



☒ Upcoming Events

☒ Announcements

☒ Celebrations

Weekly Newsletter

DECEMBER 11-15, 2023

Contact: ☎ 1-713-942-1430

📷 @HAISECHS

✉ HAIS_ECHS

📍 1810 Stuart St, Houston TX 77009

Peek at the Week

Week 1 Holiday Spirit Week (see below) | HCC Finals Week

Monday, Dec 11, 3:30-4:30: Debate Practice (206), Robotics Practice (133)

Tuesday, Dec 12, 345-515: Cheer Practice, Dance Practice

Tuesday, Dec 12, 4:30-6:00: Boys and Girls BB Practice (BCM Ryan)

Wednesday, Dec 13, 3:30-4:30: Debate (113), Interact (Go Center), Robotics (119A)

Thursday, Dec 14, 345-515: Cheer Practice (Gym)

Thursday, Dec 14, 3:30-4:30: Dance Practice (Cafeteria)

Thursday, Dec 14, 4:30-6:00: Boys and Girls BB Practice (BCM Ryan)

Friday, Dec 15, 530-700pm: Girls BB Game vs DeBakey @ DeBakey

Friday, Dec 15, 730-900pm: Boys BB Game vs DeBakey @ DeBakey

Saturday, Dec 16: HAIS Hotshots at USTEM Robotics Holiday Challenge Tournament



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

Upcoming Events

Dec 18-21: HAIS Finals **No Early Dismissal**

Dec 18-21: Junior Capstone Presentations (Go Center): Parents are invited to attend during their student's Business English assigned final time

Dec 22- Jan 5: Winter Recess (no school)

Jan 10-11: Underclassmen Picture Day

Jan 11: Senior Panoramic Day

Jan 24: CIEE Study Abroad Scholarship Deadline

Announcements

Fall 2023 Final Exam Schedule

NOTE: This final examination schedule must be strictly observed. No deviations from the schedule are permitted.

For **In-Person, Hybrid, and Online-on-a-Schedule** courses, final exams will be administered in accordance with the schedule specified below.

REGULAR TERM (RT) (08/21/23 – 12/17/23) and SECOND START (SS) (09/18/23 – 12/17/23) FINAL EXAM SCHEDULE

Monday, December 11, 2023 For classes which start between:	Final Exam Start Time	Wednesday, December 13, 2023 For classes which start between:	Final Exam Start Time
7:00 a.m. - 7:30 a.m.	7:00 a.m.	8:00 a.m. - 8:30 a.m.	8:00 a.m.
9:00 a.m. - 9:30 a.m.	9:00 a.m.	10:00 a.m. - 10:30 a.m.	10:00 a.m.
11:00 a.m. - 11:30 a.m.	11:00 a.m.	12:00 p.m. - 12:30 p.m.	12:00 p.m.
1:00 p.m. - 1:30 p.m.	1:00 p.m.	2:00 p.m. - 2:30 p.m.	2:00 p.m.
3:00 p.m. - 3:30 p.m.	3:00 p.m.	4:00 p.m. - 4:30 p.m.	4:00 p.m.
5:00 p.m. - 5:30 p.m.	5:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m.
7:00 p.m. - 7:30 p.m.	7:30 p.m.	8:00 p.m. - 8:30 p.m.	8:00 p.m.

Tuesday, December 12, 2023 For classes which start between:	Final Exam Start Time	Thursday, December 14, 2023 For classes which start between:	Final Exam Start Time
7:00 a.m. - 7:30 a.m.	7:00 a.m.	8:00 a.m. - 8:30 a.m.	8:00 a.m.
9:00 a.m. - 9:30 a.m.	9:00 a.m.	10:00 a.m. - 10:30 a.m.	10:00 a.m.
11:00 a.m. - 11:30 a.m.	11:00 a.m.	12:00 p.m. - 12:30 p.m.	12:00 p.m.
1:00 p.m. - 1:30 p.m.	1:00 p.m.	2:00 p.m. - 2:30 p.m.	2:00 p.m.
3:00 p.m. - 3:30 p.m.	3:00 p.m.	4:00 p.m. - 4:30 p.m.	4:00 p.m.
5:00 p.m. - 5:30 p.m.	5:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m.
7:00 p.m. - 7:30 p.m.	7:30 p.m.	8:00 p.m. - 8:30 p.m.	8:00 p.m.

Classes which meet only once per week (December 11-17, 2023) will take exams at the regular class day and time (this includes weekend classes).

