



Weekly Newsletter

October 27-31, 2025

Peek at the Week

Red Ribbon Week

Monday, October 27, 330-430: Model UN (201)

Tuesday, October 28, 330-5pm, Cheer, GYM

Tuesday, October 28, 345-530: Girls BB Practice

Wednesday, October 29: HAIS Pink Out!

Wednesday, October 29, 330-430:

Interact Mtg (Go Center)

Thursday, October 30, 330-5pm, Cheer, GYM

Thursday, October 30, 345-530: Girls BB Practice

Thursday, October 30, 530-730: Girls and Boys VB Game vs NECHS @ Jones Future Academy

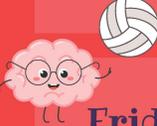
Friday, October 31: No Halloween costumes, per the Superintendent

****There are no after school activities on Friday****



Red Ribbon Spirit

October 27-31 Week

 Monday	<p>Monday- Oct 27: - Decades Day Dress your favorite era: Y2K, 70's, 90's Grunge</p> <p>"No matter the era saying no is always in style"</p>
 Tuesday	<p>Tuesday- Oct 28: - Twin/Duo Day Dress up with your bestie(s) in matching looks</p> <p>"Team up against Drugs"</p>
 Wednesday	<p>Wednesday- Oct 29: - H AIS PINK OUT Stand against Breast Cancer and Drugs</p> <p>"On Wednesday We Wear Pink" to support!</p>
 Thursday	<p>Thursday- Oct 30: - Swap Day Teachers dress like students & students dress like teachers. Dress Like Each Other, Support One Another"</p>
 Friday	<p>Friday- Oct 31: - Mathletes v Athletes Dress up Sporty/Jock or Nerdy/Bookworm "Teamwork and intelligence > risky behavior"</p> <p><u>*No Halloween Costumes*</u></p>

Upcoming Events

- November 5, 4-8pm: PTO Spirit Night at Chipotle (see flyer below)
- November 7: Staff PD, no HISD school
- November 11: Veterans Day
- November 13, Waiver Day, Club Fundraising
- November 13: Study Abroad Night for families
- November 15: Annual Phoenix Festival
- November 24-28: Thanksgiving Break

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.

▷ **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.

HAIS Counseling News

November 2025

THANK YOU

You've made it through a big part of the school year already—take a moment to be proud of that. This is a great time to reflect on your progress, both in school and in life. Are you meeting the goals you set at the beginning of the year? If not, don't worry—it's never too late to reset, refocus, and keep growing.

Ask yourself: What's working well for me? What can I improve? Whether it's time management, study habits, or how you take care of yourself, small changes can lead to big progress.

November is also a month of gratitude. Take time to appreciate the people, opportunities, and moments that bring you joy and support. Gratitude can shift your mindset, reduce stress, and help you find balance during challenging times.

Keep pushing forward. You're learning, growing, and doing better than you think.
—Mrs. Salinas, School Counselor

Contact Information:

Email: Asalin10@houstonisd.org
 Instagram: @thetattooedcounselor_X; @CounselorAdriL
 Visit with a pass from a teacher or submit a SAF to schedule a meeting
 QR Code on 2nd page.

November is National Scholarship, College Application, and Native American Heritage Month

Important Dates

- PD Day – Nov 7 (No School for Students)
- Veterans Day – Nov 11
- World Kindness Day – Nov 13
- Thanksgiving Break – Nov 24–28 (No School)
- Native American Heritage Day – Nov 28

MENTAL HEALTH

Easy Coping Strategy: Take a 5-Minute Reset
 When stress feels overwhelming, try this simple 5-minute reset:

Pause and Breathe – Close your eyes and take slow, deep breaths: in for 4 seconds, out for 4 seconds. Do this for one minute to calm your body and mind.

Ground Yourself – Look around and name: 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste or are grateful for

Refocus – Remind yourself: "This feeling is temporary. I can handle this one step at a time."

