



Counselor's Corner

May 2025



Remaining events of the year

May 21st – May 23rd

Moving on UP! Middle School transition presentation by Mrs. Hsu in 5th grade classrooms

Friday, May 23rd

PreK graduation ceremony

Monday, May 26th

NO SCHOOL – Memorial Day

Wednesday, May 28th

5th grade Awards Day at 8:30am
AND Class of 2025 (high school)
SENIOR WALK at 1pm

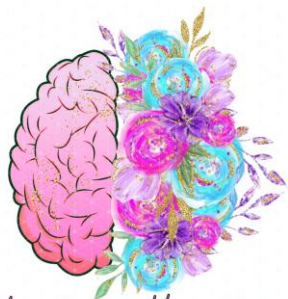
Thursday, May 29th

Last Day of School – early dismissal for students at 12:10pm!

ASIAN AMERICAN
PACIFIC ISLANDER
HERITAGE MONTH



"MANY CULTURES,
ONE VOICE:
PROMOTE EQUALITY
AND INCLUSION"



Mental Health
MATTERS

Reflection Newsletter

What a year it has been! Congratulations to all our April & May "Student of the Month" winners. These students showed RESPECT and THOUGHTFUL, and we are so proud of their achievements. [See page 2 for pictures.](#)

In April, we had a very successful Multicultural Festival with wonderful performances by Integrity Kung Fu and Lee's Golden Dragon sponsored by [Project Violet](#), our student talent show, glitter face painting, treat walks, carnival games, Scottie Bark-et, and decorated grade-level hallways. [See page 3 for pictures.](#)

Good luck to our amazing 5th grade group moving onto middle school. You will achieve great things! Our 5th grade NEHS students gifted all grade levels indoor recess boxes, as their spring student-driven project. The teachers truly appreciated the thoughtfulness, and it's a great way to leave their legacy.

In May, I went into the classrooms to equip our students about guidelines of keeping our body safe and to seek a trusted adult's help to prevent child abuse. If a child confides in you about abuse:

- Stay calm and believe him/her.
- Assure your child, he/she did the right thing by speaking up.
- Show genuine interest and compassion.
- Abuse is never a child's fault.
- Allow your child to share at his/her own pace.
- Most importantly: TAKE ACTION.

If a student is in immediate danger or has disclosed abuse, **do not wait – call the police or the Texas Abuse and Neglect Hotline: 1-800-252-5400.** You can reach out to myself, if you need guidance.

May is Mental Health Awareness Month

Our social emotional and mental health is just as important as our physical health. [See pages 5-7 for more information about how you can seek professional help for your child, family, and/or yourself.](#) Feel free to contact me if you have any questions! I specifically put together a list of mental health professionals that identify as Asian or Asian American in hopes it will break down some cultural barriers.

May is Asian American/Pacific American Heritage Month

Paying tribute to the generations of Asian and Pacific Islanders who have enriched America's history and are instrumental in its future success. Explore this site for things to do around Houston: <https://www.visithoustontexas.com/events/asian-pacific-american-heritage-month/>

Summer Camps Around the Area

Summer is near! Keep reading and practicing skills learned this school year but remember to have fun. [See email for summer camps flyer and a tutoring list](#) of our current campus teachers and retired teachers. <https://sugarlandtx.gov/2264/Youth-Camps>

May Core Value: Thoughtful

Thinking of/seeing what others need and being proactive to help

Mrs. Hsu's contact information:

Email: angela.hsu@fortbendisd.com

Phone #: 281-634-4164

Highlands ES Counseling website:

<https://www.fortbendisd.com/Domain/8212>

April & May “Student of the Month” and April & May spirit stick winners

Congratulations to all our students who show **respect** and **thoughtfulness**. The list shows students who earned the April & May “Student of the Month” title, the “Be Respectful”, “Courtesy”, “Respect” spirit sticks for April’s Core Value of **Respect**, and “Bucket Filler” and “Reflective” spirit sticks for May’s Core Value of **Thoughtful**. The pictures are of April & May “Student of the Month” breakfast celebrations.

