

APRIL EDITION

# KNIGHTLY NEWS

MLCPA NEWS & EVENTS

# HISD

**WE'LL GET THROUGH**

**DISTANCE LEARNING**

**DO YOUR PART TO  
STOP THE SPREAD**

**CAMPUS  
NEWS**

**DISTRICT NEWS**

**DISTANT LEARNING  
UPDATES AND RESOURCES**

# MATTER OF PRINCIPAL:

A message from Dr. Crook:

<https://s.amsu.ng/AI8AdczKWm5N>



Dear MLCPA School Community,

Thank you for your understanding, support, and trust as we work through the process of delivering distance learning. This is uncharted territory for all of us, so we must all exercise patience with each other moving forward. We have reformatted the ***Knightly News*** to share weekly updates from our administrative team and teachers. This format will streamline communication to you from us. Should you have questions or concerns regarding instruction you may contact our teachers or administrative team directly via email. Please continue to stay connected to us as we work to provide high quality instruction during this unprecedented time.

Thank you again and stay safe!

**Dr. Dameion Crook**

Proud Principal

MLCPA

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## Magnet Info:

Transfers & Phase 1 & 2 Timelines have been extended to June 1st

**Mr Prince** | JPrince@houstonisd.org



# Deans Corner:

## Graduation:

EOC testing requirements have been waived.

It is unclear what other requirements will be waived by the state or board.

Commencement will most likely be delayed to at least the end of the summer.

We will send updates once we have them.

## SAT Testing:

The SAT School Day administration will be moved from April 28, 2020 to October 14, 2020.

Current juniors will sit for it in October as seniors.

Students should sign up for the June or August SAT if they want to meet early action/decision deadlines for Fall of 2020.

## AP Testing:

Traditional face-to-face exam administrations will not take place.

Students will take a 45-minute online free-response exam at home.

For each AP subject, there will be 2 different testing dates.

The full exam schedule, specific free-response question types that will be on each AP Exam, and additional testing details will be available by April 3 on CollegeBoard.

## Report Cards:

*Cycle 5 ended on the 9th and Report will be mailed out soon after. Look out for updates!.*

## 6th & 7th Grade Content:

6th grade parents, please utilize the following link for important information, updates, and upcoming assignments for your student(s). All core teachers contact information is provided. Please feel free to reach out via remind, text, or phone for questions, concerns, or additional assistance. As a team, we are here to help you in this new adventure of learning.

# **Fifth Ward Food Distribution Tuesday, April 14 5:30-8pm\***

**\*or until all food given out**

**Pleasant Hill Baptist Church  
1510 Pannell St., 77020**

**Drive-Thru: Entry on Curtis**

**Walking: Entry on Pannell - Bring cart  
or someone to help to carry!!**



# **Fifth Ward Distribución de comida**

**Martes 14 de abril  
5:30-8pm\***

**\*o hasta que se hayan entregado  
todos los alimentos**

**Iglesia Bautista Pleasant Hill**

**1510 Pannell St., 77020**

**Coches: entrada en la calle Curtis**

**Caminando: entrada en Pannell - Traiga una  
caretilla o alguien para ayudarte a cargar!!**



# Counselor's Corner

Week of 4/6/20

## Theme for the Week: Coping with Stress

Greetings MLCPA Family!

For the past several weeks, we have all been inundated with news about COVID 19 and its impact on our society. This constant stream of mostly negative information coupled with constant changes to our daily routines can create stress in our lives and extract a heavy toll on our mental, emotional and physical health. It is not at all uncommon for people to develop symptoms of depression, anxiety and PTSD as a result of these types of events. Below, I have included some information related recognizing and managing stress and anxiety during these uncertain times.

The first step to combating stress is recognizing it and the many ways it manifests in our bodies.



