



# TexaSPEAKS

Monthly Newsletter  
December 2022



## *Take a Moment*

"Take a moment for yourself. Every day. A moment where you are your own priority. Just you. Not your baby, not your work, not your dead Mr. Evans, not your filthy house, not anything. Just you. Whatever you need, whatever you want, whatever you seek, reconnect with it in that moment. Then recommit."

-Bonnie Garmus, *Lessons in Chemistry*

As we move into the new year, it's easy to focus on starting fresh, forming goals, and being our best selves. Remember that our best selves need time to breathe and recommit. Our new years resolution challenge for you in 2023 is to take a moment for yourself every day.

## *Classroom Idea- Vision Board*

With the beginning of a new year, it's the perfect time to have students create a vision board for what they hope to accomplish. Have them create a collage of images that represents their hopes, their goals, their biggest dreams!

But then - have them examine the units in your course, what you'll be covering and help each student set a goal for how *\*your\** class can help them achieve their personal goals.

Creating a personal investment in your course will make it easier for students to buy in and get focused.



# Rest in Peace Kristi Hodgkiss

June 17, 1968 - December 3, 2022

Her tenure at North Lamar High School was marked by unbounding success. Kristi was able to found and instruct a UIL Speech and Debate team that became nationally ranked during her 32 years of tenure at North Lamar Independent School district. As the Director of the Speech and Debate Program at North Lamar High School, Kristi amassed a staggering surplus of 25 team and individual Texas state championships, more than 50 national debate tournament qualifiers, gained a reputation as a top-tier tournament coordinator, and was the recipient of countless coaching and advocate awards from the University Interscholastic League and the National Speech and Debate Association.



If you were to ask others to describe Kristi, you would hear "to know Kristi was to know an angel - she impacted life after life", "it was an honor to be her friend", "there will never be enough words to describe how much she meant to me and the community".

We are grateful you are no longer battling - you will be missed and loved forever.



CONVENTION 2023  
HOUSTON, TX  
OCTOBER 12-14, 2023

HILTON HOUSTON POST  
OAK BY THE GALLERIA

NEXT YEAR'S THEME:  
A TIME TO GROW

## SAVE THE DATE

February 27 - Regional training at ESC 4. More information will be sent out in the near future!

## NEWSLETTER SUBMISSIONS

Have a resource or announcement to share with the body? Email [socialmediatsca@gmail.com](mailto:socialmediatsca@gmail.com)