April - Respect				May - Thoughtful			
Adaline C.	Benjamin W.	Olive L.	Flynn K.	Bailey G.	Knox S.	Jackson P.	Herman V.
Nolan N.	Riya D.	Landon F.	Zoe G.	Chance R.	Russell H.	Angel M.	Madeleine E.
Isabella R.	Livi W.	Jordan H.	Aiden G.	Herman V.	Peyton J.	Nestor R.	Hallie B.
Thishanthan	Maysen T.	Stella S.	Zhibek M.	Sanaya M.	Camila A.	Giulia V.	Aniah
Dylan P.	Rex P.	Genevieve M.	McKenzie J.	Maaz A.	Ryan S.	Brooks M.	Evelyn T.
Kamin L.	Lailah F.	Anishka	Shivansh	Tejashree S.	Chayse R.	Elinatan G.	Vivienne B.
Mila D.	Verity K.	Kai E.	Olivia	Kian L.	Nathan G.	Olivia S.	Jacob B.
Ayra Z.	Olivia N.	Jax J.	Vivienne B.	Mahremay A.	Kylynn H.	Nora S.	Kendall C.
Dean H.	Gallant T.	Audrey M.	Kendall C.	Aubrey D.	Berkeley L.	Tegan K.	Malu R.
Charlize N.	Hailey L.	Chance R.	Remington T.	Danny M.	Etham S.	Wade W.	Francis H.
Savannah V.	Ayaansh B.	Olivia G.	Talia E.	Alexis V.	Aydin T.	Imani S.	Emmy S.
Ezra D.	Tewodra D.	Vincent N.	Reyna D.	Adaline R.	Luna L.	Bentley B.	Alexa S.
Luca S.	Myan P.	Kaylee P.	Leonardo G.	Salwa B.	Hadi A.	Meera D.	Aaron L.
Ace S.	Conor L.	Daniel R.	Carter D.	Anaya K.	Knight S.	Kaydence J.	Joshua L.
Richard D.	Ivanna A.	Carina K.	Levi H.	Hannah M.	Ava M.	Emily T.	Tobi S.
Anna G.	Daniel N.	Jaden Y.	Alia Z.	Alejandra D.			
Ellis L.	Daphne G.	Emmitt S.					



Multicultural Festival – April 2025



National Elementary Honor Society – Spring project: indoor recess boxes



Mrs. Hsu's Child Abuse Prevention Lessons (in a 1st grade classroom)



Mental Health Resources around the Houston Area

Nick Finnegan Counseling Center:

- <https://finnegancounseling.org/>
- Phone number: (713) 402-5046
- Address: 2714 Joanel St.; Houston, TX 77027
- **Children/adolescent therapists:** McKenzie, Heather, Lizzy, Courtney
- **Therapists that work with adults:** Janie, Janet, April
- Have weekend and evening hours available
- Accepts some insurances and offers sliding scale according to financial needs or for those who do not have insurance

Houston Center for Christian Counseling

- <https://www.christiancounselinghouston.com/counselors>
- **phone number:** 281-277-8811
- **Address:** 402 Julie Rivers Dr, Sugar Land, TX 77478
Therapist who works with children: Jessica Trahan
- Have evening and Saturday hours available

Eddins Counseling

<https://eddingscounseling.com/about-eddings-counseling-group/>

has 3 Houston locations

- **Phone number:** 832-559-2622
- **Address:** 12930 Dairy Ashford Rd., Suite 103, Sugar Land, TX 77478

Attachment and Trauma Center

- <https://www.atchouston.com/>
- **Phone number:** 281-903-5353
- **Address:** The Atrium at Sugar Creek; 101 Southwester Blvd. Suite 105; Sugar Land, TX 77478

Sugar Land Counseling Center

- <https://sugarlandcounseling.com/>
- **Phone number:** 832-876-3232
- **Address:** 16400 Kensington Dr. Sugar Land 77479

Missouri City Family Counseling

- <https://missouricityfamilies.com/>
- **Phone number:** (832) 500-3563
- **Address:** 3777 Sienna Parkway; Missouri City, TX 77459

Magnolia Counseling and Wellness

- <https://www.magnoliacounselingofpearland.com/>
- 11200 Broadway St. #2742; Pearland, TX 77584

