



What's Inside

*A Safe Haven for All, Fall into Gratitude,
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Pictured above: Brenda Gorman, librarian extraordinaire

A MESSAGE FROM DR. CAVAZOS

It's a good thing *MyArlingtonISD* is now delivered to your inbox and not a hard copy because this issue would be a book.

Whether you want to read about the outstanding work done by librarian Brenda Gorman, get the latest from our curriculum and instruction department or find out about our upcoming Go Red campaign, we've got you covered this month.

And that's not even including our employees of the month, a breakdown on one of our latest wellness endeavors or an update from chief academic officer Dr. Steven Wurtz. We hope there's something for everyone in this issue.

And, if what you're reading wasn't enough, I want to remind you that Arlington ISD employees can get discounted tickets to select Dallas Mavericks games this year. [You can access that through this link.](#)

I hope you've had a great October and are looking forward to the breaks over the next couple of months.



*Dr. Marcelo Cavazos,
Arlington ISD Superintendent*

A SAFE HAVEN FOR ALL

Libraries are often known for being quiet rooms that are full of books yet lack fun and character.

Brenda Gorman is doing whatever it takes to ensure students at Seguin High School and Arlington Collegiate High School don't have that perception.

The veteran librarian oversees the libraries at both schools and is having fun dismantling the stereotypes associated with them. From her annual ornament-making tradition to reward scratch-offs and scavenger hunts, Gorman likes to offer experiences to kids, not just books.

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FALL INTO GRATITUDE

By: Dr. Steven Wurtz, Chief Academic Officer

Recently, I had the opportunity to visit the East Coast. If you haven't been during the autumn season, it is a must do. The fall foliage comes out in all its spectacular glory painting the landscape with the most vibrant shades of red, yellow and orange. There is something about the seasons changing that invites us to reminisce internally and to reflect on the time that just passed. Leaves brown as they dry and gently drop to the floor under the current of a cool breeze, and as they do we are called to begin the renewal process all over again.

Whenever I find myself in nature, I can't help but contemplate things that are much bigger than me. I find myself grateful for the friendships I have experienced and the lessons I have learned through challenges and insights that life just seems to offer up.

Several years ago, I was introduced to a book by Dr. Shawn Achor, a best-selling author and world-renowned expert in the field of positive psychology. After serving students at Harvard University for over 12 years and hosting one of the top five TEDx talks, he shares in his book "The Happiness Advantage," the research-based connection between happiness and

success, offering up five habits that can boost that feeling of contentment we all desire. It's no surprise he starts with gratitude.

Researchers from Harvard Medical School say, "Gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." Psychologists Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami conducted a study asking three participant groups to record a few sentences on one of the following topics each week for 10 weeks: things they were grateful for, daily irritations and events that occurred (without any assignment of whether those events were good or bad). Results showed that those who wrote about gratitude consistently felt more content about their lives and were generally more optimistic. Who wouldn't want to experience more of that?!

This next month, we will celebrate a day of Thanksgiving. As we approach that time, here's my homework for you. Set aside five minutes each day for 30 days and quietly just reflect.

Write three things that you are grateful for that you experienced in the previous 24 hours. Really try to tap into the emotion of gratitude and just record three things. Try not to fall into the temptation of overthinking. The task should be simple and quick. Over time, what do you find yourself scanning your environment and experiences for that you didn't prior to starting this daily routine? Do you notice how you begin to search for things you are grateful for throughout the day? How does this change your perspective and outlook on life? Sometimes even the most subtle (and seemingly inconsequential) acts can have a real impact.

May you find joy this fall season and have your personal happiness enhanced by intentional, grateful reflections. After all, it's often the small things that make the biggest difference in life.



Stay Connected!

There are several ways to stay up-to-date with what's going on in the district. Download the Arlington ISD App to see everything from the latest district news to phone numbers for each campus. Get LOOPED IN with daily news stories. Subscribe to YouTube for the latest board meetings, district updates and AISD-TV News. Follow along on Twitter, Facebook and Instagram.