### Common changes to watch out for as a sign that you or your student might be stressed

- Excessive crying or irritation
- Returning to behaviors previously outgrown such as bedwetting or thumb sucking
- Unhealthy eating or sleeping habits or drastic changes to eating or sleeping habits
- Unexplained physical symptoms such as body aches, sweating, fatigue, racing heartbeat, etc.
- Avoidance of activities once enjoyed
- Difficulty with attention and concentration
- Use or increased use of drugs or alcohol

### How parents can support their children during this time

- Talk to your child about what is happening using facts instead of opinions and in a way that they can understand.
- Listen to your child express their feelings and validate their feelings. Let them know that is ok to feel afraid or uneasy during this time, but reassure them that they are safe.
- Limit their exposure to media coverage on the pandemic.
- Model your own self-regulation and HEALTHY coping strategies.
- Create and maintain a consistent routine. Everything will not be the same as it was before; however, try to keep as much structure to their day as possible. Schedule in time for learning, a time for eating, and a time for fun and relaxation.
- Engage with your child. Spend time playing games or engaging in other family activities.
- Encourage students to stay connected where appropriate. There are multiple apps that can be used to allow students to communicate with their peers outside of social media such as Google Hangout, Facetime, Google Duo, etc.

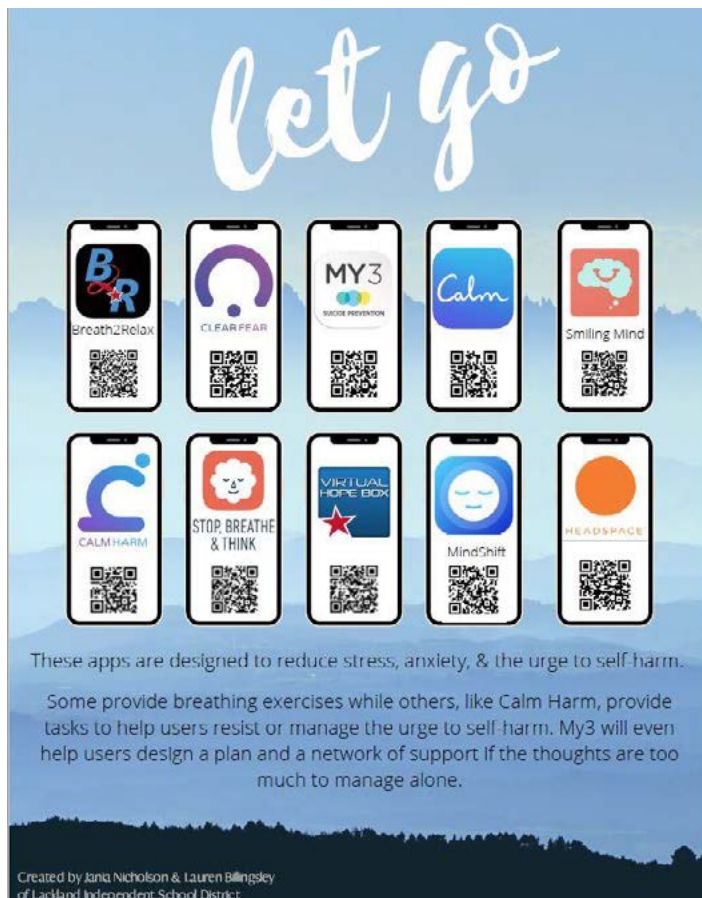
### Seek professional help if you notice any of the following:

- Your child continues to be fearful, anxious, angry for 2 consecutive weeks or longer
- Your child's problems seem to get worse instead of improving over time
- Your child's reactions negatively affect their day to day function or their interactions with others



## Healthy coping strategies to try

- Deep Belly Breathing (Mindful Breathing)- Take a deep breath slowly into your nose and slowly out of your mouth
- Mindfulness Walks- Take a walk outside and focus on what you perceive with all 5 of your senses (What do you smell? What do you see? What do you hear? What can you feel and taste?)
- Movement in the form of exercise, dancing, walking or whatever gets your body moving.
- Relaxation techniques in the form of yoga, progressive muscle relaxation, and/or meditation
- Find ways to express your feelings and concerns. If you don't feel comfortable talking to a person, try journaling or drawing (you don't always need words).



←These apps can be easily downloaded and feature a number of calming techniques involving deep breathing, meditation and mindfulness.

If you feel you or someone you know may be experiencing a personal crisis or may need professional help, please reach out to myself or one of the resources below:

### HELPFUL CONTACTS

National Crisis Text Line- Text TALK to 741741

National Suicide Prevention Lifeline - 1.800.273.8255

See Something, Say Something  
Anonymous Reporting System- 1-844-572-9669

Houston Crisis Line- 832-416-1177

# A SPECIAL MESSAGE FROM INTERIM SUPERINTENDENT OF SCHOOLS **GRENITA LATHAN**

Dear HISD Parent:

The Houston Independent School District will be launching the **HISD @ H.O.M.E.** Hotline starting Monday, April 13, to provide timely answers to questions from students and parents about distance learning.

