



Weekly Newsletter

September 15-19, 2025

Peek at the Week

Monday, September 15: BBBS Starts for 9th Grade

Monday, September 15, 330-5pm: Girls Volleyball Practice, GYM

Tuesday, September 16, 330-5pm: Girls Volleyball Practice, GYM

Tuesday, September 16, 330-5pm, Cheer, GYM

Tuesday, September 16, 6-7pm: Germany, Switzerland, and Italy Information Session, Go Center

Wednesday, September 17, 330-430: Interact Mtg (Go Center)

Wednesday, September 17, 330-5pm: Girls Volleyball Practice, GYM

Wednesday, September 17, 6:45pm: Title I Annual Meeting, (VIRTUAL), **Click to join**

Wednesday, September 17, 7pm (VIRTUAL) **Click to join.**

Thursday, September 18, 330-5pm, Cheer, GYM

Friday, September 19:

There are no after school activities on Friday



Upcoming Events

Sept 26: Report Cards Distributed
October 2: No School, Teacher PD Day
October 3: No School, Holiday
October 9: Waiver Day
October 9: TACRO College Fair
October 10: Career Day
October 10: Hispanic Heritage Month Celebration
October 17: PSAT Testing

Announcements

Visit our new website!

▷ **Fri-Yay Treat Donations** Needed: Help show support of HAIS faculty and staff with our Fri-YAY Treat program. Sign up [here](#) to show your appreciation.

▷ **Action Required** by 9/1/2025: Annual Student Information Update needed. Beginning Friday, August 1, families of all returning students will complete the Annual Student Information Update through our new web-based application! This required process replaces the previous paper-based method and ensures HISD collects accurate and up-to-date student and family information at the start of each school year. Submit your information here.

<https://apps.hisd-survey.org/surveys/enrollment>

▷ **2025-2026 Transportation Concerns:** Please reach out to the HISD Transportation department directly with any transportation concerns via their concern form [here](#).

▷ Submit a new transportation request [here](#).

▷ Reminder: There is no off campus lunch and students should remain on campus all day on Fridays.

▷ Check out our new website: www.hais.houstonisd.org!

▷ Student Drop Off & Pick Up: Please utilize the left-side of Stuart as a drop off/pick up lane between the hours of (730-745; 300-345).

▷ Campus Closes: Campus closes at 4:30 Monday through Thursday and 4:00pm on Friday. Students may wait at the Spark Park or at HCC - Central after campus closes.

What's Happening in Our Classrooms

Review the [Homework and Assignment Tracker](#) to check in with your students' academic progress, see their weekly learning objective, and note any important class announcements. Navigate through the tabs at the bottom of the page to view different subject areas. If you have questions about a particular assignment, please contact the teacher.

Student Services

H AIS Counseling News

September 2025



September is Suicide Prevention Month—a reminder that your life matters and you are never alone. High school can be tough, but speaking up when you're struggling is a sign of strength, not weakness. If you or someone you know is hurting, don't stay silent—reach out to a trusted adult or friend. A simple conversation can truly save a life. Let's support one another with kindness, empathy, and courage. You never know the impact a small act of care can have. Together, we can create a safe and supportive community where everyone feels seen, heard, and valued. You matter. Always.
— Mrs. Salinas, School Counselor

Contact Information:

Email: Asalin10@houstonisd.org
Instagram: @thetattoedcounselor_
X: @CounselorAdri_
Room #: 110
Visit with a pass from a teacher or submit a SAF to schedule a meeting QR Code on 2nd page.



September is

Suicide Prevention Month

- Labor Day- Sep 1 (No School)
- PD Day- Sep 2 (No School for Students)
- Suicide Prevention Week- Sep 7-13
- World Suicide Prevention Day - Sept 10
- National Historically Black Colleges and Universities (HBCUs) Week - Sep 7-13
- Hispanic Heritage Month (Sep 15–Oct 15)

SUICIDE PREVENTION

Talking about suicide can feel overwhelming — even frightening — but it is absolutely necessary. These conversations, though difficult, can save lives. Why do they matter so much? Because suicide is now the second leading cause of death among youth ages 13 to 18, and a leading cause of death among children as young as 10 to 12. Even younger students are not immune — many have considered, attempted, or died by suicide. The reality is, we've all been impacted by suicide, whether through personal loss — a friend, a classmate, a family member — or the death of a public figure we admired.