Final Exams for **Online-Anytime** courses will be administered during the week of December 11-17, 2023.

For the four-week sessions (F4A, F4B, F4C, and F4D), final exams will be given on the last day of class.

For the first and second eight-week sessions, final exams will be given during the last week of class.

Grades Due: For all sessions with an end date of 12/17/2023, grades will be due on **Tuesday, 12/19/2023 by 1:00 p.m.**

FALL HOLIDAYS: Labor Day: September 4, 2023

Winter Break: December 19, 2023 – January 1, 2024

Thanksgiving Break: November 20 – 26, 2023



Fall 2023 Final Exam Schedule

Monday, December 18 - Thursday, December 21, 2023

	Monday, 12/18	Tuesday, 12/19	Wednesday, 12/20	Thursday, 12/21
7:50 – 8:50	P1 Review	P6 Review	P2 Review	P7 Review
8:55 – 10:55	P1 Final	P6 Final	P2 Final	P7 Final
11:00 – 12:20	LUNCH	LUNCH	LUNCH	LUNCH
12:25 – 1:25	P4 Review	P9 Review	P5 Review	P10 Review
1:30 – 3:30	P4 Final	P9 Final	P5 Final	P10 Final

- **Attendance is MANDATORY!**
- All HISD busses run at 3:35 PM.
- Students with HCC classes must sign out via daily Google Form posted in Teams.
- Students must leave campus by 4:00 PM. No after school activities.





2023-2024 Boy's Basketball Game Schedule

Head Coach Hopson

Date	Time	Opponent	Location
1 Sat. 11/04/23	11:00 AM	JFA	JFA
2 Fri. 11/10/23	6:30 PM	NHECHS	SIS
3 Sat. 11/18/23	10:00 AM	EECHS	JFA
4 Fri 12/1/23-to	---	BYE	BYE
Sat 12/2/23	---	BYE	BYE
5 Sat 12/9/23	10:00 AM	Challenge	DeBakey
6 Fri 12/15/23	7:30 PM	DeBakey	DeBakey
7 Sat. 1/13/23	11:00 AM	SIS	SIS
8 Fri. 1/19/23	7:30 PM	CVHS	CVHS
9 Sat. 1/27/23	10:00 AM	SECHS	JFA
G1 Fri. 2/2/22	6:30 PM	Seed 8 vs Seed 9	TBD
G2 Fri. 2/2/22	7:30 PM	Seed 4 vs Seed 5	TBD
G3 Sat. 2/3/22	9:00 AM	Seed 1 vs WG1	TBD
G4 Sat 2/3/23	10:00 AM	Seed 2 vs Seed 7	TBD
G5 Sat 2/3/23	11:00 AM	Seed 3 vs Seed 6	TBD
S1 Fri 2/9/23	5:30 PM	WG2 vs WG3	TBD
S2 Fri 2/9/23	6:30 PM	WG4 vs WG5	TBD

Locations

- DeBakey: 2545 Pressler St, Houston, TX 77030
- JFA – Jones Futures Academy: 7414 St Lo Rd, Houston, TX 77033
- CVHS: 1501 Taft St, Houston, TX 77019
- SIS (Sharpstown International): 8330 Triola Ln, Houston, TX 77036

*Games played at Sharpstown International HS will be Players and Coaches only; no fans



THE CUT-OFF TIME TO PICK STUDENTS UP EARLY IS 2:45PM

▷ **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). The right side is reserved for our HISD busses. Student cannot be picked up early past 245; they must remain in class until dismissal at 330pm.

▷ **Volunteer for the HISD School Choice Fairs:** Join Ms. Alderete at the different HISD School Choice Fairs and share why potential families should choose HAIS. Sign up to volunteer [here](#).

▷ **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.

▷ **Transportation Concerns/Requests:** If you have transportation needs (new request, change of address, stop change request due to concerns) click here to [complete our campus transportation tracking form*](#). *Note that there is a minimum 2-week district processing time. Please be sure to arrange for alternative transportation until you received your transportation update from the district and/or me.

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

Please scan for assistance with the campus counselor or campus Wraparound Specialist.



SCHOOL COUNSELING

Houston Academy for International Studies
HS Counseling Monthly Newsletter
December - Good Citizenship Email: ASalin10@houstonisd.org



Words from your Counselor

You've conquered challenges, demonstrated resilience, and now finish the semester with a flourish! Stay focused, manage time wisely, and give your best effort. Each assignment is a step closer to success. You've got this! Finish strong, and celebrate your accomplishments. Wishing you a joyful holiday season filled with laughter and relaxation! May this break bring you rest, rejuvenation, and time to cherish with loved ones. Embrace the festive spirit, recharge your energy, and return to the new year with renewed enthusiasm for learning, happy holidays and a fantastic New Year!