Students and parents will be able to call the **HISD @ H.O.M.E.** Hotline Monday through Friday from 8 a.m. to 2 p.m. at **713-556-INFO (4636)**. Operators will be on hand to answer questions in English, Spanish, Vietnamese, and Arabic. The hotline will remain in place for as long as it is needed to support the transition to at-home learning.

HISD launched [\*\*HISD @ H.O.M.E.\*\*](#) (Home-based Online Mobile Education), a distance learning plan to ensure students' academic and non-academic needs are met as the district remains closed due to COVID-19 precautions.

Also as part of the district's distance learning plan, [\*\*HISD @ H.O.M.E. TV\*\*](#) provides instructional videos from 9 to 11 a.m., 1 to 3 p.m., and 5 to 7 p.m., Monday through Friday. The videos include lessons in English and Spanish from teachers and teacher development specialists in several subject areas, including math, science, reading and writing, social studies, and fine arts. These videos are broadcast on HISD-TV (Comcast channel 18 and AT&T U-verse channel 99), as well as online via [\*\*HoustonISD.org/LiveTV\*\*](https://HoustonISD.org/LiveTV).

Sincerely,



Grenita F. Lathan, Ph.D.  
HISD Interim Superintendent



# HISD

@H.O.M.E.



# tv

HOUSTONISD.ORG/LIVE TV | U-VERSE CH. 99 AND COMCAST CH. 18

## SCHEDULE 9-11 A.M.

MONDAY 4/13	TUESDAY 4/14	WEDNESDAY 4/15	THURSDAY 4/16	FRIDAY 4/17
<b>PRE-K MATH - SORTING ANIMALS</b> 9 - 9:15 A.M.	<b>MS READING/ WRITING - IMAGE ANALYSIS</b> 9 - 9:30 A.M.	<b>3<sup>RD</sup> - 5<sup>TH</sup> READING/ WRITING - RELATIONSHIPS AND CHARACTER TRAITS</b> 9 - 9:25 A.M.	<b>K-2 SCIENCE - MAGNETS</b> 9 - 9:15 A.M.	<b>K-2 FINE ARTS - MUSIC, STEADY BEAT</b> 9 - 9:30 A.M.
<b>K-2 READING/ WRITING - CHARACTERS AND SETTING</b> 9:15 - 9:45 A.M.	<b>MS MATH - VOLUME</b> 9:30 - 10 A.M.	<b>3<sup>RD</sup> - 5<sup>TH</sup> MATH - PERIMETER AND AREA</b> 9:25 - 10 A.M.	<b>3<sup>RD</sup> - 5<sup>TH</sup> SCIENCE - RELATIVE DENSITY</b> 9:15 - 9:35 A.M.	<b>3<sup>RD</sup> - 5<sup>TH</sup> FINE ARTS - MAKING JUNK JOURNALS</b> 9:30 - 9:40 A.M.
<b>K-2 MATH - MONEY</b> <b>K-2 MATH (SPANISH) - DINERO</b> <b>PRE-K MATH (SPANISH) - CLASIFICANDO ANIMALES</b> 9:45 - 10:45 A.M.	<b>MS SCIENCE - ATOMS</b> 10 - 10:30 A.M.	<b>3<sup>RD</sup> - 5<sup>TH</sup> READING/ WRITING (SPANISH) - RELACIONES Y CONFLICTOS</b> 10 - 10:30 A.M.	<b>K-2ND SCIENCE (SPANISH) - SUELO</b> 9:35 - 9:50 A.M.	<b>HS ART - PEN AND INK</b> 9:40 - 10:35 A.M.
<b>K-2 READING/ WRITING (SPANISH) - PERSONAJES Y AMBIENTE</b> 10:45 - 11 A.M.	<b>MS SOCIAL STUDIES - CIVIL WAR</b> 10:30 - 11 A.M.	<b>3<sup>RD</sup> - 5<sup>TH</sup> MATH (SPANISH) - DATOS</b> 10:30 - 11 A.M.	<b>K-2 FINE ARTS (SPANISH) - BAILE BILINGÜE</b> <b>3<sup>RD</sup> - 5<sup>TH</sup> FINE ARTS (SPANISH) - MÚSICA, COMPÁS RÍTMICO</b> 9:50 - 11 A.M.	<b>HS ART (SPANISH) - PLUMA Y TINTA</b> 10:35 - 11 A.M.

