GH
GOOD
HOPE
MISSIONARY
BAPTIST
CHURCH

AUGUST 2021

NATIONAL RELAXATION DAY
TIME OUT

BACK TO SCHOOL
HARRIS COUNTY

NATIONAL BREAST FEEDING
EVEN MORE SUPPORT

THE EYES HAVE IT
NATIONAL EYE EXAM

LEADING WITH LITERACY
HAVE A GREAT SCHOOL YEAR!

National Breastfeeding Month

August is National Breastfeeding Month, and this year's theme is, "Every Step of the Way." Proven to be one of the strongest ways to provide immunity and unparalleled health benefits for newborns and infants, breastfeeding is highly recommended by health care experts everywhere.

This year, the breastfeeding community is offering even more support to new moms by providing rich and additional information weekly throughout the month of August to include: World Breastfeeding Week, Indigenous Milk Medicine Week, Asian American, Native Hawaiian and Pacific Islander Week and Black Breastfeeding Week.

Breastfeeding is among the greatest gifts that mothers can share with children with benefits that extend far into their future years of growth and development. To learn more about how you can support or be a part of this community, visit www.usbreastfeeding.org.

Leading with Literacy

Undoubtedly, the 2021-22 school year will be one like no other as students, teachers and families prepare for an unconventional return to the classroom. Many are filled with anxiety in light of the many missed days from the previous school year. Nevertheless, there are still a number of ways that you can support children as they enter recovery mode.

Literacy, both reading and writing, is among the most fluid academic activities that can occur inside and outside the classroom. By reading with children at home, ensuring they have access to digital literacy and ordering or checking out books that interest them, you can deepen their ability to increase phonemic awareness, phonics, vocabulary and comprehension.

As literacy spans every subject, increasing the amount of reading (and writing about their reading) that students do in their free time can undergird their development – and recovery – in many of those subjects that have caused so much concern.

While there is a long road ahead, leading with literacy can give students the leverage they need to get back to where they need to be. So, encourage their love for literacy and language fueled by their free choice of their favorite things to read. Have a great school year!

we are HOPE

SUNDAY
All Audiences:
8AM & 10AM
Call
(713)-524-6578
for details

Wednesday
WORSHIP IN THE WORD
Via Streaming: 7PM
Featuring:
Dr. Elliott Green

Five Fun Things to Do with Family & Friends before the Summer Is Over

It's been a whirlwind year already, and we've passed the midpoint; but, the summer's not over yet! Enjoy these spaces and places before time slips away, and make memories that will last a lifetime.

Candytopia
Citycentre
822 Town and Country Blvd., Unit 102
Houston, TX 77024
www.candytopia.com/houston

Houston SUMMERJAZZ2021
August 20 – 22
(Varying times & Locations, including the Wortham Theatre)
For more information, visit
www.dacamera.com/summerjazz

Hall of Ancient Egypt
Houston Museum of Natural Science
5555 Hermann Park Drive
Museum District
9:00 a.m. – 5:00 p.m.
www.hmns.org

Sharing Stories, Indian Dance, Theatre & Flamenco
Miller Outdoor Theatre
6000 Hermann Park Drive
August 13, 2021
8:30 p.m.
www.milleroutdoortheatre.com

Prehistoric Beasts at the Houston Zoo
6200 Hermann Park Drive
Museum District
Ends September 6, 2021
www.houstonzoo.org

It's no secret that stress can cause some of the most dangerous diseases and has claimed the lives of too many prematurely; but, if we want to reduce our stress, it's important that we learn how to focus on easing that anxiety. August 15 is National Relaxation Day, and we'd like to give you a few areas on which you can focus:

Relax the Body – Use exercise (i.e., walking, jogging, swimming, stretching, or dancing) and the inclusion of healthy eating to help your body relax muscles and improve digestion. You can also include a cup of hot tea to give yourself a sense of calmness.

Relax the Senses – Use fragrances that are soothing in the realm of aromatherapy. Plan a staycation that allows you to take in beautiful scenery. Enjoy a relaxing massage or create a spa day at home. Prepare (or purchase) a palate pleasing meal. Take your senses to a place of serenity.

Relax the Mind – Remove external distractions, and allow yourself to focus on things you enjoy. Whether these include your favorite genres of music, treasured pastimes or simple hobbies – block out a designated part of your schedule that doesn't include typical daily tasks. Instead, make time to allow your mind to savor the simplest pleasures of all.

We undoubtedly encounter stress on a regular basis, but we can counter its effects by learning how to relax. Take advantage of the opportunity to cultivate calmness in your life. Celebrate National Relaxation Day – and make winding down a regular part of your schedule.

National Relaxation Day

The Eyes Have It

Have you been doing a lot of reading lately? Having trouble with your sight while viewing things far away? Close up? August is National Eye Exam month and the perfect time to take a glance at your eye health. The eyes are among the most sensitive organs in the body and often overlooked. However, as we age, a baseline eye exam can help detect early signs of eye disease or damage.

If you haven't already, ophthalmologists suggest eye exams every 2-4 years, especially for individuals ranging from ages 40-65 and every 1-2 years after age 65. Quick check-ups can make a world of difference and be the key to healthy vision. The eyes have it, so ensure you keep them in the best condition possible.

iHOPE CHURCH

Back to School for the 2021-2022 School Year

HISD and surrounding school districts will offer in-person learning five days a week for all students this coming school year. At this time, there are no plans for virtual learning opportunities; all students must attend in-person classes.

- The first day of school for students in HISD is August 23, 2021.
- Students returning to school in Fort Bend ISD will report to campus Wednesday, August 11, 2021.
- The first day of school in Pearland ISD is August 18, 2021.

In-person learning is critical for both student growth and success as well as addressing pandemic-related learning losses. To ensure safe in-person experiences, HISD, Pearland and Fort Bend are continuing to work in partnership with health and education officials. Safety protocols are in place in each district, and parents are strongly encouraged to check their district's website for important school related updates.

"As both superintendent and the father of two children enrolled and ready to be in HISD classrooms this fall, I can promise you that we're doing everything we can in HISD to ensure all students are safe, healthy, and ready to learn," Superintendent Millard House said.

To ensure a safe transition, HISD will maintain the following protocols:

- Urging students, staff, and essential visitors to stay home when sick
- Providing masks upon request and allowing them to be worn in schools and buildings but not requiring them per state mandate
- Keeping plexiglass dividers in place
- Cleaning and disinfecting all schools and buildings nightly
- Limiting visitation to essential visitors with pre-scheduled appointments

Let's do our part to gear up for a great year of learning by following all safely protocols as we send our children back to school.