



TPRS "Monthly Minute" Odessa High School

October 2023



Important Dates To Remember>>>>>>

3 WEEK PROGRESS REPORTS--- October 11th

6 WEEK PROGRESS REPORTS---October 28th

**September 28th-TPRS Family Meeting,
Odessa College Tour 5:30- 6:30PM**

October 3rd- Dad U Meeting

October 7th- 3 weeks Grade Reports

October 9th-Mary Mentoring See Flyer included for details. Required attendance.

October 9th-Columbus Day Holiday! No School

October 19th-Student Early Release Day!

October 26th-TPRS Parent Meeting, Odessa College

October 28th-End of 2nd 6 WEEKS!!

TESTING DATES:

PSAT/ NMSQT- October 12th

SAT- October 11th

**Hispanic
Heritage Month**
September 15-October 15



**"GRADES GO
DOWN WHEN YOU
ARE NOT
AROUND..."**

Attendance is essential to school success. Absences, excused and unexcused, can quickly add up to cause academic trouble. Please, visit with your corral if you feel that you have lost credits due to attendance.

(Please review the link below for help to improve school attendance. Click on the link or copy and paste the link in a new window.)

ENGLISH: https://attendanceworks.org/wp-content/uploads/2017/08/AW_HS-flyer-1-pager.pdf

SPANISH: https://attendanceworks.org/wp-content/uploads/2017/08/AW_HS-flyer_Spanish.pdf



Words of Wisdom

"The only difference between where you are and where you want to be, are the steps you haven't taken yet."

---Rigel J. Dawson



DID YOU KNOW?

Did you know that Dad's involvement during pregnancy positively influences health outcomes for mom, dad, and baby? From pregnancy loss, maternal and infant mortality, post-partum health, and parenting transition, father involvement has a key role to play.

Yet, keeping fathers involved is sometimes easier said than done when the path to involvement is not always as clear for men as it is for the mom. But there are some great tools out there that can guide fathers in staying engaged throughout pregnancy and into infancy.

One such tool was developed through a collaboration by the Center for Health Communication, Texas Safe Babies, and SAGA at the University of Texas Austin: the [Fathers Playbook](#) app. This free app is designed to give dads a week-by-week breakdown of what is happening to mom and baby, practical tips for understanding pregnancy, and checklists for financial goals and preparation, to name a few features. Check out the website, where there is also information for providers on how to get materials to share with clients and help them learn about this great resource!

And don't stop there. Let's keep encouraging fathers to stay involved and let them know that they do matter, at all stages of their child's life.

Father's Playbook

About to be a Dad and trying to make sense of pregnancy, what to do, and where to start? The Father's Playbook app is here to help. This app is developed for guys to help them understand pregnancy and prepare them for after the baby comes.

Reminders for Trick or Treating!

It is not safe to let kids walk the streets by themselves. Make sure that an adult is going with them. If you can't take them yourself, see if another parent can.

Show your children know how to cross a street properly.

Always look both ways before crossing the street and should only cross at corners or crosswalks. If you have more than one child, ensure the older child takes the hand of the younger child when they cross a street.

Teach your kids about not getting into strangers' cars or talking to strangers, no matter what the person says to them.

“What Are You Up To?”

TPRS students were on a field trip on September 15th to visit the ECISD Zavala Childcare Center and MCH Labor and Delivery departments. We were welcomed by ECISD and MCH staff. They provided tours of the facilities and offered a wealth of information to our students. The objective of our visits was to inform TPRS students of free childcare available to them while attending ECISD. The tour of “Labor and Delivery” area of the hospital showed our students what to expect as they embark into the motherhood chapter of their lives.



MCH also offered a workshop to discuss postpartum depression, early childcare, and breastfeeding.

A huge “Thank you” to our partners and the collaborated efforts in making our educational opportunity a success!



SENIOR SECTION:

ECISD SAT SCHOOL DAY

FOR SENIORS ONLY:

Wednesday, October 11, 2023

Please contact your Campus College Advisor.



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.
- FEV tutoring- online tutoring by appointment

There is NO REASON FOR YOU NOT TO BE PASSING YOUR CLASSES. Call our office to discuss. Do not wait until you are failing your semester!