**NOTE:** All programming will rebroadcast from 1 to 3 P.M. and 5 to 7 P.M. daily



# COLLEGE CENTER

**The Black College Expo** is hosting a free live college fair on April 17, 2020 from 1pm-5pm. This event will provide exposure to various colleges and universities, application fee waivers, and on the spot admissions and scholarships. Registration Link: <https://hopin.to/events/black-college-expo-live>.

*Presents*  
**National College Resources Foundation**  
**Black College Expo™ LIVE**



☒ **YES you can STILL get ACCEPTED on the SPOT!**

☒ **Application FEES waived**

☒ **Scholarships on the SPOT!**

☒ **Get accepted while you are in the comfort of your own home**

☒ **\$\$\$ Millions of Dollars in Scholarships**

**Going LIVE across America!**

☒ **Get Connected to an HBCU!**

**APRIL 17, 2020**  
**1pm - 5pm EST**

**FREE Tickets While Supplies LAST!**

**Hurry Register Today!**  
**<https://hopin.to/events/black-college-expo-live>**



**#BlackCollegeExpoLive**  
**#CovidCantStopGOOD**

NCRFoundation.org  
info@ncrfoundation.org  
909-396-0151

Follow us  
    
**@blackcollegeexpo**



## HISD College Readiness COVID-19 Updates from Texas Colleges & Universities

<https://www.houstonisd.org/Page/180345>



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### Texas Colleges & Universities: Next Steps for High School Seniors

Learn more about the implications of COVID-19 for college-going seniors, take a virtual tour of colleges and universities throughout Texas, and get in touch with your future college or university!

#### UPDATES FROM TEXAS COLLEGES & UNIVERSITIES

College/University

All ▼

Submit

#### UPDATES FROM TEXAS COLLEGES & UNIVERSITIES

##### PVAMU

936-261-1000 Option 3

Send Email

Virtual Tour

COVID-19 Updates

Search again

[View full NACAC College Admissions Status Tool \(COVID-19\) »](#)

## **STUDENT RESOURCES 9<sup>th</sup>-12<sup>th</sup>**

### **COVID-19 Support:**

#### **College and Career Planning Resources for Your Students**

**HISD Summer Internship Now Open:** HISD is currently accepting applications for its 2020 Summer Student Leadership Program, a six-week paid summer internship and leadership development program for HISD high school students and alumni currently enrolled in college. Applications must be submitted by Friday, May 8, 2020. The application process requires students to complete two steps, outlined [here](#).

**Virtual Tours:** There are several benefits to visiting a college before deciding to attend — getting a feel for the campus, the culture, the dorms, the programs, and more. Technology has opened the door for students to reap those benefits from their homes. Whenever is most convenient for you, take the time to explore the schools on your college list. [CampusReel](#) is one platform you could utilize, and many colleges are now even offering virtual tours from their own websites.

### **Junior Scholarships:**

Questbridge College Prep Scholars Program ***application deadline has been extended to Tuesday, April 21, at 11:59 p.m. Pacific Time.*** The new April 21 deadline is for the application and all components (recommendation, transcript, test scores, and School Profile).

The Jack Kent Cooke Young Scholars Program: As we continue to monitor the impact of the COVID-19 virus and receive thoughtful feedback from educators in our community, the Cooke Foundation has ***extended the Young Scholars Program application deadline to April 15, 2020 at 12:00 p.m. (noon) Eastern Time.***

The CITGO Petroleum Corporation 2020 Distinguished Scholars Program Scholarship has been ***extended until Friday May 15th.*** Students must have a 2.5 GPA on a 4.0 scale. \*\* If you need a copy of your most recent transcript or PSAT/SAT report please email me.

Updated link: <https://www.grantinterface.com/Home/Logon?urlkey=saafdnscholarship>

**Contact:** If you are a junior or senior student or parent, and did not receive a College Center Email update from me last week, please email me [lwalke14@houstonisd.org](mailto:lwalke14@houstonisd.org) to be added to the list.

