to have!

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.



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Medical Center Health System

Your One Source for Health

Preparing for Baby

The ABC's 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

- January 14th, 16th, 21st, and 23rd
- May 6th, 8th, 13th, and 15th
- September 16th, 18th, 23rd, and 25th
- March 18th, 20th, 25th, and 27th
- July 8th, 10th, 15th, and 17th
- November 4th, 6th, 11th, and 13th

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

Pre-registration is required. Please call (432) 640-6000 for more information and to register for the classes.

The Medical Center Health System offers a free four-class series to help expectant parents prepare for childbirth. Topics include labor, delivery, breathing techniques, cesarean birth, and postpartum care. Classes are held in the evening on scheduled dates throughout the year, and pre-registration is required. They also provide Baby Steps Tours of the Center for Women & Infants to help parents familiarize themselves with the facility.

For class dates, details, and registration, visit: [Preparing for Baby](#)

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**Join us for Prom at La Hacienda
Event Center from 7 pm - 11 pm on
Saturday, April 5th, 2025**



PROM 2025

VINTAGE HOLLYWOOD

TICKETS GO ON SALE

TUESDAY, 2/25/25

WM DEN 1- AFTER SCHOOL ONLY!

PRICE: \$50.00 FOR 1 OR \$90.00 FOR 2

ALL FINES AND FEES MUST BE PAID TO PURCHASE A TICKET



Embrace
GRACE
SUPPORT GROUP