FREE

Did you know that as an ECISD TPRS student that you are eligible to receive childcare services and transportation to school for **FREE!**

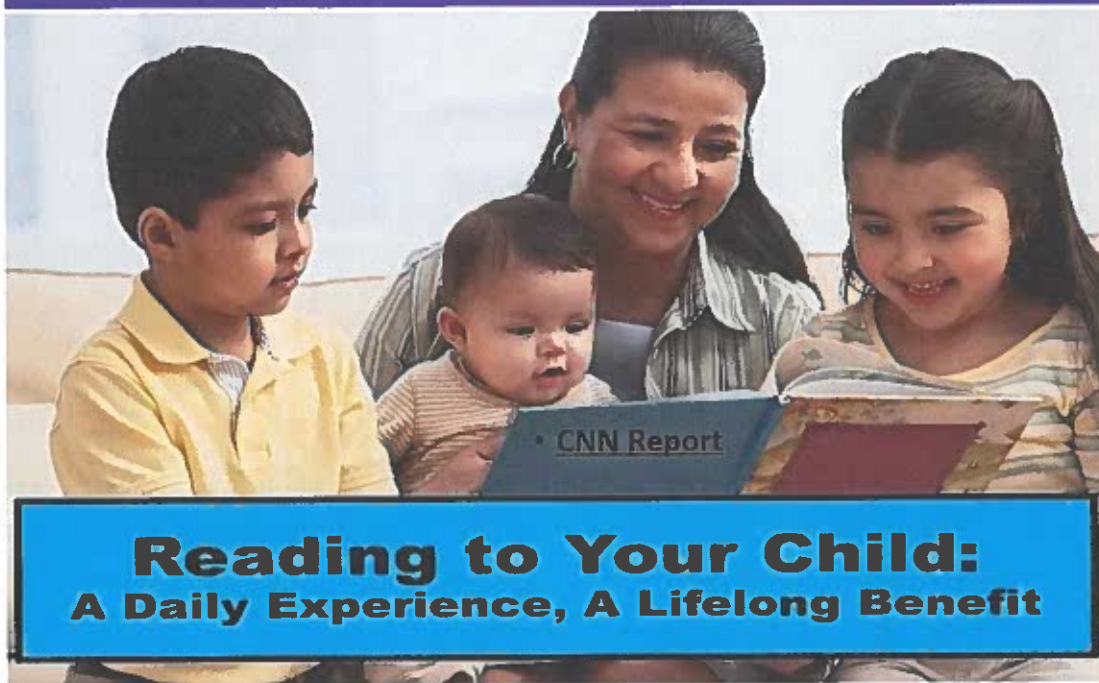
If you attend OHS, COC, or EAA campuses you can go to school and not have to worry about who is going to take you to school or who is going to take care of your child. This peace of mind is **FREE!**

It is proven fact, TPRS students that utilize childcare services improve and/or continue to do well with attendance and grades. **FREE** Childcare also helps with establishing a daily routine for your baby so that s/he will sleep during the night, giving parents a good night's rest.

We encourage you to call the center or our office to set up a tour to see the ECISD facility and meet the staff.

You will love it!

 **ODESSA COLLEGE**



**Reading to Your Child:
A Daily Experience, A Lifelong Benefit**

Reading helps strengthen the bond between you and your baby.

Reading helps develop imagination and creativity.

Reading helps with listening skills.

Reading helps with language development.

Reading helps develop a large vocabulary.

Reading helps with cognitive brain development.

Reading helps with empathy.

Reading enhances concentration.

Read to your kids daily; their future depends on it.

Brought to you by: TPRS Babies and Books Initiative, An Early Literacy Jumpstart

Odessa College and TPRS will host our

FAMILY MEETING on October 26th, 2023 to discuss:

“Healthy Relationships Don’t Hurt”

Healthy relationships involve honesty, trust, respect and open communication between partners and they take effort and compromise from both people. There is no imbalance of power. Partners respect each other's independence, can make their own decisions without fear of retribution or retaliation, and share decisions. What does a healthy relationship look like?

Make plans to join our TPRS Family Meeting

on October 27th, in the Odessa College Gregory D. Williams Hall,

on the corner of University and Roberson,

across the street from the Wrangler Center.

5:30-6:30PM



 **ODESSA COLLEGE**

TPRS FAMILY MEETINGS 2023-2024



All of our meetings will involve discussion topics and activities. We want to provide an interactive opportunity for you and your child to learn about parenting and allow an opportunity for questions that you or your child may have about this journey. Our speakers will engage our attendants in discussions, games, activities that will help our teen parents and families understand important facets of being a parent.

All meetings will provide refreshments and snacks.

Topics will include:

- Pregnancy Basics
- Nutrition
- Birthing
- SIDS and Newborn Handling
- Bonding and Infant Play
- Post-Partum Depression
-and so much more!

Meeting Time 5:30-6:30PM Odessa College, Gregory D. Williams Hall

Location for our meetings are subject to change. We will send notices, if needed. Do not worry if you are late. We prefer that you attend. All handouts will be available to you if you are absent. Parents of our TPRS students are required to attend at least 5 meetings. There is lots to learn. We look forward to helping you and your child in the journey of parenthood and school. Let's learn together. We look forward to seeing you!