WHAT'S INSIDE

- PAGE 2 Counseling Updates
- PAGE 3 Academics
- PAGE 4 HISD Character Traits
- PAGE 5 Student Submissions



A holiday is an opportunity to journey within.
-PS.100122

Counseling Updates

Seasonal sadness, often referred to as Seasonal Affective Disorder (SAD), is a condition that can impact teenagers just like adults, though it may manifest differently in this age group. During the winter months, when days are shorter and sunlight is scarce, many teenagers may experience symptoms such as low energy, sadness, and a lack of motivation. This can be especially challenging for some, as it often coincides with the academic demands of the school year, making it more difficult to focus and perform well in their studies.

Teenagers with seasonal sadness might also withdraw from social activities, which can strain their relationships and lead to feelings of isolation. It's important for parents, teachers, and caregivers to be aware of these symptoms and offer support. Encouraging outdoor activities, exposure to natural light, and open communication can help teens cope with the challenges of seasonal sadness and maintain their emotional well-being.



Want to meet with the counselor?
Submit a request to schedule a session



SCAN ME



CONFLICT RESOLUTION SESSIONS

Academics

Test Anxiety Management Tips

Preparation is Key:

- Start studying well in advance. cramming at the last minute can increase anxiety.
- Break down your study material into smaller, manageable sections.
- Create a study schedule and stick to it.

Effective Study Techniques:

- Use active learning techniques such as flashcards, summarizing information, teaching the material to someone else, and practicing with past exams.
- Take regular breaks during study sessions to avoid burnout.

Positive Self-Talk:

- Challenge negative thoughts and replace them with positive affirmations.
- Remind yourself that you are well-prepared and capable.

Support System:

- Talk to friends, family, or teachers about your feelings. Sometimes just expressing your concerns can be relieving.
- Seek help from a counselor or psychologist if test anxiety is severely impacting your well-being.

Practice, Practice, Practice

Reminders:

HCC Final Exams
December 18th - 15th

HAIS Final Exams
December 18th - 23rd

Winter Break
Dec. 22nd - Jan. 7th

Students Return
January 8th, 2024

Check with Mr. Kaspari regarding HGA for \$3.



ATTENDANCE MATTERS
EVERY SCHOOL DAY COUNTS

HISD Monthly Character Traits

The Value of Good Citizenship

Good citizenship is the foundation of a thriving society, and for high school students, its importance cannot be overstated. Beyond the academic curriculum, instilling the values of good citizenship cultivates qualities essential for personal and societal growth.

Firstly, good citizenship fosters a sense of responsibility. High school students are at a crucial stage in their lives, preparing to step into adulthood. Understanding the importance of contributing positively to the community nurtures a sense of duty toward others. This responsibility extends beyond oneself, encouraging students to actively engage in activities that benefit everyone's well-being.

Secondly, good citizenship promotes equality and understanding. High school is a diverse melting pot where students encounter a variety of personalities and backgrounds. Being a good citizen involves appreciating this diversity and treating everyone with respect. Developing empathy enables students to navigate the complexities of relationships and collaborate effectively, skills that are important for the rest of their lives.

High school students, as they prepare for the challenges of adulthood, must recognize the significance of being active, responsible, and empathetic members of their communities. Through these values, they lay the foundation for a society built on cooperation, understanding, and collective progress. We must work together to make a difference and be the change we want to see in the world.

Take Action!

Being a good citizen means caring for others and actively participating in the community. It's about making a positive impact, big or small, and contributing to the common good.



Goal: Think about a way you can help your community?

- Volunteering at shelter
- Donating clothes to the homeless

Monthly Character Traits

August - Courage
Sept - School Pride
Oct - Responsibility
November - Gratitude
December - Good Citizenship
January - Respect and Courtesy
February - Caring
March - Fairness
April - Teamwork
May - Integrity

Student Submissions

Do you want to share some encouraging words to your peers? Did you create some art work that may inspire others? Have you written a short story, article, or poetry that shines light on living a healthy life and/or supporting mental health? If so, please submit your work to be shared here on the student submissions page for mental health advocacy!

We are accepting: short writings, poetry, pictures of drawings/paintings/sculptures that highlight or bring awareness to mental health.

