



Communities In Schools

Houston

Communities In Schools Of Houston

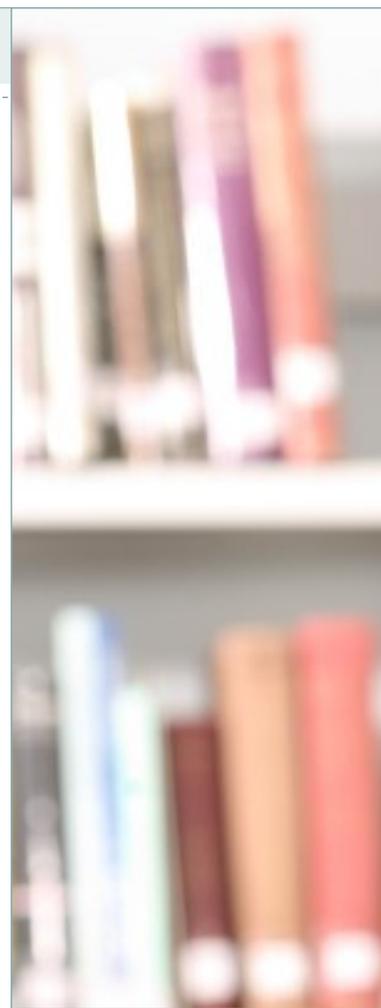
ABOUT ME

Welcome all to the 2020-2021 school year! I know this school year is not what you may have hoped for but know that this school year will be one to remember. I want to take this time to introduce myself. My name is Alison Flores. I am a licensed Social Worker and am part of Communities in Schools of Houston. This is my first, full school year at Waltrip High School. I say that to note that I actually came onboard late in the year of 2019-2020. I am excited to be back and ready to engage with students and meet their needs. I have worked with both children, adolescents and adults and am ready to continue supporting those in need.

WHAT IS COMMUNITIES IN SCHOOLS OF HOUSTON?

Communities in Schools (CIS) of Houston is an organization with a mission to surround students with support, empower them to stay in school, and achieve the most in life.

CIS of Houston knows that there are many individuals on campuses with diverse needs. We also know that many individuals face many barriers and my goal is to help you and your families in any way that I can. There are many organizations out there that are willing to help that you or your family may not be aware of. Think of me as a toolbox. Whenever you encounter an issue that needs to be fixed you pull out your toolbox, search the appropriate tool and get to fixing. Similarly, I am here to help connect you to those specific tools you may need in order to address any aforementioned barriers to your success.



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QUARTERLY NEWSLETTER

The Communities in Schools of Houston newsletter will provide resources and information about the Houston community to the students and families of Waltirp High School. For more resources please see the contact information section (page 4) to contact CIS of Houston social worker.



WHAT DOES CIS OF HOUSTON HELP WITH?

CIS of Houston focuses on six areas of services.

1. Supportive Guidance and Counseling

This can be one on one meetings with the student or support groups to address any mental, social or emotional health need. Topics can vary from anxiety, stress, anger management, grief and loss, depression, communication repair, etc.

2. Academic Support

This is one on one tutoring or group tutoring to address test taking barriers, study skills improvements, or specific subject areas.

3. Health and Human Services

This is providing referrals to basic needs that the student or family may have. Referrals can be for food, clothing, housing, transportation, employment, rent and utility assistance, crisis intervention, medical, dental, and mental health.

4. College and Career Readiness

In order to prepare for post-secondary education or careers beyond high school, students can engage in workshops for essay writing, college applications, resume building, job applications, and successful interviews. Students can also participate in college tours and career days. **please note that this may look different this year depending on whether or not we continue virtual online school

5. Parent and Family Engagement

Through workshops to engage parents and coordinate volunteer opportunities for parents at school to involve the family in their child's education.

6. Enrichment Activities

Organizing field trips for students to visit local museums, cultural events, and college campuses, as well as planning large group events such as guest speaker presentations and health fair. *please note that this will look different this year as a result of social distancing



TIPS FOR TIME MANAGEMENT

1. Identify “time waster” and set goals. What are you spending your time on? What can you reduce time on or eliminate?
2. Plan ahead and create a To-Do list. What are your deadline? What do you want to work on?
3. Tackle small tasks to start. What can you complete in the shortest amount of time? What needs the most time or has more complicated workflows?
4. Only do one thing at t time. You’re more likely to be less productive if you are attempting to juggle more than one thing.
5. Establish routines.
6. Use breaks wisely. Use the breaks you have to complete tasks you have pending.
7. Take time for yourself. Give your mind a break but use these breaks effectively.

“I know, up on top you are seeing great sights, But down at the bottom we, too, should have rights.”- Yurtle the Turtle by Dr. Seuss

SCHOLARSHIP

ANNOUNCEMENT

Enbridge is a proud supporter of the Women’s Energy Network. This organization has an outstanding scholarship program that will award ten \$10,000 scholarships to Houston area high school girls. The application process started September 6, 2020 and the deadline is September 21, 2020. Please use the link below for information on how to apply.

<https://www.womensenergynetwork.org/Houston/Programs/Scholarships/Houston/Programs/Scholarships.aspx?hkey=4b016426-a348-4782-a6c5-5c2ab76de609>

IS YOUR FAMILY NEEDING LEGAL ADVICE?

Houston Volunteer Lawyers is a non-profit organization that help families with civil suits. This can include family law, guardianship, and landlord/tenant disputes. How can you get help? Apply online. Please note that the application is only in English but I am here to help if you or your family needs assistance in filling it out.

There are a few requirements that must be met for your application to be reviewed. These are listed below:

- 1– must be a Harris county resident
- 2– household income must be at or below 200% federal poverty guidelines
- 3– must have limited assets

For more information please email me or visit their website at www.makejusticehappen.org



SELF-CARE

Don't forget that self-care is important for your health. Just as you charge your phones, tablets, and laptops to keep running, you must also do the same. I challenge you to take 20-30 minutes of your day and participate in self-care activities. Below are a few ideas to get you started.

Go outside and get some sun



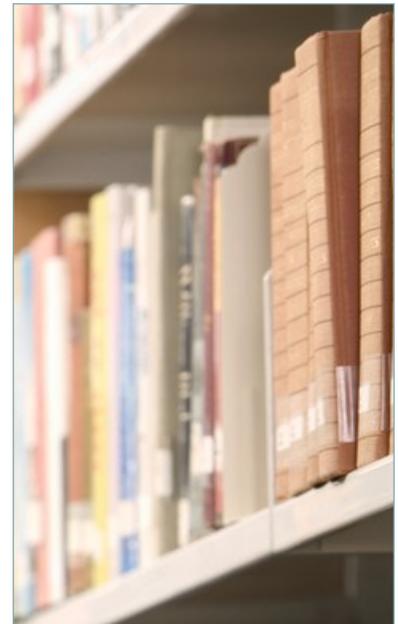
Eat a balanced meal and drink lots of water



Make sure you are getting 7—8 hours of sleep each night



Get your body moving by running, walking, dancing, jump-rope, riding a bike, etc.



“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.” - I Can Read with My Eyes Shut by Dr. Seuss

CONTACT INFORMATION

Houston ISD e-mail:

alison.flores@houstonisd.org

Work phone:

409-242-0533

CIS of Houston e-mail:

aflores@cis-houston.org

Hours of availability:

Monday-Friday 8am-4pm (unless school/district is closed due to inclement weather or holiday)

Please contact me if you are needing more information on the resources in this newsletter or if you need information about other resources.