We have a shared responsibility to support and educate one another. Life is not always easy. It can be confusing, painful, and unpredictable — but it is still precious. Every person is deserving of his love and happiness. Sometimes, reaching that place of peace takes help — whether through friendship, therapy, support from loved ones, or medical care — and that's okay.

You are not alone. At school, you are surrounded by a community that cares — friends, teachers, counselors, nurses, administrators, and staff who are here to listen, help, and guide you.

Your life matters. Your voice matters. And there is always hope.

So this September, check on a friend or family member. Ask for help or support from a caring adult.

Participate in Suicide Prevention awareness activities at school or in your community.

988 Suicide & Crisis Lifeline

Call or text 988

Chat at 988lifenw.org

WARNING SIGNS

Talking about:

Wanting to die

Great guilt or shame

Being a burden to others

Feeling:

Empty, hopeless, trapped, or having no reason to live

Extremely sad, more anxious, agitated, or full of rage

Unbearable emotional or physical pain

Change in behavior, such as:

Making a plan or researching ways to die

Withdrawing from friends, saying goodbye, giving away important items, or making a will

Taking dangerous risks such as driving extremely fast

Displaying extreme mood swings

Eating or sleeping more or less

Using drugs or alcohol more often

HOW TO HELP

Talking with and finding help for someone that may be suicidal can be difficult. Here are some tips that may help. **Be direct.** Talk openly and matter-of-factly about suicide. **Be willing to listen.** Allow expressions of feelings. Accept the feelings.

Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.

Get involved. Become available. Show interest and support. Don't dare them to do it.

Offer hope that alternatives are available but do not offer insurance reassurance.

Take action. Remove means, like weapons or pills. Get help from people or agencies specializing in crisis intervention and suicide prevention.

CHARACTER

Show your school pride—wear your colors, cheer each other on, and get involved! When you take pride in your school, you build a stronger sense of community, confidence, and belonging. That positive energy motivates you to do better, work harder, and support others. Whether it's joining a club, attending events, or just showing up with a positive attitude, your pride makes a difference. When we lift each other up, we all rise. So step up, get involved, and show the world what it means to be part of something great.





HISD Student Assistance Form (SAF)

Submit a SAF if you are in need of

- Clothing
- School Supplies
- Counseling
- Mental Health Assistance
- Job Assistance
- Rental Assistance
- Food/Nutrition Assistance
- Legal Support
- Academic Counseling

Education Beyond Our Walls



Let's go to Germany, Italy, and Switzerland!

Join Ms. Alderete on Tuesday, September 16, 6-7pm in the Go Center for the information session to learn more about how you can travel to three different countries the summer of 2027. Use the link or QR code to RSVP and let me know to expect you and your family at the meeting.

<https://rsvp.eftours.com/cddyest>

Study Abroad Opportunities!

If your student is interested in studying abroad next summer, now is the time to start exploring your options! Four great programs are open now and have upcoming deadlines / early bird discounts in addition to great scholarships! We have had students go abroad with all of these organizations in the last two years and highly recommend their programming for international high school summer abroad!

Please contact Ms. Yockey at sarah.yockey@houstonisd.org with questions if you are interested in more information or other program options. Mark your calendar for Study Abroad Night on November 13th from 6-8pm.

1. **NSLI-Y** - An incredibly prestigious program run by the US Department of State to increase knowledge of critical languages, these programs are FULLY funded including flights and living stipends! Competitive application process due at the start of November.
2. **CIEE** - A major HAIS partner who sets aside 100k in scholarships just for HAIS kids! 3-4 week programs all over the world. Our students are most likely to get scholarship funds to attend the language programs. Free flight raffles for applications completed early!
3. **AMIGOS** - A service-learning partner with trips that earn lots of volunteer hours and focus on working alongside communities across Latin America! They are offering discounts (in additions to scholarships) of \$500 to those who apply by Oct. 1 and \$300 for those applying by Nov. 1!
4. **The Experiment in International Living** - This program has a wide diversity of locations and program types (culinary arts anyone) and offered several of our students great scholarships last year.

Volunteer Opportunities

Did you know you can earn graduation regalia by completing 200 hours during your time at HAIS? Use our tracking system on Innerview.

If you need assistance on how to get started, see below or Ms. Alderete.

