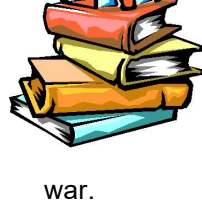


English



⇒ **Pre-AP English II:** Students are refining their essay skills in preparation for STAAR while also performing public poetry.

⇒ **AP/1302 English Language and Composition (Shepard):** Students will continue to dive deeply into the rhetorical strategies in speeches and other writings about war.

⇒ **English IV:** Students will document their wild ride on the open seas by keeping a Captain's Log as we read *The Rime of the Ancient Mariner* by Samuel Taylor Coleridge from the English Romantic Period.

⇒ **Business English:** Students will complete their final plans of action in order to meet Checkpoint #2 for their Service Learning Capstones.

Math



⇒ **Pre-AP Algebra I:** Students will start the exponential function unit after taking the 7th Common Assessment over quadratic functions.

⇒ **Pre-AP Algebra II (Nguyen):** Students will continue the exponential unit, focusing on solving exponential equations and graphing.

⇒ **Pre-AP Algebra II (Polley):** Students will construct the spiral of Theodoros.

⇒ **Pre-AP Geometry (Polley):** Students will construct the spiral of Theodoros.

⇒ **Pre-AP Pre-Calculus:** Students will use sum and difference formulas to establish identities.

⇒ **AP Calculus AB:** Students will identify variables, constants, and rates of change, and represent these symbolically in related rate word problems.

⇒ **AP Calculus BC:** Students will use the graphing calculator to explore a Riemann sum with different partition sizes on non-linear functions.

⇒ **College Algebra (Dual Credit):** Students will graph rational functions and solve rational equations.

Science



⇒ **Pre-AP Biology:** Students will learn about the microbiota in their gut.

⇒ **Pre-AP Chemistry:** Students will continue studying gas laws.

⇒ **AP/Pre-AP Physics:** Students will study heat.

⇒ **AP Biology:** Students will learn about the circulatory system.

Social Studies



⇒ **AP Human Geography:** Students will continue work in our agricultural geography unit. We will focus on rural land usage and the global distribution of agriculture. I am projecting their agriculture test will be given April 3 and 4.

⇒ **AP World History:** Students will be analyzing the causes and effects of World War II.

⇒ **US History (HAIS):** Students are studying the late 1960s and early 1970s.

⇒ **Economics (HAIS):** Students are working on fiscal policies and how they impact daily lives.

⇒ **Government (HAIS):** Students are working on interest groups and their impact upon government.

Fine Arts, CTE, LOTE, PE



⇒ **Principles of Government and Public Policy:** Students will finish preparing their cases for the mock trial, the first of which will occur on B Day.

⇒ **Political Science:** Students will continue their examination of the philosophical writings of political philosophers through John Locke.

⇒ **Theatre Arts I:** Students are working on musical theater productions.

Notes from the Nurse



⇒ Please be reminded that students may not take or possess any **medication** on campus without appropriate documentation. All medication must be kept in the nurse's office with the exception of emergency medications. With appropriate documentation, emergency medications such as Diastat, EpiPens, asthma inhalers, and insulin are the only medications which may be self-carried and administered while on campus. Documentation forms are available at the Nurse's office. Please see Nurse Hooper if any questions arise.

⇒ **March is National Nutrition Month!**

Small steps can help your family get on the road to maintaining a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

Change Your Shopping Habits

- Eat before grocery shopping
- Make a grocery list before you shop
- Choose a checkout line without a candy display
- Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)

Watch Your Portion Size

- Share an entree with someone
- If entrees are large, choose an appetizer or side dish
- Don't serve seconds
- Share dessert, or choose fruit instead
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home
- Cut or share high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces
- Eat off smaller plates
- Skip buffets

Change the Way You Prepare Food

- Cut back on added fats and/or oils in cooking or spreads
- Grill, steam, or bake instead of frying
- Make foods flavorful with herbs, spices, and low-fat seasonings
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and condiments
- Serve several whole-grain foods every day
- Top off cereal with sliced apples or bananas

Change Your Eating Habits

- Keep to a regular eating schedule
- Eat together as a family most days of the week
- Eat before you get too hungry
- Make sure every family member eats breakfast every day
- Drink water before a meal
- Stop eating when you're full
- Don't eat late at night
- Try a green salad instead of fries
- Ask for salad dressing "on the side"
- Chew slowly every time you eat and remind others to enjoy every bite
- Serve water or low-fat milk at meals, instead of soda or other sugary drinks
- Instead of eating out, bring a healthy, low-calorie lunch to school/work

HAIS Happenings



⇒ On Friday afternoons following regular morning rotations, all **9th grade students** will receive **intensive tutorials** in preparation for the English I, Algebra I, and Biology EOC Exams as well as the AP Human Geography Exam. Please ensure your child attends school every day, including Fridays, and refrain from checking students out early. Thank you!

⇒ Two seniors will be competing at the **UIL CX State Tournament** in Austin this weekend (3/21-3/23). Wish them luck as they represent HAIS!

⇒ Come support **HAIS Volleyball** at our games on Friday, March 22 at 4:30 PM against Sharpstown International School @ YWCPA.

⇒ Come support our HAIS Theatre Company at Chavez High School on Saturday, March 23 at 12:00 PM while they compete in **UIL One Act Play**. Admission is \$5 and covers 8 different plays. Hope to see you there!

⇒ Come support **HAIS Soccer** at our game on Monday, March 25 against East ECHS at Mason Park #4. Girls play at 4:30 PM and boys play at 5:45 PM.

⇒ The **UIL Academics** team will compete in the district meet on Saturday, March 30 at Wisdom HS. Good luck to all participants!

⇒ The **UIL Academics** team meets every Wednesday after school from 3:30-4:30 PM. Come have dinner with us and enjoy the FUN!

⇒ The **HAIS Literary Magazine** is open for submissions via haisliterary@gmail.com.

⇒ For **transportation information**, please utilize the online tool at <https://www.infofinder.com/ifi/?cid=HI2LMFAOCQI> or by calling 713-556-9400.

⇒ For all of your **counseling needs**, please contact Mr. Martinez at amarti67@houstonisd.org. Check out the guidance counseling website that he has created specifically to help all students at HAIS: <https://www.amartinez18.weebly.com/>

⇒ See attached **calendar** for more upcoming events!