COLLEGE

Freshman/Sophomore: Focus on grades, get involved in clubs, sports, or volunteering, and explore your interests. Begin learning about college options.

Junior Year: Take the PSAT/SAT, research colleges, attend college fairs, and visit campuses if possible. Start building your resume and list of achievements.

Senior Year: Finalize your college list, complete applications, write essays, and apply for financial aid (FAFSA opens October 1). Request recommendation letters early and stay on top of deadlines.

Throughout high school: Keep your grades strong, stay involved, and ask for help when needed. Planning ahead keeps you on track for college success!

SCHOLARSHIPS

Houston Livestock Show & Rodeo offers over 800 scholarships, awarding up to \$20,000. Open to Texas seniors planning to attend a Texas college, requires FAFSA completion

Jack Kent Cooke Foundation offers prestigious national scholarships up to \$40,000/year, renewable, plus support services

Student Tips
 Create a spreadsheet of deadlines, requirements, and award amounts.
 Start early—many deadlines fall between January–May.
 Never pay to apply for scholarships

CHARACTER

Gratitude isn't just about saying "thank you"—it's a mindset that can change your life. When you take time to appreciate what you have, who supports you, and even the small wins in your day, you become more positive, thoughtful, and resilient.

Practicing gratitude helps you focus less on what's missing and more on what matters. It builds stronger relationships, improves your mental health, and helps you handle challenges with a better attitude. Grateful people tend to be kinder, more empathetic, and better at handling stress—qualities that make you not just a better student, but a better friend, teammate, and leader.



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.

Education Beyond Our Walls

Study Abroad Opportunities!

If your student is interested in studying abroad next summer, now is the time to start exploring your options! **We will have Study Abroad Night from 6-8pm at HAIS on Thursday, November 13th to hear from great programs. Please mark your calendar to attend!**

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.

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 November 12th so now is the time!**
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 \$300 for those applying by Nov. 1 plus have many scholarship opportunities!
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.
- 5.



INTERNATIONAL STEM PROGRAM
in London

British American Foundation of Texas provides High School Juniors in Texas with an all-expenses paid (program, flights, passport, food, transfers, accommodation, insurance, etc.) attendance at the London International Youth Science Forum - www.liysf.org.uk.

LIYSF is 2 week summer STEM program held at Imperial College London (UK's MIT) & The Royal Geographical Society with lectures from world-leading scientists and Nobel prize winners and visits to other leading research centers, including Oxford and Cambridge Universities.

Applicants MUST be:

- High School Juniors enrolled in full-time education in Texas;
- From a low-income family and excelling in STEM;
- Able to attend an awards ceremony in Houston in April and depart from Houston in July.

To apply before January 31st visit www.baftx.org

FREE Trip to London in 2026 - Opportunity for Juniors!

You don't want to miss the opportunity to apply for the BAFTX STEM program in London for summer 2026! Only for HS Juniors from Texas, this is an amazing program! Apply by January 31st!

Learn more at their website here:

[International STEM Program — British American Foundation of Texas](#)

Watch videos from past participants here: **[High School Juniors — British American Foundation of Texas](#)**

Application Link here: **[International STEM Program Application Form — British American Foundation of Texas](#)**

Amigos

Early Bird Discount

By submitting your application by November 1st, you can take advantage of a \$300 discount on your 2026 summer program fees.

APPLY AT
[HTTPS://AMIGOSINTERNATIONAL.ORG/](https://amigosinternational.org/)