Service Opportunities



Celebrating All Things HAIS



Shout Out Goes to....

#PhoenixRising

Teachers, Staff, and Families: Thank you for making our annual Open House such an amazing success! It was wonderful to welcome so many people on campus and answer your questions.

-Ms. Alderete

Christina Bickley, Sarah Dalton, Rashmi Bapat, Sarah Fischer, Phaedra Friend, Jen Recio, and Heather Trachtenberg: Thank you for your work in hosting our first PTO meeting of the year and for offering it in different formats for our families.

-Ms. Alderete

Ms. Doherty and Mr. Anthony: Thank you for hosting our faculty and staff Open House dinner! Star Pizza was an amazing treat!

-Ms. Alderete

Ms. Dalton: Thank you for hosting our PTO table at Open House!

-Ms. Alderete

Submit your Shout Out for next week's newsletter.

Get Involved at HAIS

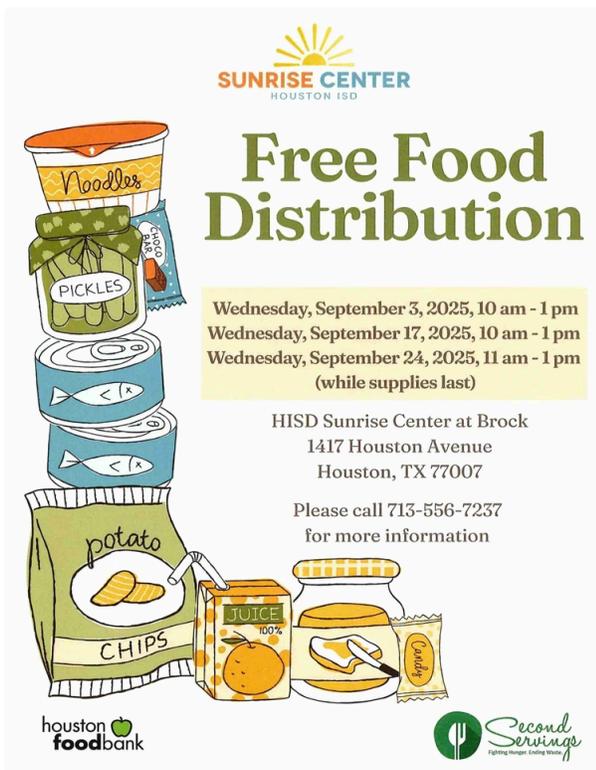
Join the HAIS PTO

The HAIS PTO will be using WhatsApp as alternate form of communication with families. If you want to stay in the know and insure you know about upcoming HAIS events, volunteer opportunities, HAIS PTO socials, HAIS PTO meetings, and announcements, join the HAIS PTO WhatsApp.

Click here to join:

<https://chat.whatsapp.com/CHSitdchuK16BLjDBX8nWG>

Additional Posts



SUNRISE CENTER
HOUSTON ISD

Free Food Distribution

Wednesday, September 3, 2025, 10 am - 1 pm
 Wednesday, September 17, 2025, 10 am - 1 pm
 Wednesday, September 24, 2025, 11 am - 1 pm
 (while supplies last)

HISD Sunrise Center at Brock
 1417 Houston Avenue
 Houston, TX 77007

Please call 713-556-7237
 for more information

Illustration of food items: Noodles, PICKLES, CHIPS, JUICE 100%, and Jandys.

Logos: houston foodbank and Second Servings (Fighting Hunger. Ending Waste.)

English



SUNRISE CENTER
HOUSTON ISD

Distribución de Comida Gratis

Miércoles, 3 de septiembre, 2025, de 10 am - 1 pm
 Miércoles, 17 de septiembre, 2025, de 10 am - 1 pm
 Miércoles, 24 de septiembre, 2025, de 10 am - 1 pm
 (hasta agotar existencias)