- August 31, 2023
- September 28th, 2023
- October 26th, 2023
- November/December- No Meeting.
- January 25th, 2024
- February 29th, 2024
- March 21st, 2024
- April/May-No Meeting.

Door Prizes will be given.



TPRS PARTNERS & EVENTS:

The Letters in **PURPLE** Stand for

PURPLE

PEAK OF CRYING

Your baby may cry more each week, the most in month 2, then less in months 3-5

UNEXPECTED

Crying can come and go and you don't know why

RESISTS SOOTHING

Your baby may not stop crying no matter what you try

PAIN-LIKE FACE

A crying baby may look like they are in pain, even when they are not

LONG LASTING

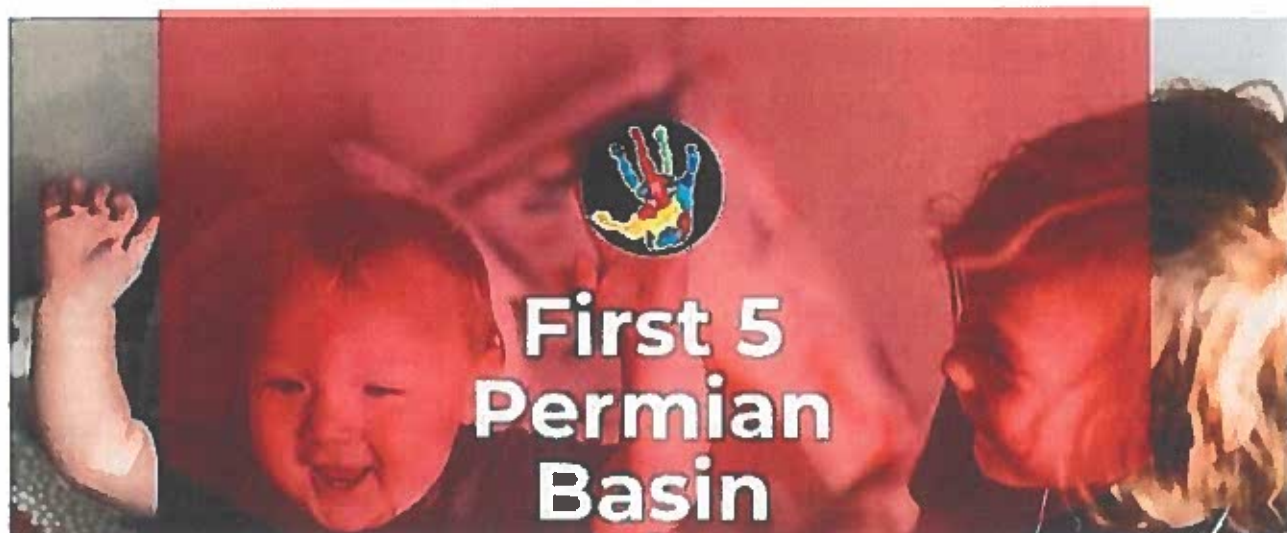
Crying can last as much as 5 hours a day, or more

EVENING

Your baby may cry more in the late afternoon and evening

The word *Period* means that the crying has a beginning and an end.

For more information follow this link, [I want more information, please.](#)



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

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





Dad University Campus Schedule

Who: You! If you're a teen father or know someone who is, Dad University is for you!

What: Come enjoy fun and fellowship with other teen fathers!

Where: PHS: C-10 / OHS: Library

When:

SEPTEMBER 2023

PHS 9/5/23 8:35-9:25
OHS 9/5/23 10:35-11:25

OCTOBER 2023

OHS 10/3/23 8:25-9:25
PHS 10/3/24 10:35-11:25

NOVEMBER 2023

PHS 11/7/23 8:35-9:25
OHS 11/7/23 10:35-11:25

DECEMBER 2023

EOC Testing

DECEMBER FINAL EXAM

JANUARY 2024

OHS 1/9/24 8:35-9:35
PHS 1/9/24 10:35-11:25

FEBRUARY 2024

PHS 2/7/24 8:35-9:25
OHS 2/7/24 10:35-11:25

APRIL 2024

OHS 4/4/24 8:35-9:25
PHS 4/4/24 10:35-11:25

Dad University is a program for teen fathers.

For more information, contact the following:

PHS: Ronda Mitchell at 432-456-2340

OHS: Nycole Flores at 432-456-5271



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 *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
1001 S. Main Street
Big Spring, TX 79720

*Parenting education is available by appointment; call for details.

The *Life*Center



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**.

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

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

WHEN:

September 11	January 22
September 25	February 12
October 9	February 26
November 13	March 25
November 27	April 8
December 11	April 22
	May 13

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!



“You Are Brave. You are Accepted. You are Loved.”