***\*\*Please make sure you are checking these emails. There is valuable information about changes colleges are making as we all navigate this new challenge.\*\****

## ACT

The April 4, 2020 administration has been rescheduled for June 13, 2020.

See website for real-time updates.

**\*\*If you need a fee waiver please email me. (These are only available for current juniors and seniors)**

## SAT

March 28 and May 2 administrations are cancelled.

June 6, 2020 administration not cancelled (yet).

See website for updates. Free resources available at <http://khanacademy.org/sat>

Juniors: SAT School Day will be moved from April 28, 2020 to October 14, 2020. The current juniors will sit for this test in Oct. as seniors.

***\*\*To qualify for a SAT fee waiver, you would have been identified during the PSAT. Students should log into their College Board accounts to check their status under MYSAT page. Paper fee waivers are no longer given out.***

## AP Testing

Traditional face-to-face exam administrations will not take place. Students will take a 45-minute online free-response exam at home. See website for more information.

As with all information, this is continuously changing as we navigate this uncharted territory. I will keep juniors and seniors updated with new information as it is presented. Please lookout for a more detailed college admissions update for juniors and seniors at a later time.

For information regarding College Readiness, please email Ms. L. Walker at [lwalker14@houstonisd.org](mailto:lwalker14@houstonisd.org)

## SOCIAL MEDIA

Don't forget to follow these social media handles:

Twitter: **@MLelandPrep**

Instagram: **mlcpa\_knights**

# High School News:

The assignments schedule has been posted in Google Classroom for each class. I recommend that parents read the PDF with the schedule, as well as the PDF of the 3/24/2020 update. All students should already be on my Remind, and I encourage parents to join, if they are not already. All work will be due on Fridays at 11:59pm, and the assignments will be in Google Classroom on Mondays. I am available for Office Hours 11-1pm Monday through Friday.

## **Chelsea Jordan**

*Mickey Leland College Preparatory Academy for Young Men*

AP US History, AP Government & Politics, AP Macroeconomics,

AP Psychology, Model UN

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## **Mickey Leland College Prep MS/HS Physical Education**

Mickey Leland Physical Education H.O.M.E. learning will be taking place through two avenues. Facebook is where we will be adding workout videos/health articles/ and other resources. Google Classroom where students will be required to complete a fitness log each week.

First, Mickey Leland PE will provide students with weekly activities. These activities/exercises you can do at home with no equipment! You DO NOT have to create a Facebook account to view the page, make sure you are stopping by the Facebook page once a day!

[www.facebook.com/mickeylelandPE](https://www.facebook.com/mickeylelandPE)

Second, students will then be required to login to their google classroom using the corresponding code for their class and complete a weekly fitness log. This fitness log is due each Friday! The classrooms codes are below. If you are having trouble logging into your classroom please follow the how to on the next page.

### **High Schools Google Classroom Codes**

2nd – DTZMTGK

7th – IGZ5WTX

### **Middle School Google Classroom Codes**

1st – VUPHR63

2nd – U44K7VW

3rd – Q2QEHR

5th – YAKI6NV

6th – T3MY4MD

7th – P3K6HCY

If you have any questions please do not hesitate to email

Coach Laker @ [zlaker@houstonisd.org](mailto:zlaker@houstonisd.org) or Coach McNairy @ [emcnairy@houstonisd.org](mailto:emcnairy@houstonisd.org)



# Middle School News:

## Greeting 6th Grade

[www.mlcpaonline.wixsite.com/grade6](http://www.mlcpaonline.wixsite.com/grade6)

## Greeting 7th Grade

[www.mlcpaonline.wixsite.com/grade7](http://www.mlcpaonline.wixsite.com/grade7)

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## Greeting 8th Grade Parents and Guardians,

We hope all is well during this challenging time. The 8 th grade team is working hard to ensure all our students are still able to receive a quality education while at home. As we move forward with online learning, the following websites will be used to provide easy access to the assignment's students will need to complete; HOME, Google Classroom, HUB, Google Meets, YouTube and Remind. Each teacher will contact students with instructions on access to assignments and lessons. We also understand that our 8 th grade activities have been cancelled and dues have been paid. We are developing the best plan of action to distribute refunds. If you have any questions or concerns, please feel free to reach out.

