

# HAIS WEEKLY NEWSLETTER

**MAY 15-19, 2023**



## PEEK AT THE WEEK

### Mental Health Month

**Monday, May 15:** 9th Grade Camp Allen Field Trip

**Monday, May 15, 330-430:** SDMC Meeting; Deadline to apply to the Emerge Program (see flier below)

**Tuesday, May 16:** 10h Grade Camp Allen Field Trip

**Tuesday, May 16, 4-530:** Big Brothers, Big Sisters 9th and 10th Grade program

**Tuesday, May 16, 6-7pm:** Senior Parent Meeting Virtual (

**Wednesday, May 17:** 11th Grade Camp Allen Field Trip

**Wednesday, May 17, 3:30-4:30pm:** Interact (Rm 132)

**Wednesday, May 17, 4:00-5:30pm:** Big Brothers, Big Sisters 11th and 12th Grade program

**Thursday, May 18:** AP Chinese Late Testing

**Friday, May 19, 9-2pm:** Senior Field Day

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

## UPCOMING

May 22: Senior Activity Day

May 23: Senior Breakfast

May 24-26: Senior Trip

May 25-26: HAIS Finals (Early Release)

May 29: Memorial Day Holiday

May 30-31: HAIS Finals (Early Release)

## ANNOUNCEMENTS

# HAIS MENTAL HEALTH SPIRIT WEEK MAY 15-19

Monday

Meaningful Monday- wear **GREEN** to show support for Mental Health. Mental Health is just as important as physical health.

Tuesday

Twinkie Tuesday: **Dress the same as a friend** to team up against stress and the stigma of mental health.

Wednesday

Be a **"YOU"-nicorn**. Celebrate your uniqueness by wearing glitter, sequin, or mismatch clothing!

Thursday

Wear your **favorite band t-shirt**. Music is not only beautiful, it can also be therapeutic.

Friday

Phoenix Friday- "We got your back", wear your **favorite HAIS spirit gear!** #YouAreNotAlone

May is Mental Health Awareness Month

▷ **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.

▷ **2022-2023 HAIS Tutorial Calendar is now available!** [View here](#).

## 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

**HAIS School Counseling and  
Wraparound Support**

**Submit a SAF!**

**Scan the QR Code to connect with  
Mr. Estrada (Wraparound)  
or Mrs. Salinas (Counseling)**

Clothing, School  
Supplies,  
Counseling, Mental  
Health, Job Assistance,  
Rental Assistance,  
Food/Nutrition, Legal  
Support, Academic  
Counseling



**#RisingPhoenix**

## HCC INFORMATION

### HELPFUL HCC RESOURCES

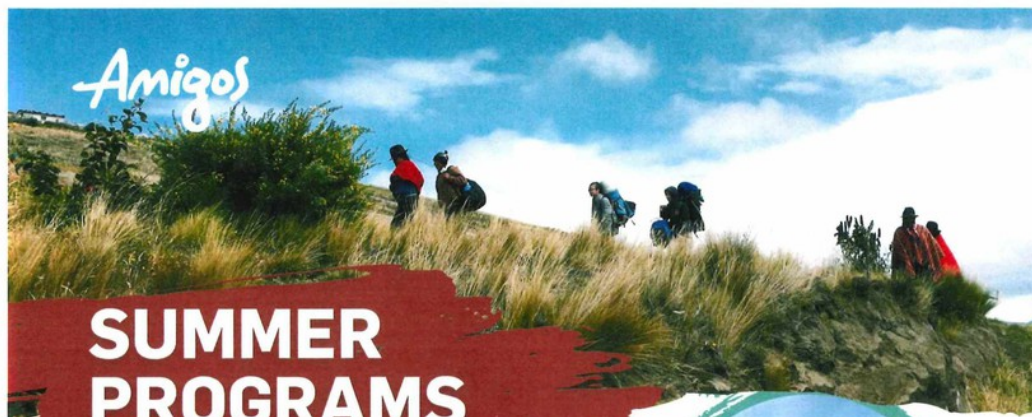
Want to know how to log into your Canvas? What do you do if you have trouble accessing your HCC Email? How do you register for academic services?

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

## STUDY ABROAD/TRAVEL ABROAD

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!**

## AMIGOS APPLICATIONS ARE STILL BEING ACCEPTED!



## SUMMER PROGRAMS

### Volunteering and Immersion in Costa Rica, Ecuador, or Panama!



#### Volunteer Abroad

Earn 12 service hours per week while you support local organizations on issues like climate change, wildlife conservation, youth empowerment, microenterprise, and more! College credit is also available on select projects.



