

From the Principal – Vlogs, Blogs, and Podcasts to Keep You Informed and Engaged

Click one of the links below to select the topic you would like to read more about.

[Advising and College and Career Exploration](#)

[Bullying Prevention](#)

[Communication](#)

[End of Year Closeout](#)

[Family Literacy & Parent Involvement](#)

[Human Trafficking Awareness Month](#)

[Learning Disabilities – Information for Students & Adults](#)

[The Power of Protein - Nat'l Nutrition Month](#)

[Spring Strong Start Student Presentation](#)

[Suicide](#)

[Teen Dating Violence Awareness Month](#)

[Vaping](#)

[Website Tour](#)

[Welcome Presentation for Students](#)

Advising and College and Career Exploration

What you and your student need to know about choosing a college

Click on the link below to view the information.

 [Advising Tips for Students and Parents](#)

Bullying Prevention

What is it, how schools work to prevent it, and how can stakeholders report it when it happens

Follow the link below for resources from the Texas State Safety Center. Please take time to watch the video that we show in Family classes to inform students about the dangers of bullying and how to report it when it happens. In addition to the video, parents can view state law, school resources, and the checklist that is used by school administrators to determine if an action is bullying.

Click the link below to access the resources.

<https://txssc.txstate.edu/videos/prevent-bullying-6-12/>

Reporting – It's everyone's responsibility.

P3 Tips – download the Crime Stoppers app to report



bmtisd.com – scroll to the bottom of the homepage to find the link you see below



Email – send an email to the principal or another trusted adult



Communication

How we reach out to students and parents

Our primary goal is to keep students informed and engaged. A close second is our commitment to doing the same for parents. Here's how we do it:

- Parentlink call outs (and email)
 - This is linked to our Student Information System and contains the contact information parents enter during registration each year. If you are not receiving recorded calls/emails, you have either opted out or your information in our system is out of date. It can be updated any time by reaching out to the campus PEIMS clerk.
- [Campus Calendar](#)
 - This is linked to our website and contains all public facing campus events.
- Remind messaging app
 - Contact the principal for the grade level codes. Contact individual teachers for theirs.
- Facebook
 - This is where we brag on students and post campus announcements.

End of Year Closeout

April and May become a very busy time of year and a time when it is more important than ever to stay on top of campus communications. Alerts from the campus ensure that families know about campus events in the most timely manner possible. That information can also be found on the calendar on our website.

[Campus Calendar](#)

Here are some additional items to be on top of:

- Grades and exams – While it is tempting for students to start shutting down during the fourth and last grading period, it is critical that they finish strong. This is when the lazy get passed up in GPA and rank by those that remain at the top of their game. Parents can always review grades on [parent self serve](#). If you need help signing up, call the campus and we will connect you with the right person.
- Turn in all materials – Anything that the school has checked out to the student during the year is due in May. Specific dates can be found on our campus calendar linked above. All chromebooks AND chargers must be turned in at the end of the year as well as any additional materials such as textbooks, library books, calculators, etc. Students that do not return materials will be placed on the hold list.
- Know your academic status – Don't wait for the school to call with a concern. Students and parents should know what the student's current academic status is. Is the student in good academic standing? On probation? In need of summer school? Passed TSIA2? If you are unsure, call or email your student's [Family teacher](#) to get the most up to date information.
 - [LIT Academic Standing](#)
 - [Summer School](#)
 - [TSIA2](#)
- Complete online registration for BISD – This is an annual requirement that must be completed before students attend Running Start. All parents can start on BISD's website for [online registration](#). This process allows parents to register students, update contact information, and give Texas school districts time to adequately plan for the upcoming school year's budget.
- Stay informed – Be sure to keep all family/parent contact information up to date with the school. [Communicate with us!](#)

CLOSEOUT

SPRING 2025

TASK 1	FINISH STRONG COMPLETE ALL ASSIGNMENTS AND EXAMS FOR TOP GRADES
TASK 2	TURN IN ALL MATERIALS CHROMEBOOKS, LIBRARY ITEMS, CALCULATORS, ETC.
TASK 3	KNOW YOUR STATUS WHAT IS YOUR SUMMER SCHOOL, TSIA2, HOLD STATUS?
TASK 4	ONLINE REGISTRATION COMPLETE ONLINE REGISTRATION BEFORE RUNNING START
TASK 5	STAY INFORMED FOLLOW US ON FACEBOOK, REMIND, AND OUR WEBSITE



ECHS.BMTISD.COM

VENTA

PRIMAVERA DE 2025

TAREA 1	TERMINAR FUERTE COMPLETAR TODAS LAS TAREAS Y EXÁMENES PARA OBTENER LAS MEJORES CALIFICACIONES.
TAREA 2	ENTREGAR TODOS LOS MATERIALES CHROMEBOOKS, ARTÍCULOS DE BIBLIOTECA, CALCULADORAS, ETC.
TAREA 3	CONOCE TU ESTADO ¿EN QUÉ ESTADO SE ENCUENTRA SU ESCUELA DE VERANO, TSIA2?
TAREA 4	REGISTRO EN LÍNEA COMPLETE EL REGISTRO EN LÍNEA ANTES DE COMENZAR LA CARRERA
TAREA 5	MANTENTE INFORMADO SÍGUENOS EN FACEBOOK, REMINDER Y NUESTRA WEB. 