Get Involved at HAIS

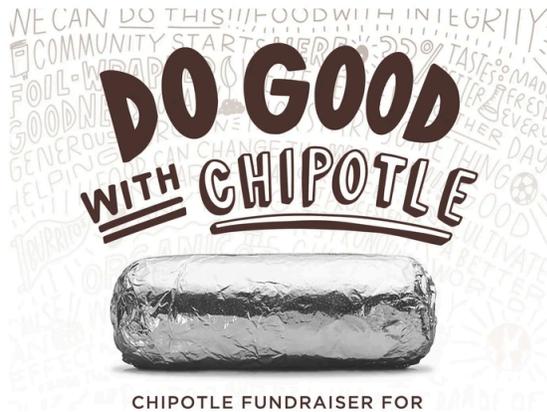
Join the HAIS PTO

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>

HAIS PTO Fundraiser 11/5, 4-8pm



CHIPOTLE FUNDRAISER FOR
HAIS PTO

25% OF EVENT SALES GET DONATED TO THE CAUSE

WEDNESDAY, NOVEMBER 5TH | 4-8PM
2625 LOUISIANA ST STE K, HOUSTON, TX, 77006

ORDER ONLINE FOR PICKUP USING CODE **8TMBEY6**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.



RECAUDACIÓN DE FONDOS PARA
HAIS PTO

25% DE LAS VENTAS DEL EVENTO SERÁN DONADAS A LA CAUSA

MIÉRCOLES, NOVIEMBRE 5º | 4-8PM
2625 LOUISIANA ST STE K, HOUSTON, TX, 77006

ORDENA EN LÍNEA PARA RECOGER USANDO EL CÓDIGO **8TMBEY6**
O MUESTRA ESTE VOLANTE EN EL RESTAURANTE



Para que las órdenes en línea se tengan en cuenta para el evento de recaudación de fondos, deberán ser del mismo lugar del evento y realizarse durante las horas del mismo. Las órdenes con servicio de entrega y las realizadas con una tarjeta de regalo no cuentan para el evento. Se requiere un mínimo de \$150 dólares de ventas para recibir cualquier donación.

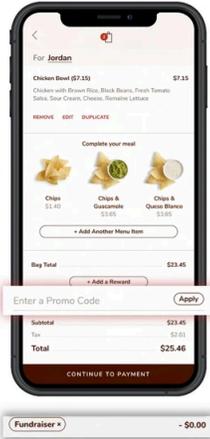
ONLINE FUNDRAISERS

Congratulations on your upcoming Chipotle fundraiser! Below are details on how to participate in your fundraiser online through the [Chipotle App](#) or [Chipotle.com](#).

Please note all online orders for your fundraiser must be within your scheduled hours and only at the restaurant hosting your event.

- 1** Access the **Chipotle app** or order on our **website**.
- 2** Choose **"Pickup"** and select the location of the restaurant which is hosting your fundraiser.
Delivery orders or orders placed through other apps will not be counted towards your fundraiser.
- 3** Build your order with all your faves.
- 4** Once you're ready to place your order, input your unique online fundraiser code in the "Enter a Promo Code" section. Don't forget to click "Apply."
- 5** Provide payment information and submit your order for pickup (not delivery). **Reminder, pickup must be within the hours of your scheduled fundraiser.**

If you or your supporters forget to input and apply the code at checkout, please email us your order information at fundraisers@chipotle.com.



HELPFUL TIP

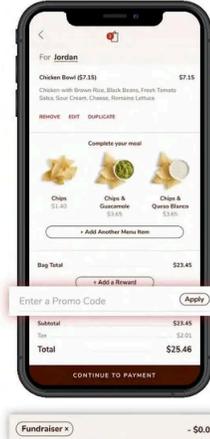
Once you apply your fundraiser code, your cart will show "Fundraiser" and an amount of -\$0.00. Don't panic — this is totally normal and how we track the code in our system.

RECAUDACIÓN DE FONDOS EN LÍNEA

¡Felicitaciones por tu próximo evento de recaudación de fondos de Chipotle! A continuación encontrarás los detalles sobre cómo participar en tu evento de recaudación de fondos en línea mediante la aplicación [Chipotle](#) o [Chipotle.com](#).

Ten en cuenta que todas las órdenes en línea para tu evento de recaudación de fondos deben realizarse dentro de tu horario programado y únicamente en el restaurante anfitrión del evento.