Submit to Mrs. Salinas at ASalin10@houstonisd.org

We'd love to showcase your work!



December Kindness 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Support a charity, cause or campaign you really care about



5 Give a gift to someone who is homeless or feeling lonely



6 Leave a positive message for someone else to find



7 Give kind comments to as many people as possible today

1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh



25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

Reasons to Submit a SAF



My mom lost her job

Yes



No



Life is wonderful!



I broke up with my partner



Classes are tough and I am struggling with keeping my grades up.



I am fine!



I don't have the resources to feel successful in school



I don't know



I feel sad all the time



I have concerns about issues going on with my family



My best friend told me that his dad passed away





HCC Information

Helpful HCC Resources

Want to know how to log into your Canvas? What do you do if you have trouble accessing your HCC Email? How do you register for academic services?

Check out our HCC Resources page [here](#).

Student Travel Opportunities

Follow @HAISstudyabroad on Twitter and Instagram and check out our updated [website](#) for more information on upcoming deadlines. **Don't miss out on your chance to see the world!**

2024-2025 Applications are now open!

CIEE Secondary Scholarship Deadline: January 24, 2024

Study abroad this summer,
experience the world!



LANGUAGE ARTS STEM BUSINESS SOCIAL CHANGE

Choose from 35+ amazing global destinations and study abroad for 3 to 4 weeks.

Immerse yourself in a new language and culture or focus on your passion, whether it's theater, creative writing, wildlife conservation, engineering, social justice or entrepreneurship, and more.

Meet like-minded teens from all over the U.S. to explore and learn together in the real world.

Come home with new skills, new friends, and memories to last a lifetime.

Ask about our scholarships!
Every year, we award more than \$6 million based on academic merit and financial need.

"It was one of the best experiences of my life. I learned so many new things about language, culture and myself!"
- Wynne H.
CIEE Global Navigator Alum

"It was a positive and transformative experience for both of my children!"
- Peter B.
Parent of CIEE Global Navigator Alum

Apply by December 1
for a chance to win
a free flight!



ciee.org/summer2024

(866) 583 0332

hsabroad@ciee.org

@cieeglobalnavigators



All our programs combine

- ☑ **Interactive classes** you won't want to miss, all taught by local teachers and experts.
- ☑ **Daily cultural activities** and excursions to top landmarks and attractions.
- ☑ **24/7 support** from our local and U.S.-based teams.

9 out of 10 alumni
say they improved
communication
skills and became
more independent &
globally-aware.*

WHY CHOOSE CIEE?

We've been around for over 75 years and are the largest study abroad nonprofit organization in the country. Each year, we support over 40,000 students!

WHY STUDY ABROAD?

- **Dates:**
 - Language programs last 4 weeks.
 - All other programs last 3 weeks.
 - Session 1 starts June 2nd, 9 or 16.
 - Session 2 starts June 30th or July 7.
- **Eligibility:**
 - Complete grade 9 - graduating seniors.
- **Housing:**
 - Host families on language programs and select program locations.
 - Shared accommodations on other programs.
- **Tuition**
 - Starts at \$4,750 and includes housing, all meals, classes, activities, ground transportation abroad, and student travel insurance.
 - Tuition does not include airfare, passport or visa costs.
 - Scholarships can cover up to 100% of tuition costs.
- See the world and broaden your horizons.
- Meet high school students from all over the U.S. who share your interests!
- On Language & Culture programs, earn 4 college credits*** and the Global Seal of Biliteracy****.
- On select Social Change programs, earn up to 50 hours of service learning.
- Stand out on college applications.

Explore more at
ciee.org/summer2024

(866) 583 0332

hsabroad@ciee.org

All dates and details subject to change. Check our website for latest information.
*CIEE post-program satisfaction survey 2017-2022 **Only Paris Language & Culture program due to 2024 Olympics ***Optional and requires payment of an additional \$150 transcription fee to our school of record ****Earning the Global Seal of Biliteracy requires a final score of 5 (Intermediate-Mid) or higher in all 4 testing categories.

Priority Deadline for Amigos Applications is in December. Don't wait! Apply now.



What is AMIGOS?

AMIGOS offers summer immersion and service learning programs in Latin America for students aged 15-19. You'll volunteer with local organizations, practice your Spanish, live with a host family, and experience life in a new country!



Summer 2024 Program Offerings

2 weeks
Group Travel Only
2-3 weeks
Group Travel with Homestay
4-9 weeks
Community Immersion with Extended Homestay



Earn Service Hours and College Credit



Get 12 service hours per week volunteering with organizations like the National Park Service, a women-led agricultural cooperative, or a sea turtle protection agency. Register to receive up to 3 college credits.