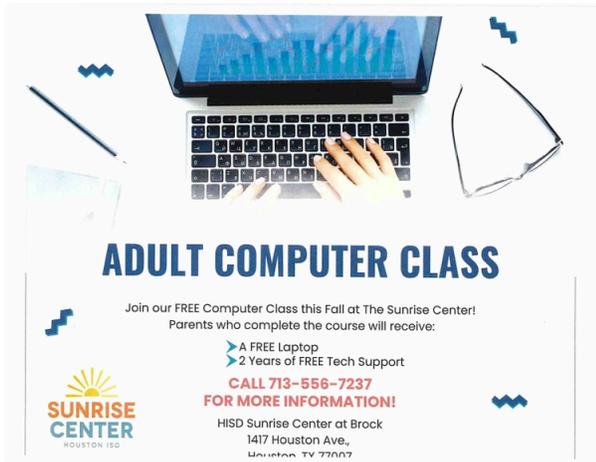
HISD Sunrise Center at Brock
 1417 Houston Avenue
 Houston, TX 77007

Para más información,
 llame al 713-556-7237

Illustration of food items: Noodles, PICKLES, CHIPS, JUICE 100%, and Jandys.

Logos: houston foodbank and Second Servings (Fighting Hunger. Ending Waste.)

Spanish



ADULT COMPUTER CLASS

Join our FREE Computer Class this Fall at The Sunrise Center!
Parents who complete the course will receive:

- > A FREE Laptop
- > 2 Years of FREE Tech Support

CALL 713-556-7237 FOR MORE INFORMATION!

HISD Sunrise Center at Brock
1417 Houston Ave.,
Houston, TX 77007



CLASE DE COMPUTACIÓN PARA ADULTOS

¡Únase a nuestra CLASE DE COMPUTACIÓN GRATUITA este otoño en The Sunrise Center!
Los padres que completan el curso recibirán:

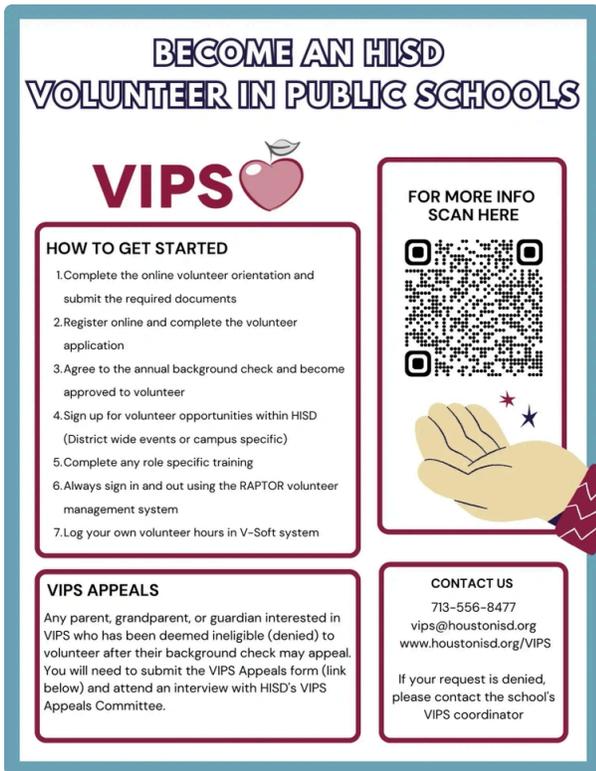
- > Una computadora portátil GRATIS
- > 2 años de soporte técnico GRATIS

LLAME AL 713-556-7237 PARA MAS INFORMACION!

HISD Sunrise Center at Brock
1417 Houston Ave.,
Houston, TX 77007

English

Spanish



BECOME AN HISD VOLUNTEER IN PUBLIC SCHOOLS

VIPS 

FOR MORE INFO SCAN HERE

HOW TO GET STARTED

1. Complete the online volunteer orientation and submit the required documents
2. Register online and complete the volunteer application
3. Agree to the annual background check and become approved to volunteer
4. Sign up for volunteer opportunities within HISD (District wide events or campus specific)
5. Complete any role specific training
6. Always sign in and out using the RAPTOR volunteer management system
7. Log your own volunteer hours in V-Soft system

VIPS APPEALS

Any parent, grandparent, or guardian interested in VIPS who has been deemed ineligible (denied) to volunteer after their background check may appeal. You will need to submit the VIPS Appeals form (link below) and attend an interview with HISD's VIPS Appeals Committee.