- 1** Accede la aplicación **Chipotle** o realiza una orden en nuestro **sitio web**.
- 2** Elige **"Pickup"** y selecciona la ubicación del restaurante anfitrión de tu evento de recaudación de fondos.
Las órdenes con servicio de entrega o las realizadas a través de otras aplicaciones no se tendrán en cuenta para tu evento de recaudación de fondos.
- 3** Crea tu orden con todos tus ingredientes favoritos.
- 4** Cuando estés listo para realizar tu orden, ingresa tu código único de recaudación de fondos en línea en la sección "Enter a Promo Code". No olvides hacer clic en "Apply."
- 5** Ingresa la información de pago y presenta tu orden para ser recogida (no entregada). **Recuerda que la recogida debe realizarse dentro de las horas de tu evento de recaudación de fondos programado.**



CONSEJO ÚTIL

Una vez que apliques tu código de recaudación de fondos, tu carrito indicará "Fundraiser" y una cantidad de \$0.00. No te asustes; esto es completamente normal y es la forma en que controlamos el código en nuestro sistema.

Si tú o tus seguidores olvidan ingresar y aplicar el código al pagar, envíanos la información de tus órdenes a fundraisers@chipotle.com.

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.



2025 Metal and Muscle Expo Volunteers Needed

The Houston Adapted Sports Club is excited to announce that the **2025 Metal and Muscle Expo** is coming up, and we are seeking enthusiastic volunteers to help make this year's event a success! This expo is one of the largest adaptive sports events in the region, showcasing the incredible strength, skill, and resilience of athletes with physical disabilities.

Volunteer roles include event setup/teardown, table work (scoreboard, scoresheet, shotclock), and supporting various adaptive sports activities. No prior experience is required—just a positive attitude and willingness to help. Training and orientation will be provided.

This is an excellent opportunity for students to:

- Earn community service or volunteer hours
- Gain hands-on experience in adaptive sports and event management
- Support athletes and promote inclusivity in recreation and sports
- Be part of an inspiring and impactful community event

 **Event Dates:** December 3rd - 7th

 **Location:** George R. Brown Convention Center, 1001 Avenida De Las Americas, Houston, TX 77010

If you or your organization is interested in participating, please complete our volunteer sign-up form here: <https://www.signupgenius.com/go/10C0A4CADAF2CABFFC52-58176590-metal>

Join us for the
**62nd Annual
Candlelight Tour**

Friday, December 12
Saturday, December 13

Come as you wish between
the hours of
5:30 PM – 8:30 p.m.
(Tours close at 8:30 p.m.)

Tickets for Adults are \$20
and \$10 for young ones from
5 to 18 years of age.
Children under 5 are free.