Live Like a Local

Practice your Spanish, live with a host family, and become part of the community! Explore areas most tourists don't get to see.



Choose the Project for You

Whether you're looking for a six-week homestay or a two-week group trip, we have a variety of two, three, four, and six-week projects to fit your schedule and interests.



Attend a virtual information session or chat with a program counselor!

amigosinternational.org

Kennedy Lugar Youth Exchange and Study (YES) Abroad

A program of the U.S. Department of State, [the YES Abroad program](#) provides scholarships for eligible American high school students and recent graduates to live with host families and attend a local high school for an academic year in countries like Egypt, Ghana, India, Senegal, Thailand, Turkey and more. YES Abroad students promote mutual understanding between the U.S. and the host country by building relationships with the local community. We expect the 2024-25 program application to open in September 2023 –click [HERE](#) to be notified when the application opens!

National Security Language Initiative for Youth (NSLI-Y)

A program of the U.S. Department of State, [the NSLI-Y program](#) provides scholarships for eligible American high school students and recent graduates to learn one of eight critical languages: Persian, Indonesian, Hindi, Turkish, Chinese (Mandarin), Russian, Korean, and Arabic! Summer and academic year programs are available, with all programs including language instruction, cultural lessons and activities, conversation practice with local peers, and a host family component. We expect the 2024-25 program application to open in September 2023 –click [HERE](#) to be notified when the application opens.

CELEBRATING ALL THINGS HAIS



#PhoenixRising

SHOUT OUT GOES TO...

Ms. Yockey: Great job conducting the EOC retests.

- Ms. Alderete

Have you caught a colleague, faculty/staff member, or student doing something above and beyond? Let's recognize it.

[Submit your Shout Out for next week's newsletter.](#)

GET INVOLVED! INNERVIEW -HOW TO

Track Your Volunteer Hours

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.