#### Find the Project for You

Our programs for ages 15–19 vary in length, Spanish level, theme, and lodging type. Choose a two, three, four, or six-week project, live with a host family, or pick a group experience. Whatever you're looking for, there's an AMIGOS project for you!



#### From an AMIGOS Alum:

"My favorite part of AMIGOS was how I became so comfortable with the people around me and tried so many new things that pushed me out of my comfort zone and helped me grow. I don't think any other program can do that so well."

—Sophia, Panama 2022



LEARN  
MORE →



[amigosinternational.org](https://amigosinternational.org)

## CELEBRATING ALL THINGS HAIS



### #PHOENIXRISING

SHOUT OUT GOES TO...

**All of the Amazing Teachers at HAIS** - Happy Teacher Appreciation Week  
- Ms Alderete

**All of the HAIS 2023 HCC Graduates** - All of your hard work came to fruition as you accepted your degree at HCC today.  
Congratulations!

- Ms. Alderete

**Spring Waiver Day** - Thank you to all of the groups that participated. You did a wonderful job!

- Ms. Alderete

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

## GET INVOLVED!

### EVENTS

HOUSTON INDEPENDENT SCHOOL DISTRICT

# EMERGE

◀ HOUSTON ISD ▶

? Do you have more questions than answers when it comes to college? ?

Could paying for college be a barrier for you?

Do you strive for the highest grades in rigorous classes?

? Are you currently in 10th grade? ?

Apply by  
May 15, 2023

### EXPAND YOUR COLLEGE HORIZONS!

EMERGE empowers and prepares high-performing youth from underserved communities to attend and graduate from the nation's top colleges and universities.

[www.HoustonISD.org/EMERGE](http://www.HoustonISD.org/EMERGE)



@EMERGE\_HISD  
@emergehisd  
713-967-5219

<https://bit.ly/emergeapp25>

Apply Now!

Info sessions will be offered!  
CHECK OUR WEBSITE IN APRIL for more details.



OUT-OF-STATE COLLEGE TOURS!



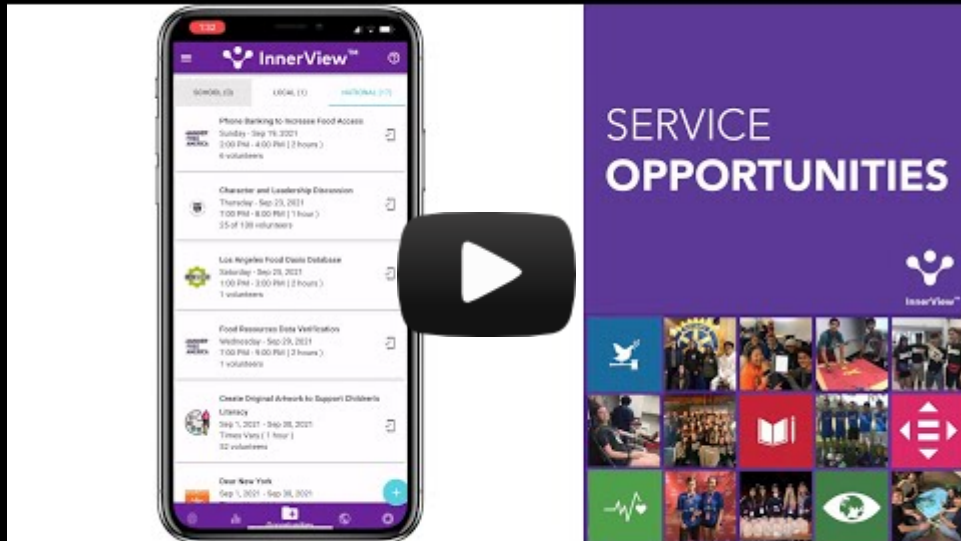
COLLEGE APPLICATION ADVISING!



AFTER SCHOOL PROGRAMMING!

# INNERVIEW - HOW TO FINDING VOLUNTEER OPPORTUNITIES

## Service Opportunities



INNERVIEW

PTO

[Click here to visit the HAIS PTO Site](#)



**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](https://haispto.org)

[haispto@gmail.com](mailto: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

🐦 @HAIS\_ECHS

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

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