1100 Bagby Street HTX 77002
www.heritagesociety.org



**STEVENSON MS
STEM FALL
FESTIVAL**

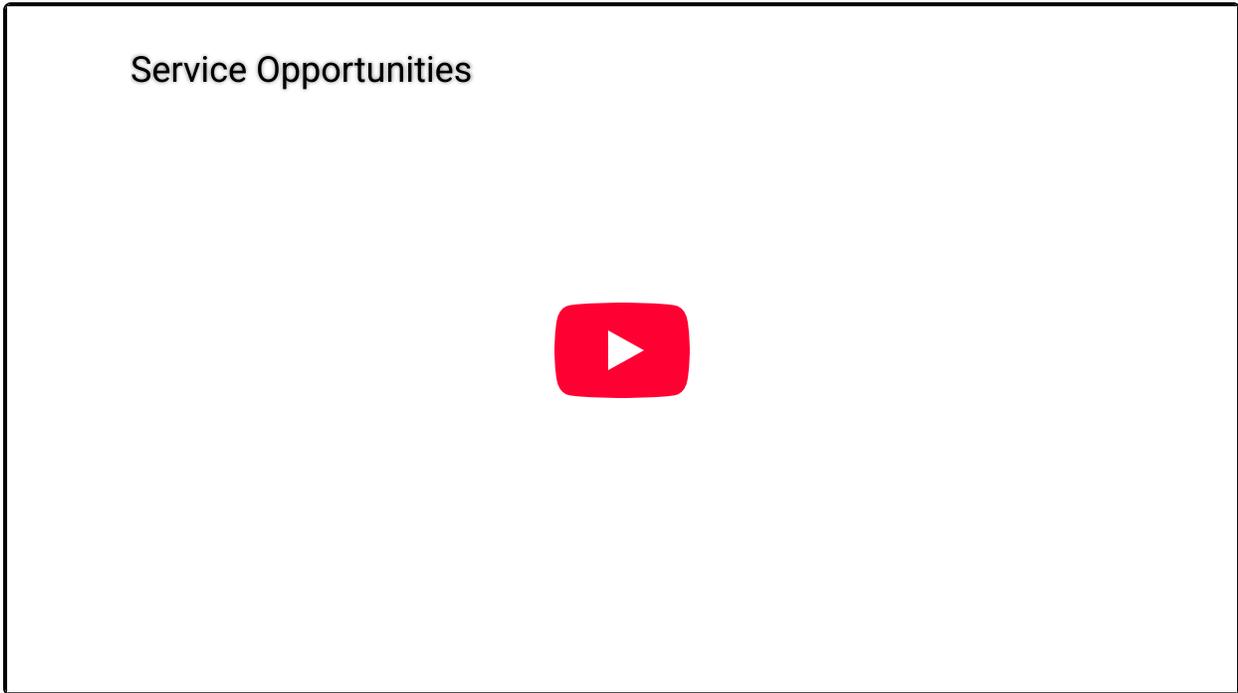
 **STEM ACTIVITIES & DEMOS**

 **FALL GAMES & FAMILY FUN**

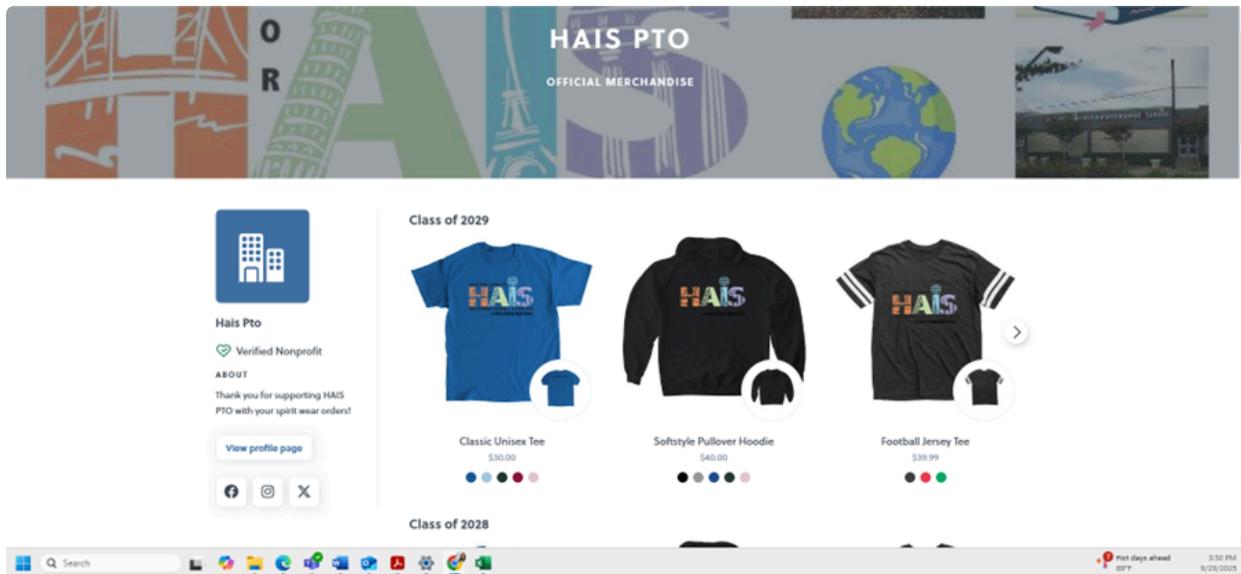
 **MUSIC-FOOD-LEARNING**

OCTOBER 30TH 2025
5:00 PM - 7:00 PM
9595 WINKLER DR, HOUSTON, TX 77017





Celebrating All Things HAIS



Order Your HAIS c/o Gear Here



Shout Out Goes to....

