

New patio at Ashworth

When Ashworth Elementary opened for students Sept. 28, the school was ready with a new patio funded by the 2019 Bond.

“We love our new patio!” said Ashworth Principal Stacy Maddoux.

The old patio at the front of Ashworth had become unsafe and unusable. Over the years parts of the patio had shifted and sunk creating lots of tripping hazards.

But Maddoux has good memories of that old patio. She was a young 24-year-old teacher at Ashworth when the school opened in 1996.

“My first-grade classroom had a door that opened on the patio and we used the area to do bubble science, learn about weather, play, take movement breaks and more,” she said.



SEE ASHWORTH, PAGE 5

The 2019 Bond is already paying dividends at Ashworth Elementary.



A message from Dr. Cavazos

We accomplished another big milestone for the 2020-21 school year Monday when we opened our doors for students with our hybrid learning model.

It's already been a big school year for milestones, too. That's evident in this issue of *MyArlington ISD*. Whether it was the new patio at Ashworth Elementary funded by the 2019 Bond or the ongoing work at our Athletics Center and Center for Visual and Performing Arts, you can literally see the progress we are making as a district on a daily basis. It was great to be able to go to the Athletics Center and see the new natatorium first-hand.

That Athletics Center, funded

by the 2014 Bond, will make a difference for our students, staff and Arlington ISD community.

I've been impressed by how well our teachers have adapted to all the new apps they are using this year as part of the virtual teaching platform. I'd like to thank our technology integration and innovation department for all their work in making sure our teachers have the latest tools to use. That has led to a lot of growth and learning for our staff.

If you haven't already, please take some time to look over the information about the Voter-Approval Tax Rate Election that will be on the ballot Nov. 3.

Leading in uncertain times

Never could we have imagined that the 2020-2021 school year would start the way it has. If you had asked me about the start of school this time last year, I would have described the great anticipation of students' return, jumping back into learning, providing new and innovative programs for students, collaborating with colleagues and more.

As I have thought about the start of the school year this fall, I would still say so many of the same things. Just the context has changed. Does that mean I feel less joy in my service of students and teachers? Not at all. What it does mean is that I, and all of us in Arlington ISD, have just had to learn to teach and lead in a time that requires high levels of adaptability.

As you all know, I love to read. True to form, I recently read an article published by Forbes called "Four Truths for Leading in Uncertain Times."

In this article, the author, Kathy Perkins, shares productive insights that I believe all of us can benefit from as we navigate our work with students and each other.

Don't become paralyzed by uncertainty

As human beings, our brains (and emotions) like and prefer predictability. We feel comfort in being able to anticipate what is to come and try to readily adapt based on that predictability.

During these uncertain times we have to lean into one another and leverage the information that we have to make the best decisions we can, even if that information is not complete.

What we can't do is to become paralyzed with indecision or inaction. This pertains not only to logistics and protocol, but also to meeting our students' learning needs. Many students may have gaps in their learning or struggle as they learn new concepts. Our goal is to do all we can to understand those needs quickly and to address them in the most effective ways possible.



Find stability in the chaos

With everything going on in the world, our students and families need us to be a stable force for good. Students will look to their teachers and school staff for leadership and assurance. As we navigate these times together, I encourage us all to establish anchors to find steady footing.

Provide routine to your students. Be a positive force for optimism and good.

Students (and your colleagues) will appreciate the confidence this will provide them as they work through their own questions and potential insecurities.

Learn to live with ambiguity

Life is ambiguous. Challenges and crises only magnify this aspect of life and shine a spotlight on it. Effective educators and leaders accept this reality and learn to move forward courageously.

As teachers, we can teach students to be agile with life's challenges and to lean into their values, skill sets and gifts to positively impact the world around them while learning to simultaneously live themselves in the uncertain environment found in the world.

Accept life's paradoxes

Wise leaders understand that all situations hold both positives and negatives. There is not only one solution to all challenges. Sometimes the answer includes a "but or an and." As we embrace these contradictions, we can learn to become more resilient. Often the most difficult of circumstances is laced with a silver lining. I can think of many positive things that have come from this most unique challenge we have all had to face together over the last six months.

Welcome to the 2020-2021 school year! I am honored to be a part of the Arlington ISD team and to work alongside talented, optimistic and capable individuals such as you. I look forward to supporting you and our students as we embark on this unique journey. And, I have complete confidence that we will meet our challenges with great success. Arlington ISD has always always risen to the occasion and we shall again!

Dr. Steven Wurtz is the Arlington ISD chief academic officer

Plenty of great apps available

The technology integration and innovation department (TI²) thanks teachers and campus staff for their dedication and tremendous efforts so far this school year to engage and support remote learning via Canvas or Seesaw.