Family Literacy & Parent Involvement

November is National Family Literacy Month and, as you may have guessed, we have information to share. There is a major initiative on campus that we are very proud of and that is Reading Bingo!

- At the start of each month our Librarian, Ms. Johnson, prepares a Reading Bingo card that students in Family try to blackout on.
- Parents can help by reading a book during any month, but we encourage all parents to start this month! Talk to your student and their Family teacher about how you can get involved.

We also want to share great information from the [National Centers for Families Learning](#). Parents can learn easy and fun ways to get involved with reading alongside their students and engaging with their learning. One easy way to start is by checking out Wonderopolis every day for the [Wonder of the Day](#). A simple suggestion is to have this pulled up on your phone and pass it off to your student to read to you. Parents will begin to learn about their student's strengths and weaknesses with literacy. Approximately 40% of our students are one or more grade levels below where they should be with their reading skills. This skill is like any other, it will not grow and strengthen if it is not practiced EVERY DAY.

November Reading Bingo		Family Name: _____	
<u>A biography or memoir</u>	<u>A book that is less than 200 pages Quick Reads</u>	A book with a lot of orange on the cover	<u>A book whose author's last name starts with T</u>
<u>A book from the "Mythology" section in the ECHS Library</u>	Read a book that was recommended to you	A book by your favorite author	An online or print magazine article
A nonfiction book of your choice	A book from the Native American Heritage display	Read the first book in a series	<u>A manga or graphic novel</u>
<u>A book where one of the characters is a writer/author</u>	A book from the "Books that Reflect Generosity" Display	A book from the "New Release" display in the Library	<u>A book about an active combat soldier or a veteran (Veterans' Day November 11th)</u>

Human Trafficking Awareness Month

As a school community, we believe in empowering our students and families with knowledge to help protect them. Human trafficking is a global issue that affects millions, including vulnerable youth in our own communities. Understanding the risks, recognizing the signs, and knowing how to act are crucial steps toward prevention and safety.

Human trafficking often involves force, fraud, or coercion to exploit someone for labor or commercial sex. Traffickers may target individuals through social media, at malls, or even within schools. They often use deceptive methods, including pretending to be a friend or romantic partner, to manipulate young people.

Here's how you can help:

1. **Talk to Your Teens:** Open and honest conversations about online safety, relationships, and personal boundaries can make a significant difference.
2. **Recognize the Signs:** Sudden changes in behavior, secrecy about friends or activities, or unexplained absences may indicate a problem.
3. **Stay Informed:** Learn about the resources available to help prevent trafficking and support survivors.
4. **Report Suspicious Activity:** If you suspect someone may be at risk, contact the National Human Trafficking Hotline at 1-888-373-7888 or text 233733 (BEFREE).

Thank you for partnering with us to raise awareness and keep our community safe. For more information, [click here](#).

Learning Disabilities – Information for Students & Adults

[Learning Disabilities Association of America](#) is a great starting point for learning about the rights and responsibilities of students with learning disabilities.

- Be sure to check out the links at the bottom of each page for additional resources and to dig deeper into the topic.
- If nothing else is reviewed, take a listen to [this 24 minute podcast](#) for what comes after high school.

It is important to know that a student's K-12 plan for accommodation and modification of instruction based on their 504 or Special Education qualification ceases to exist and is no longer legally binding after high school graduation. Between Kindergarten and 12th grade, schools are required by law to seek out students with disabilities and implement plans to help level the playing field for those students. After graduation, whether the student is entering college, the military, or the workforce, the responsibility shifts to the student to ensure their needs are met. The Learning Disabilities Association of America is a great starting point for students with disabilities to become their own best advocate.

Are you an adult with a learning disability?

Is it affecting your work?

[Check out the LDA information for adults.](#)

Additional information online:

- Elizabeth C. Hamblet (the lady in the podcast with LDA) is a recognized author and speaker who offers advice drawn from her 20+ years as a college learning disabilities specialist. Her website – <https://ldadvisory.com/>
 - And her [YouTube Channel](#)

The Power of Protein – Nat’l Nutrition Month

Fueling Teen Success

March is **National Nutrition Month**, making it the perfect time to focus on one of the most important nutrients for growing teens—**protein!** As parents, we know teenagers are constantly on the go, balancing school, activities, and social lives. But did you know that what they eat plays a major role in their energy levels, focus, and overall health?

Protein is essential for **muscle growth, brain function, and even mood stability**. Teens are in a critical stage of development, and their bodies need **enough protein** to support everything from strong bones to a sharp mind. A diet rich in protein helps sustain energy throughout the day, improves concentration in class, and aids in quicker recovery after sports or exercise.