#PhoenixRising

Ms. Yockey - Thank you for arranging the Executive Director of BAFTX to come and speak with our juniors about an amazing, fully-funded study abroad opportunity.

-Erica Alderete

Ms. Washington & Ms. Lopez: Great job with the first EY meeting of the year!

-Erica Alderete

Submit your Shout Out for next week's newsletter.

Family Services

SUNRISE CENTER - BROCK'S

TRUNK OR TREAT

TUESDAY, OCTOBER 28TH

SUNRISE CENTER-BROCK
1417 HOUSTON AVE
HOUSTON, TX 77007

FROM
4 PM - 6 PM

WEAR YOUR COSTUMES &
BRING YOUR HALLOWEEN
SPIRIT!

FREE ADMISSION - ALL AGES WELCOME

QUESTIONS? CALL 713-556-7237 FOR MORE INFORMATION

SUNRISE CENTER - BROCK'S

TRUNK OR TREAT

martes, 28 de octubre

SUNRISE CENTER-BROCK
1417 HOUSTON AVE
HOUSTON, TX 77007

DE
4 PM - 6 PM

¡USA TU DISFRAZ Y TRAE
TU ESPÍRITU DE
HALLOWEEN!

ENTRADA GRATUITA - TODAS LAS EDADES BIENVENIDAS

¿PREGUNTAS? LLAME AL 713-556-7237 PARA MÁS INFORMACIÓN

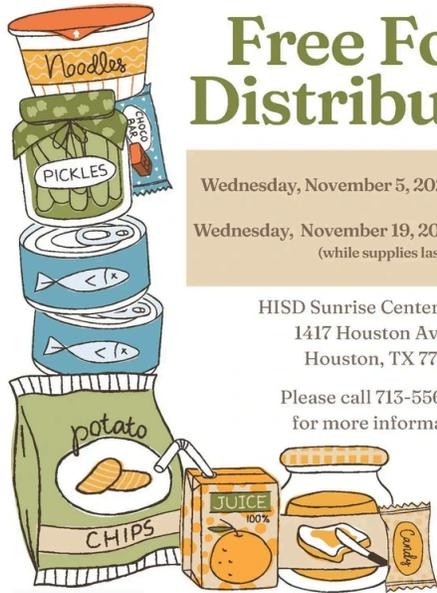


Free Food Distribution

Wednesday, November 5, 2025, 10 am - 1 pm
 Wednesday, November 19, 2025, 12 pm - 2 pm
 (while supplies last)

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

Please call 713-556-7237
 for more information






Distribución de Comida Gratis

Miércoles, 5 de noviembre, 2025, de 10 am - 1 pm
 Miércoles, 19 de noviembre, 2025, de 12 pm - 2 pm
 (hasta agotar existencias)

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

Para más información,
 llame al 713-556-7237






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



Does your child sometimes need basic over-the-counter medication while at school?

Hazel Health can help your child stay at school and give your child medication in the school clinic with the school nurse.

Scan the QR code below to sign up and/or to opt out of this free new health program. You may also speak with Nurse Ambrosia, just call her at school (713-942-1430) to get help consenting or to find out more information about Hazel Health Services.



Please help your HAIS School Nurse Ambrosia by consenting or opting out to decline this new free telehealth HISD service for our students. Help us reach a goal of 100% total parent participation. Your opinion matters and we are here to serve you.

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!

Additional Posts