TI² staff have witnessed so much professional learning and growth between March 2020 to the present and now look forward to continuing to assist and support teachers in their instructional efforts. To that end, here are some important reminders about valuable, "endorsed" web applications available to teachers here in Arlington ISD:

Pear Deck - A wonderful engagement tool when students are learning new content that is equally useful in both remote and in-person settings. Excellent accessibility features, existing formative assessment templates, SEL templates and a vocabulary

development activity (Flashcard Factory) round out the excellent features available to all teachers in the district. <http://bit.ly/AISDpeardeck>

Screencast-O-Matic - An easy to use, web-based screencasting and video creation and editing tool. AISD teachers now have premium access to this valuable tool for teacher-created videos that are vital to providing targeted first teach and intervention opportunities for remote learners. <http://bit.ly/AISDomatic>

H5P - Now available to teachers in grades 3-12, the premium version of H5P allows the creation of interactives (presentations, videos, processing activities) within Canvas. Some H5P interactives can be used as Canvas assignments and will populate a grade in the Canvas gradebook! It's a very important tool that

allows students to self-check their understanding of new learning. <http://bit.ly/AISDh5p>

Flipgrid - A dynamic communication and collaboration platform, Flipgrid allows students to record their video or voice in order to participate in thought-provoking and teacher-driven discussions around content and SEL topics. Always being enhanced with cool feature updates, Flipgrid is available to all teachers and is integrated in Canvas. <http://bit.ly/AISDflipgrid>

VoiceThread - Overlooked and underutilized, VoiceThread is available to all AISD teachers through ESC 11 and is a great option to engage students in meaningful collaboration and communication with peers when they've grown tired of Canvas discussions and Flipgrids. Think of VoiceThread as allowing

a slideshow to become interactive through the addition of student voice and video commentaries. Students can also create VoiceThreads as an authentic demonstration of their learning! <http://bit.ly/AISDvt>

Discovery Ed - Also available from ESC11, Discovery Education provides standards-aligned digital resources across most subject areas and all grade levels. Looking for a ready and vetted video for a content specific topic? [Discovery Ed](http://bit.ly/DiscoveryEd) is for you (and is integrated in Canvas)!

Tumblebooks / TeenBook Cloud - Tumblebooks has animated eBooks and audiobooks for students in grades PK-6. Spanish and French titles are also available. TeenBook Cloud provides eBooks for grades 6-12 and includes enhanced novels and graphic novels. <http://bit.ly/AISDtumble>

OCTOBER DATES

Principals Month
Bullying Prevention Month
Walk to School Month
Persons with Disabilities History and Awareness Month

Custodial Worker's Recognition Day	Oct. 2	World Food Day	Oct. 16
National Taco Day (Or Any Day in Texas)	Oct. 4	Boss' Day	Oct. 16
Fire Prevention Week	Oct. 4-10	Elementary Early Dismissal	Oct. 16
World Teacher's Day	Oct. 5	Martin High School Homecoming	Oct. 16
Texas Night Out	Oct. 6	National Character Counts Week	Oct. 18-24
Walk to School Day	Oct. 7	National School Bus Safety Week	Oct. 19-23
Sam Houston High School Homecoming	Oct. 8	Seguin High School Homecoming	Oct. 23
Staff Development/Student Holiday	Oct. 9	Red Ribbon Week	Oct. 23-31
Bowie High School Homecoming	Oct. 9	Mother-In-Law-Day	Oct. 25
Staff/Student Holiday	Oct. 12	National Cat Day	Oct. 29
National School Lunch Week	Oct. 12-16	End of Second Six Weeks	Oct. 30
International Sceptics Day (Or Is It?)	Oct. 13	Halloween	Oct. 31



Arlington ISD

VATRE

Voter-Approval Tax Rate Election

The Arlington ISD Board of Trustees has called for a Voter-Approval Tax Rate Election (VATRE) on Nov. 3, 2020. State law requires school districts to seek voter approval to raise their tax rate above a prescribed amount. Arlington ISD has never had a VATRE and its Maintenance and Operations (M&O) tax rate has remained the same or declined in each of the past 15 years.

LEARN MORE
aisd.net/vatre

WHY CALL A VATRE?

TEACHER PAY

Arlington ISD has lost ground in competitive market pay for teachers over the last several years. A VATRE would be used to increase teacher compensation.

ACCESS TO ADDITIONAL STATE FUNDING

The proposed tax rate increase would generate approximately \$18 million in state aid that the district would not receive otherwise.

STAFF PAY

Arlington ISD would use the VATRE to increase pay for the approximately 4,000 support staff who provide educational support services for students, drive buses, clean and maintain schools and provide security services.