Encourage your teen to fuel up with **lean meats, eggs, dairy, beans, nuts, and even protein-packed snacks like Greek yogurt or peanut butter**. Balancing protein with healthy carbs and fats will keep them feeling full and focused—something every student needs to thrive!

This **National Nutrition Month**, let’s help our teens make smart food choices that set them up for success. Small changes can make a big difference in their health, both now and in the future!

A great resource for students and parents to learn more about protein and teen nutrition is the **Academy of Nutrition and Dietetics' "Eat Right" website**:

www.eatright.org

They have science-backed articles on **healthy eating for teens, protein needs, and meal planning tips**. Another excellent resource is **MyPlate by the USDA**, which provides easy-to-understand guidelines for balanced nutrition:

www.myplate.gov

Both sites offer practical advice to help teens make smart food choices and understand why nutrition is key to their success in and out of the classroom!

Spring Strong Start Student Presentation

On January 7, 2025 we gathered in the auditorium to go over Spring Strong Start information with students. Parents can review that [here](#). Please reach out to the campus with any questions.

[Spring Strong Start Student Assembly Presentation](#)

Suicide

What is the number one thing students lie to their parents about?

According to Joshua Wayne, when asked if they have ever seriously considered suicide, **one third** of all teens surveyed stated that they lied to their parents and said "No."

It is a long video, but well worth your time. Listen to this nationally certified counselor talk about helping kids thrive in difficult times.

<https://txssc.txstate.edu/videos/helping-kids-thrive/>

Contact our school counselor for more information about local resources.

Teen Dating Violence Awareness Month

This is a time to shed light on an important but often overlooked issue affecting many young people. As parents, understanding the warning signs and fostering open communication can help keep your teen safe in their relationships.

What Is Teen Dating Violence?

Teen dating violence (TDV) includes physical, emotional, or psychological abuse, as well as stalking or digital harassment, within a dating relationship. It can happen to any teen, regardless of gender, background, or relationship experience.

Warning Signs to Watch For

Teens in unhealthy relationships may:

- Seem unusually anxious or withdrawn
- Have unexplained injuries
- Constantly check in with their partner or change behaviors to avoid upsetting them
- Lose interest in hobbies or friendships
- Receive excessive calls, texts, or social media messages from their partner

How Parents Can Help

- Start the Conversation – Talk to your teen about what a healthy relationship looks like, including mutual respect and trust.
- Listen Without Judgment – If your teen opens up about relationship concerns, offer support rather than immediate criticism.
- Know the Resources – Organizations like *Love Is Respect* and the *National Domestic Violence Hotline* provide guidance and help for teens in unhealthy relationships.

If you suspect your teen is in an abusive relationship, encourage them to seek help and remind them that they deserve respect and safety. Your support can make all the difference.

For more information, visit www.loveisrespect.org or call the National Domestic Violence Hotline at 1-800-799-SAFE.

Vaping

Parent and student resources

As we explore this topic, remember that vape devices were originally developed as a way for *current* smokers to have a replacement for cigarettes. Vape devices were not developed with children and young adults in mind, but the reality is that they are often targeted in advertising. According to the CDC and NIH (Center for Disease Control and the National Institutes of Health), 10%-15% of middle and high school students vape daily and 60% that do vape daily have tried to quit at least once in the last year. Please check out the resources linked below to be informed of the facts about vaping, how to talk to your student about vaping, and where to go to help them quit.

After the state updates in early 2024, BISD has updated vaping and e-cigarette policies to address the changes. Starting in the 2023-2024 school year, the State of Texas required that any student caught vaping be sent to a Disciplinary Alternative Education Placement (Pathways). It did not matter if it was tobacco related or THC/marijuana related. That has since changed to allow schools to address tobacco-related vaping differently from THC/marijuana vaping. If a student is caught with a THC/marijuana vape, they will still be sent to Pathways since that is a mandatory action required by the state. If a student is caught with a tobacco vape, the student, parent, and school administrator will develop a vape cessation plan that will include a requirement for the parent to pay for a class from [VapeEducate](#), an online resource to help parents educate themselves and their students about the dangers of vaping.

Please take time to review this Parent Tool Kit from the Texas PTA Vaping Presentation, A Matter of Life and Breath!  Vaping

Additional Resources

- [Truth Initiative Information](#) (non-profit committed to preventing youth and young adult nicotine addiction)
- [FDA National Youth Tobacco Survey](#)
- [Johns Hopkins Medicine](#) - 5 Truths About Vaping
- [American Heart Association](#) - The 101 on e-Cigarettes

If you or your student need help quitting, one place to start is with your family doctor!

Website Tour

Learn how to access the website from a desktop computer or mobile device

Discover what the campus website has to offer and how to navigate it on both desktops and mobile devices. Click the link below to view the video.

[Campus Website Tutorial](#)

Welcome Presentation for Students

First day of school

Click on the link below to view the information.

 [B2S Student Presentation](#)