Join a 12-week personal walk as you learn about God’s Love and Grace for you and your baby. In honor of you and your new found bundle of Joy, Embrace Grace wants to provide a baby shower in continuance to help you with your NEW LIFE Journey. Life is better Together.

2 Corinthians 12:9 “My grace is all you need for my

Power is the greatest when you are weak.”

For more information click the link below to provide your Information so that someone can reach out to you,

<https://www.crchurch.cc/Events/embracegrace/>



SCHEDULE:
6:30pm Crossroads Student Building

Tuesday, September 5 | Introduction

Tuesday, September 12 | Expect

Tuesday, September 19 | Realize

Tuesday, September 26 | Perceive

Tuesday, October 3 | Testimony Night

Tuesday, October 10 | Trust

Tuesday, October 17 | Reveal

Tuesday, October 24 | Awake

Tuesday, November 7 | Defend

Tuesday, November 14 | Free

Tuesday, November 21 | Transform

Tuesday, November 28 | Grace

SPECIAL EVENTS | SHOWERS

Saturday, November 11 ---Princess Day | 10:00am
| Crossroads Student Building

Sunday, December 3 ---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

Baby Steps Tours

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

The tours take place on the dates and times listed below, no appointment needed, just meet us in the lobby on the 1st floor of the CWI and the tour will begin promptly, at the times scheduled.

Saturday, March 25, 2023 at 10 AM

Tuesday, April 11, 2023 at 7 PM

Saturday, April 22, 2023 at 10 AM

Saturday, May 6, 2023 at 10 AM

Tuesday, May 9, 2023 at 7 PM

Saturday, June 3, 2023 at 10 AM

Tuesday, June 13, 2023 at 7 PM

Saturday, July 1, 2023 at 10 AM

Tuesday, July 11, 2023 at 7 PM

Tuesday, August 8, 2023 at 7 PM

Saturday, August 26, 2023 at 10 AM

Tuesday, September 12, 2023 at 7 PM

Saturday, September 23, 2023 at 10 AM

Tuesday, October 10, 2023 at 7 PM

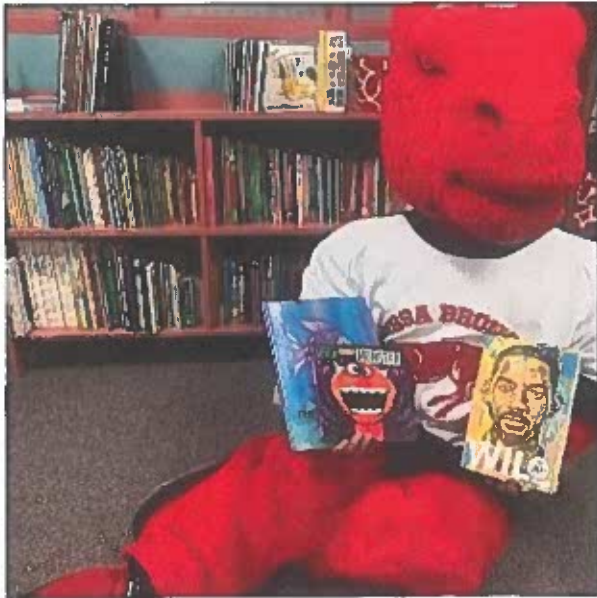
Saturday, October 21, 2023 at 10 AM

Saturday, November 4, 2023 at 10 AM

Tuesday, November 14, 2023 at 7 PM

Saturday, December 2, 2023 at 10 AM

Tuesday, December 12, 2023 at 7 PM



These baby books will be used to motivate our teen parents to use with their children for the purpose of closing the gap to early literacy. Books will be bundled by age and include a reading guide that targets the developmental needs of each group. Parents will clearly understand the importance of reading aloud to their infants, toddlers and pre-K children and the criteria for early literacy as well as choosing appropriate-age books. In addition, selected books intentionally mirror the diversity of the student and community population and address social and emotional skills. Not only will these books be a source of bonding for our teen parents but also serve as making an impact on their children's reading achievements.

Help Support the Effort of our "Little Family Library" at Odessa High School

Our "Little Family Library" will not only supply free books for our students to keep or exchange but also for others in the family: children, siblings, or parents.

It will provide the following:

1. Children's books to read to students who have children of their own or younger siblings or children in the home
2. Teen or young adult works of fiction for students to read or take to younger family members
3. Teen or young adult works of non-fiction for students to read or take to younger or older family members

We will display on campus news monitors the availability and title features as well as bi-monthly literacy tips. These news announcements will promote the benefits of reading along with literacy events on campus and in the community.

**Please consider giving, every
bit helps.**

[Click here to Give to the Odessa High School
"Little Family Library"](#)

Teen Parent Related Services Include:



Odessa High School
Home of the Bronchos

- * 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

(Students at middle school campuses will need to contact the high school their campus feeds into.)