Grief:

Grief/Bereavement for family support groups (FREE)

- Bo's Place (attached flyer)
- www.bosplace.org
- Phone: 713-942-8339
- Address: 10050 Buffalo Speedway; Houston, TX 77054

Grief Recovery Center

<https://www.griefrecoveryhouston.com/>

- 2000 North Loop West, Suite 100 Houston, TX 77018
- Phone: (832) 413-2410

English and Spanish-speaking therapists

<https://www.joanlipuscek.com/>

Joan Lipuscek

4200 Montrose Blvd. Suite 550

Houston, TX 77006

joan.lipuscek@gmail.com

713-376-9822

DePelchin Children's Center

<https://www.depelchin.org/counseling/>

713-730-2335

Psychiatry:

Synapse Psychiatry

7435 Highway 6, Suite C

Missouri City, TX 77459

281-606-0622

www.Synapse-Psychiatry.com

Clinical Psychologists:

Dr. Lindsay Asawa, PhD

Missouri City Family Counseling

7070 Knights Court, Suite 203

Missouri City, TX 77459

[\(832\) 500-3563](tel:(832)500-3563)

<http://www.missouricityfamilies.com/meet-our-team/>

West Oaks Hospital:

<https://westoakshospital.com/programs-services/children/>

They have outpatient, day treatments/sessions for kids as young as 5-years-old

713-589-7904

Listed below are some services and mental health resources for individuals with autism:

Monarch School & Institute (has a summer program/camp for middle schoolers)

<https://www.monarchschool.org/programs>

Audrey Omenson – therapist (works with individuals with Autism)

<https://www.audreyomenson.com/about>

Apara Autism Center

<https://aparaautism.com/>

Stokan & Jagers Associates

<https://www.stokanjagers.com/autism-specialist>

Step to Progress

<https://www.stepstoprogress.com/>

BlueSprig

https://www.bluesprigautism.com/bluesprig-sugar-land/?utm_source=google&utm_medium=local&utm_campaign=bs_sugar_land

Action Behavior Centers – ABA Therapy

<https://www.actionbehavior.com/locations/texas/houston/aba-therapy-sienna-tx/>

Key

LPC – Licensed Professional Counselor

LPC-Associate – Licensed Professional Counselor – Associate;
logging hours to get fully licensed

LMFT – Licensed Marriage and Family Therapist

LCSW – Licensed Clinical Social Worker

LCSW-S – Licensed Clinical Social Worker - Supervisor

MD – Doctor of medicine

Asian therapists:

Iris Chang, LPC, LMFT – conducts therapy in Mandarin, Cantonese, Taiwanese, and English

<https://www.psychologytoday.com/us/therapists/iris-chang-houston-tx/117894>

Stephanie Bloodworth, LMFT – identifies Chinese/Taiwanese American

<https://stephaniebloodworth.com/>

Judi Dai, LPC – identifies as Asian American

<https://www.thevillage.love/about>

Kim Parker, LCSW, identifies as Chinese Vietnamese

<https://www.psychologytoday.com/us/therapists/kim-l-parker-lcsw-houston-tx/370583?fbclid=IwAR2vSiEkUZOUdVqVe6LqAyNV6Dvg702XDzKPVCjCbP0N54RMzU2uoRzYaA4>

Vietnamese therapists/social workers:

Julie Duong, LPC

<https://finnegancounseling.org/counselors/julie-duong/>

Julie Ung, LMFT-S, LPC

<http://www.missouricityfamilies.com/portfolio-item/julie-ung-ma-lmft-lpc-co-founder/>

Vietnamese psychiatrist:

Dr. Tony Pham

<https://tonyphammd.com/dr-pham/>

Asian psychiatrists:

Dr. Hiuping Xu, MD (speaks Mandarin and has a specialty in Trauma & PTSD)

<https://houston-psychiatrist.com/about/>

Dr. Alice Mao, MD (speaks Mandarin)

<https://www.bcm.edu/people-search/alice-mao-26006>

Dr. Jia Wang, MD

<https://www.jiawangmd.com/about/>

Dr. Peter Wu, MD

<https://www.peterwumd.com/>