Mr. Mikell (Math) – [Diondre.Mikell@houstonisd.org](mailto:Diondre.Mikell@houstonisd.org)

Ms. East (Science) – [aeast@houstonisd.org](mailto:aeast@houstonisd.org)

Ms. Frascino (History) – [Christina.Frascino@houstonisd.org](mailto:Christina.Frascino@houstonisd.org)

Ms. Wilkerson (Reading/ELA) - [Lauren.Wilkerson@houstonisd.org](mailto:Lauren.Wilkerson@houstonisd.org)

Thank you,

**8 th Grade Team**

# FACULTY INFORMATION

NAME	EMAIL	Classroom Channels
Berry, Lia	Lia.Berry@houstonisd.org	HISD HUB   Google Classroom
Broz, Peter	Peter.Broz@houstonisd.org	Microsoft Teams
Chapa, Jose Rene	JCHAPA@houstonisd.org	SPEDI504 Coordinator
Coronado, JoAnn	JCORONAD@houstonisd.org	H.O.M.E. (All core subjects) HUB (Imagine Math and Literacy/Language) EdPuzzle.com (ELA/Math, Science) Commonlit.com (ELA) NoRedInk.com (ELA) Khan Academy (Math/Grammar)
Devore, Derek	DDEVORE@houstonisd.org	H.O.M.E.   HISD HUB <a href="http://www.mlcpaonline.wixsite.com/grade7">www.mlcpaonline.wixsite.com/grade7</a>
East, Arnessa	Aeast@houstonisd.org	MS Teams   Socrative
Fazalbohoy, Zainab	ZFAZALBH@houstonisd.org	H.O.M.E.   HISD HUB
Fascino, Christina	Christina.Fascino@houstonisd.org	Google Classroom   Remind
Fritzenschaft, Mark	MFRITZEN@houstonisd.org	Dean of Instruction
Fuentes, Marcos	Marcos.Fuentes@houstonisd.org	Google Classroom
Gallegos-Escobar, Janett	Janett.GallegosEscobar@houstonisd.org	<a href="http://www.mlcpaonline.wixsite.com/grade6">www.mlcpaonline.wixsite.com/grade6</a>
Garza, Anthony	Anthony.Garza@houstonisd.org	HISD HUB
Gundlapalli, Chalapati	CGUNDLAP@houstonisd.org	HISD HUB   Khan Academy   Zoom
Jordan, Chelsea	Chelsea.Jordan@houstonisd.org	Google Classroom   Remind
Laforet, Nicole	NWALKER3@houstonisd.org	HISD HUB
Laforet, Paul B	PLAFORET@houstonisd.org	Microsoft Teams
Laker, Zane	ZLAKER@houstonisd.org	Mickey Leland Physical Education Facebook page
Lifsey, Carmelita	CLIFSEY@houstonisd.org	HISD HUB   Khan Academy   Imagine Learning
Lueckenhoff, Mark	MLUECKEN@houstonisd.org	HISD HUB   Remind
McBride, Alex	Alexander.McBride@houstonisd.org	<a href="http://www.mlcpaonline.wixsite.com/grade6">www.mlcpaonline.wixsite.com/grade6</a>
McNairy, Erin	EMCNAIRY@houstonisd.org	Mickey Leland Physical Education Facebook page
Melton, Tara	Tmelton@houstonisd.org	Grades, Campus Communication
Mikell, Diondre	Diondre.Mikell@houstonisd.org	Google Classroom   IG @Mikell.university
Prince, Jason	JPRINCE@houstonisd.org	Magnet Coordinator
Riley, Iysha	Iysha.Riley@houstonisd.org	Counselor
Salazar, Sir	SSALAZA7@houstonisd.org	Technology Specialist
Shelton, Byron	BSHELTO3@houstonisd.org	H.O.M.E.   HISD HUB
Vaporciyan, Alexander	Alexander.Vaporciyan@houstonisd.org	Microsoft Teams
Walker, Latrale	LWalke14@houstonisd.org	College Readiness   Group ME   Email
Watson, Marcus	Marcus.Watson@houstonisd.org	Google Classroom
Wilkerson, Lauren	Lauren.Wilkerson@houstonisd.org	Microsoft Teams