



LNESC DALLAS

MONTHLY NEWSLETTER

FEBRUARY 2021 • ISSUE 2 • VOLUME 1



WHAT'S INSIDE

Word From Our Director

This Month at LNESC Dallas

COVID-19
Sandra's Vaccine info and
Experience

End of Semester Celebration
Winners

THE POWER OF GRATITUDE” (FRIDAY, FEBRUARY 5, 2021)

Thank you. Those two words are sometimes capable of making all the difference in the world, and scientists who study the “Healing Power of Gratitude” find that “Paying Attention to what we feel grateful for puts us in a positive frame of mind. It connects us to the world around us and to ourselves”. I believe that it also can be a great shield to protect us from the worse that the world has to challenge us with and makes it possible to have hope that we can overcome our worse fears. With that said, I want to offer my thanks and sincere gratitude to our Student Support TEAM here at LNESC Dallas.

This TEAM came together, and in less than two weeks created one of the most dynamic and fun Saturday (OK, it was on a Friday evening) Academic sessions that I have witnessed in my first thirty years at LNESC. This is a TEAM that when given the option to work from home, decided instead that they needed to risk everything to come to the office for in-person sessions with a small number of students and their families.

When the TEAM recognized that too many of our students needed help to get caught up on their schoolwork, they came up with a plan to visit every student who needs it and created a schedule for all of our students to be effectively contacted and supported during that time. So let me end by urging you to say “Thank You”. Take a moment to thank your counselor at your school during the National School Counseling Week, but also please take a moment to thank your LNESC Upward Bound Student Advisor(s) whom I know daily go out of their way to help you realize your dreams!!! Finally, if you are currently in 9th, 10th or 11th grades don't forget to check with your LNESC Upward Bound Advisor about upcoming summer programs and leadership activities that you might want to consider adding to your toolbox.

Renato de los Santos

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4 	5	6
7	8	9	10	11	12	13
14 	15  OFFICE CLOSED	16	17	18 	19	20
21	22	23	24	25	26	27 
28	1 	2	3	4	5	6
7	8	9	10	11	12 	13

 **FEBRUARY, 4**
SENIOR PARENTS
MEETING

 **FEBRUARY, 18**
ALL PARENTS
MEETING

 **FEBRUARY, 27**
ACADEMIC
SATURDAY

 **FEBRUARY, 14**
VALENTINES DAY

 **FEBRUARY, 15**
PRESIDENTS DAY

 **MARCH, 1**
FAFSA DEADLINE

 **MARCH, 12**
ACT REGISTRATION
DEADLINE

COVID VACCINE EXPERIENCE

As the second month of the year begins, the ever-present pandemic continues. Fortunately, vaccines have been approved for use and are heading to communities all over the nation. According to ABC News, more than a half-million doses of the COVID-19 vaccine are coming to Texas in the first week of February. The CDC will ship 520,425 first doses to 344 providers in 166 counties across the state.

So what does this mean for us? You may already know someone who has received the vaccine, but many more who have not. Dallas county started vaccinations back in December and have set up a registration link on their website, www.dallascounty.org.

Our very own Sandra Avalos (right) got her first dose a few days ago! Sandra described the process as "easy and painless". She registered the Dallas County website and waited a few weeks until she received a text and email giving her instructions on how to schedule her dose. She was able to schedule it just a few days later!

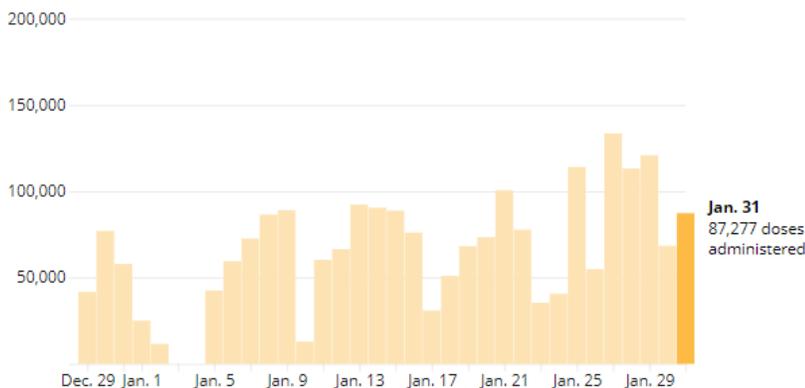


Sandra now awaits her second dose, hoping that afterward, the world will seem more so how it was a year ago. But for that to happen, we need everyone on board to vaccinate as soon as possible!

Join us at our parent meeting for an update and more information!

Coronavirus vaccine doses administered each day

Vaccination data is typically reported a day or two late. Abbott has said he expects the reported number of vaccine doses administered each day to increase by 50,000 to 75,000 doses. As of **Jan. 31**, **2,446,600** doses have been administered. Both vaccines currently available — Pfizer and Moderna — require two doses.



END OF SEMESTER CELEBRATION!

The first semester of our first all online year has just concluded. Hopefully, students were able to do well in their classes, but we know that with the pandemic and virtual schooling, everything has become more difficult. With that being said, we were happy to be able to have a more light-hearted event to celebrate the semester's conclusion! Our game night was a huge success thanks to our awesome students that participated with the utmost eagerness!

Our scholars got to know each other through icebreaker questions and games, one of which involved play dough! As the students introduced themselves, we got to know more about each other. Some even let us see their pets, both furry and scaly!

Afterward we played the beloved latin card game, Loteria! This is where some of the competition got heated as students were able to win big! For those that don't know, Loteria is essentially Bingo, and

the whole idea is, well, to get BINGO! Of course, what makes this version unique is that there are no numbers. Instead one person reads and shows a card which the participants have to check to see if they have on their big card. The idea is for the one reading and showing the cards to go fast so that the participants have to concentrate or they might miss one! It was a hoot! Finally, the night ended with Pictionary, and though we did have a few technical issues, it also ended up being great!

GAME NIGHT WINNERS

ADRIANNA
EVANS

LESLIE
TORRES

FRANCISCO
PRUNEDA

JAZELLE
SANCHEZ

JOANNA
JIMENEZ

DIEGO
SANCHEZ