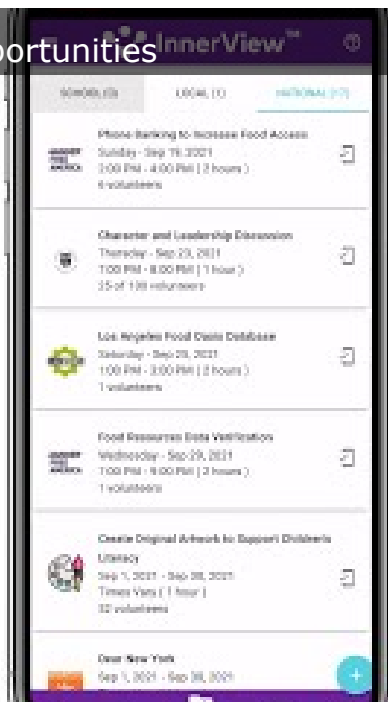
Innerview-GettingStarted_HS.pdf

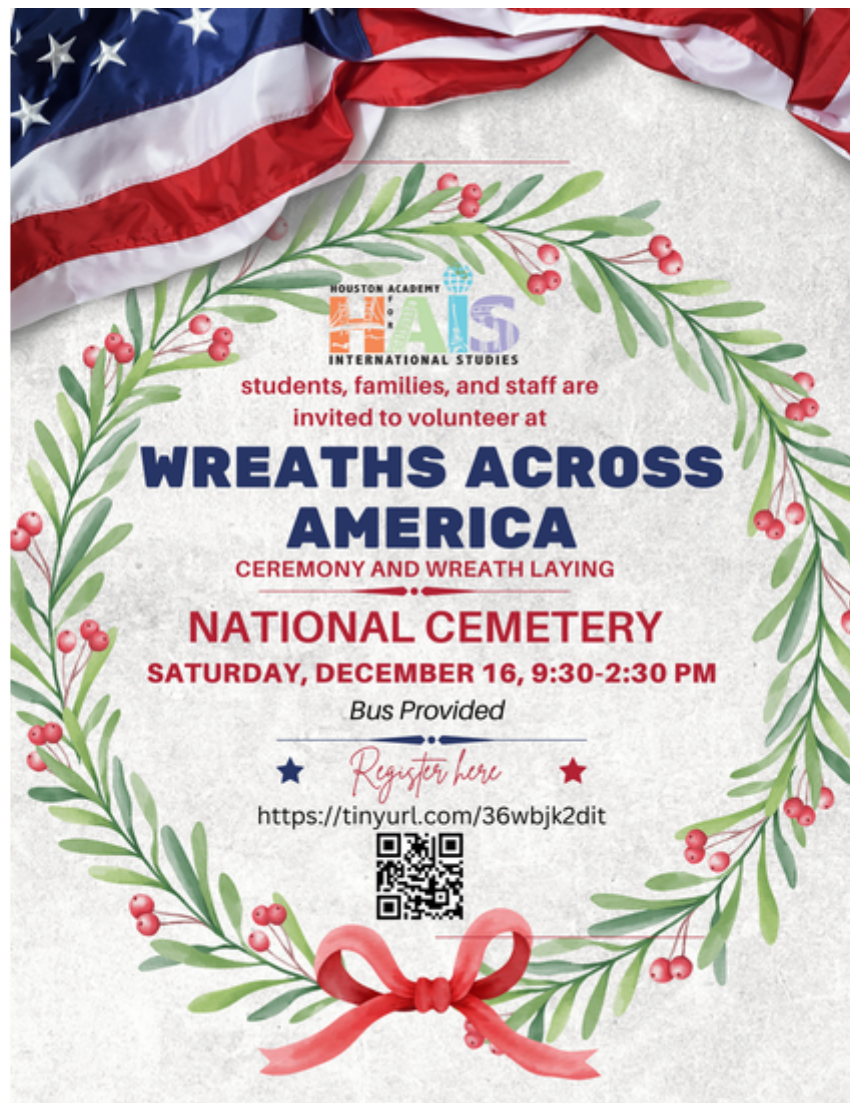
[Download](#)

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Finding Volunteer Opportunities

Service Opportunities





VOLUNTEER OPPORTUNITY

INSTRUCTIONS

1. Scan this QR Code or visit the site.
2. Choose 1h 6:30am - 1:00pm - "Mile 20 Refueling Station"
3. Enter the password "HAIS"
4. Select the 6:30-1pm shift
5. Complete the remaining information as prompted.

Register Now

<https://tinyurl.com/34xf4v2v>

+ Mile 20 Refueling Station

• Sunday, January 16th

6:30am - 1:00pm [View description](#)

Mile 20 Refueling Station

Set up and distribute Gatorade and water to the full marathon runners on Memorial near the Woodway intersection. Clean up after the last runner passes. Wear weather appropriate clothing and comfortable shoes. Check in at 6:45 am at the refueling station location near the intersection of Memorial and Woodway. Several days prior to the event, your station captain will contact you by email with final instructions, such as parking suggestions.

Shift description:

Set up and distribute Gatorade and water to the Half Marathon runners on Montrose at the intersection with Willard and Bonmar. Clean up after the last runner passes. Wear weather appropriate clothing and comfortable shoes. Show up at 6:30 AM at the refueling station location at the intersection of Montrose and Bonmar. Several days prior to the event, your station captain will contact you by email with final instructions, such as parking suggestions.

PTO



**We need your help to make the
2022-2023 school year a success!**



Donate to the PTO!

If every HAIS family donates \$50, the PTO will be able to fund the Halloween Dance, gifts for teachers and staff, and so much more.



Volunteer your time!

We will have many opportunities throughout the year to help.



Sign Up Genius!

Watch for opportunities to donate food, supplies, and more throughout the year.

To donate and for more information:
haispto.org
haispto@gmail.com

Purchase HAIS Gear and Support Your HAIS PTO

Show off your HAIS pride and support the HAIS PTO. You are able to choose your color of choice for most items. Check out the site and order now!

[Click here to place your order and have it delivered directly to you.](#)





Shop Online, Donate to HAIS

Online shopping? Shop Amazon through <https://smile.amazon.com/>, and Amazon will donate a portion of your purchase to your favorite charitable organization. Please consider selecting “HAIS PTO” as your AmazonSmile charitable organization!



HAIS

Through **international studies**, a **personalized environment** and a **college preparatory curriculum**, HAIS will prepare students for active roles as **global citizens**.

Follow Us on Social Media:

Instagram: @haisechs

Twitter: @HAIS_ECHS

Facebook: @houstonacademyforinternationalstudies

Email: ealderet@houstonisd.org

Website: <https://www.houstonisd.org/Page/51266>

Location: [1810 Stuart Street, Houston, TX, USA](#)

Phone: [7139421430](tel:7139421430)

Twitter: [@HAIS_ECHS](#)



Erica Alderete

Erica is using Smore to create beautiful newsletters