If the VATRE is approved by voters in November, the total tax rate would increase 8.84 cents. It would generate approximately \$56 million in additional revenue for the district, a combination of tax revenue and state aid.

EARLY VOTING Oct. 13-30, 2020

Election Day Nov. 3, 2020

Pool full at Athletics Center

It took several days to fill all the way, but Arlington ISD's new pool in the soon-to-open Athletics Center is now full of water!

"AISD swimming has dreamed about the day when we could open our doors and welcome our swimmers to their home," said Suzanne Dangelmaier, natatorium director and aquatic coordinator. "Now that water is in the pool, we are thrilled to begin a new chapter in AISD swimming."

The first-ever natatorium for the Arlington ISD includes the 50-meter pool with moveable bulkheads, a diving area, warm-up pool and seating for 1,000 spectators. Part of the district's new [Athletics Center](#), a [2014 Bond](#) project, the facility includes the natatorium and an arena for basketball, volleyball, wrestling and elementary gymnastics.

Right next door to the Athletics Center is the district's future [Center for Visual and Performing Arts](#). The CVPA is also opening this fall as the final stages of construction wrap up. The new facility will serve the entire district, grades Pre-K-through-12, with world-class performance and demonstration venues. It includes a 1,250-seat concert hall, 425-seat theater, classroom space, art and dance studios, instrument repair center and art gallery.

Watch this [time-lapse video](#) of the construction of both new facilities as they go from the ground up to nearly complete.

See the latest construction progress photos of the [AC](#) and the [CVPA](#).



ASHWORTH FROM PAGE 1

Built on what used to be farmland, Ashworth was one of the first buildings in the area.

"Our first year, we spent recess watching the large machinery cut the streets in the fields and build the neighborhoods around us," she said.

After nine years at Ashworth, Maddoux moved

on and taught 14 more years at other Arlington schools. Last year, she came back to Ashworth as principal. But she was sad to see the patio could no longer be used safely.

"There were some places where it had sunk ten inches in front of the doors that enter the classrooms from the patio," she said. "It

was a tripping hazard to be sure."

Thanks to the 2019 Bond though, the old patio was demolished and replaced over the summer and is good as new again. Just the second Bond 2019 project to be completed, this is also the second new patio funded by the bond. Johns Elementary has a new

Pre-K patio, too.

"Our wonderful new patio is not only beautiful, it is safe and functional," Maddoux said. "We plan to make it an outdoor learning lab where our Pre-K and Kindergarten students can use sensory paths to develop gross motor skills and learn academics at the same time."

RISK MANAGEMENT REVIEW

SAFETY SPOTLIGHT

Tina Baze, Specialist
Risk Management
Arlington ISD
1203 W. Pioneer Pkwy.
Arlington, TX 76013
Office: 682-867-7649
Fax: 682-867-4682

Accident What to do next?

Contact supervisor.
If an emergency
response professional
is needed call 911.

Contact the risk
management office
at 682-867-7649.

[Complete workers'
comp packet.](#)

Completed packet
should be sent to the
risk management office
in the administration
building.

**When you see
something that is not
right, not fair, not just,
you have to speak
up. You have to say
something; you have
to do something.**

John Lewis

Mitigating migraines at work

Migraines are severe headaches that can cause intense throbbing or pulsing, nausea and heightened sensitivity to light and sound. A migraine episode can last anywhere from a few hours to a couple of days, and— depending on severity—can interfere with the affected individual's ability to participate in their daily routine or workplace responsibilities.

According to recent data from the World Health Organization, migraines are one of the most prevalent medical conditions in the world. What's worse, migraines are often underdiagnosed and go without proper treatment. Nevertheless, you can limit your likelihood of suffering from a migraine by minimizing common workplace triggers.



Here's what you can do to reduce your risk of experiencing a migraine on the job:

- **Sip smart**—Dehydration can often lead to migraines. As such, it's important to drink plenty of water throughout the day and limit your intake of caffeinated beverages.



- **Eat healthy**—In addition to staying hydrated, it's vital to eat a balanced diet to help strengthen your body's ability to fight off migraines. Specifically, try to steer clear of foods with excess sugar or salt.

- **Prioritize** —Be sure to arrange your workstation in a way that promotes proper ergonomics. Even minor changes—such as adjusting the lighting or setting up your computer screen at an appropriate level—can make your workspace more comfortable and reduce migraine triggers.



- **Keep a steady sleep schedule**—Being overly fatigued can also contribute to migraines. Make sure you are getting enough rest outside of work— aim for between seven and nine hours of sleep each night. If migraines become a frequent disruption within your workday, be sure to inform your supervisor and consult your doctor for treatment options.

Remember: Practice safety. Don't learn it by accident.