CONTACT US
713-556-8477
vips@houstonisd.org
www.houstonisd.org/VIPS

If your request is denied, please contact the school's VIPS coordinator



CÓMO SER UN HISD VOLUNTARIO EN ESCUELAS PUBLICAS

VIPS 

PARA MÁS INFORMACIÓN ESCANEAR AQUÍ

CÓMO EMPEZAR

1. Complete la orientación en línea y los documentos requeridos.
2. Regístrese en línea y complete la solicitud de voluntario.
3. Cumpla con la investigación de antecedentes para ser un voluntario APROBADO.
4. Inscríbese en tareas de voluntario en el distrito, una escuela o un programa.
5. Complete la capacitación necesaria para tareas específicas.
6. En cada sitio, registre su entrada y salida en el sistema RAPTOR de gestión de voluntarios.
7. Registre sus horas de trabajo voluntario en el sistema RAPTOR.

VIPS APPEALS

Cada padre, abuelo o tutor interesado en VIPS que haya sido considerado inelegible (denegado) para ser voluntario después de su investigación de antecedentes, podrá apelar. Deberá presentar el formulario de Apelaciones VIPS y asistir a una entrevista con el Comité de Apelaciones VIPS de HISD.

CONTACTE CON VIPS
713-556-8477
vips@houstonisd.org
www.houstonisd.org/VIPS

Si su solicitud es denegada, sírvase contactar con el coordinador de VIPS de la escuela

Volunteer at HAIS

Volunteer at HAIS

HISD

Welcome to the Family Connections Corner

At HISD, we want to ensure our families have all the information they need to support their students. This Family Connections Corner is designed for you to sign up for District programs and services or access help with an issue. **If you have any questions, feel free to contact the HISD Family Connections Center at 713-556-7121.**



Sign up for ParentSquare
Contact your Campus Front Office for more information



Annual Student Information Update
Contact your Campus Front Office for more information



Submit a Student Assistance Form (SAF)
Contact a Sunrise Center
SunriseCenters@houstonisd.org
713-556-8484



Submit a Question or Concern
Contact the HISD Family Connections Center
ParentAssistance@houstonisd.org
713-556-7121



Become a Volunteer
Contact Volunteers in Public Schools (VIPs) Program
Vips@houstonisd.org
713-556-7206



Sign up for Hazel Health
Contact Health and Medical Services
healthms@houstonisd.org
713-556-7280

713-556-3223 ParentAssistance@houstonisd.org

HISD

Bienvenidos al Rincón de Conexiones para las Familias

En HISD, queremos asegurarnos de que nuestras familias tengan toda la información que necesitan para apoyar a sus hijos. Este Rincón de Conexiones para las Familias está diseñado para que se inscriban en los programas y servicios del Distrito o para asistencia con cualquier problema. **Si tiene alguna pregunta, no dude en comunicarse con el Centro de Conexiones para las Familias de HISD al 713-556-7121.**



Regístrate en ParentSquare
Comuníquese con la oficina principal de su escuela para obtener más información.



Actualización anual de información estudiantil
Comuníquese con la oficina principal de su escuela para obtener más información.



Envíe un formulario de asistencia estudiantil (SAF)
Comuníquese con el Centro Sunrise
SunriseCenters@houstonisd.org
o al 713-556-8484



Envíe una pregunta o inquietud
Comuníquese con el Centro de Conexiones para las Familias de HISD en
ParentAssistance@houstonisd.org
o al 713-556-7121



Sea un voluntario
Comuníquese con el Programa de Voluntarios en las Escuelas Públicas (VIPs) en
Vips@houstonisd.org
o al 713-556-7206

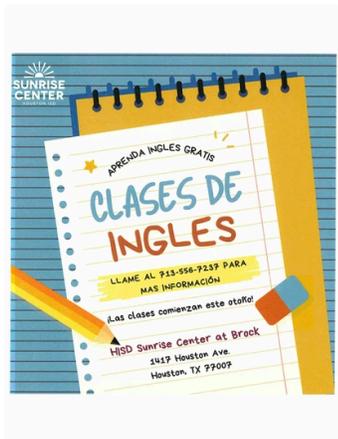


Regístrate para Hazel Health
Comuníquese con Servicios de Salud y Médicos en
healthms@houstonisd.org
o al 713-556-7280

713-556-3223 ParentAssistance@houstonisd.org

Stay Connected - Register for Parent Square, PowerSchool, and so much more!

Manténgase conectado: ¡regístrese en Parent Square, PowerSchool y mucho más!



Join at the HISD Sunrise Center at Brock