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When is the last time you heard of students lined up outside of the library? Probably never, but Gorman usually has a line of students in the morning waiting to get in.

After being at four schools in Arlington ISD during her 21-year tenure and opening two of those campuses, the Arlington native has never been more passionate about creating opportunities for human connection between students and faculty.

"I want students to know the library is a safe place to be creative, and we always have your best interest at heart," said Gorman. "You never know which kids are going to come in here, but I know we're all intertwined. You never know what these experiences will mean to someone later in life."



"I want students to know the library is a safe place to be creative, and we always have your best interest at heart"

While attending the University of Texas at Arlington, Gorman initially thought she wanted to become a teacher. After taking an aptitude test that resulted in the occupations of lawyer, teacher and librarian, Gorman knew without a doubt which path she wanted to take. After graduating from UTA, she went to the University of North Texas to pursue her master's degree in library sciences. The rest is history.

Now, Gorman comes up with fresh ideas for students to experience in the library. This includes learning coding, flying drones, how to use a Cricut and so much more. She also teaches digital citizenship and research classes to help students learn to find sources and avoid plagiarism. If she wasn't busy enough, Gorman also works with AVID students throughout the year to help them learn more about college life.

"I can't do this alone, and I'm grateful I can call on other librarians when I need help," said Gorman. The Bowie graduate gives major credit to the district's library team and their ability to work together and constantly share ideas.

"She's a great resource for our school, not only

because of her wealth of knowledge, but because of her desire to see kids get creative and get out of their comfort zones," said Billy Linson, principal at Seguin High School. "Ms. Gorman is a great example of the type of care and kindness we should give to every student we come in contact with."



Seguin High School principal Billy Linson is proud of the work Brenda Gorman does.

While at Seguin, Gorman also began the Cougar Café, a unique opportunity for students to perform art in front of their peers in the library during lunchtime. Whether it's singing or poetry, the Cougar Café gives students the chance to express themselves in a way they may not get to do so in class.

Gorman was able to start the Cougar Café after being awarded a grant from the Arlington ISD Education Foundation. She purchased speakers, a projector, lighting and other décor to give the café an authentic vibe. Gorman has received more than \$30,000 in grants to enhance the student experience in her libraries.

"Students become more real to you when you get involved," said Gorman. "They're not just numbers."

Gorman loves spending time with her grandchildren and teaching kiddos at her local church on Sundays. Of course, she loves to read, but lately she has a newfound enjoyment for watching Japanese television dramas. The avid tweeter also likes taking care of her pair of dogs, donkeys and cows.

It's evident that Gorman's heart for children at all ages fuels her passion to teach lifelong lessons. Wherever Gorman is, whether at the library, church or home, surely there's a safe haven for all to come and be their authentic selves.



TECH CORNER: THINKING OUTSIDE THE BOX

The TI² (Technology Integration and Innovation) Department loans innovative equipment (robots and other devices, including Spheros and Ozobots), to teachers so that students have curriculum-aligned opportunities to use and develop their computational, design thinking and problem solving skills as they work together with a team. These skills are essential to students' life-readiness and ignite wonder and curiosity while also developing resilience.

Desirea Seabrook, fourth grade math and science teacher at Remyse Elementary, has an after-school robotics program, but intentionally utilizes robots in her math classroom as well. During study of positive and negative integers, Spike Prime robots are used to represent positive and negative values through their movement. For a robot to turn right, students program a positive number. They program a negative number to turn the robot left. Use of the robots allows them to better visualize and understand the mathematical concept while also increasing their coding and problem solving skills.

Seabrook said, "I love watching kids work with the robotics equipment. They learn how to problem solve, to work together in groups, and improve their computer science skills. Problem solving skills are important to learning math, especially with word problems. Learning this way gives them confidence, especially for those kids that aren't always as successful in academics. This confidence helps them build grit. They don't give up whether it's programming or with math."



Desirea Seabrook,
4th grade math and science teacher
at Remyse Elementary

She added, "My favorite part is when a student steps up to be the leader in their group. They push the team to find solutions and help their teammates that don't understand how to find the solution. I can watch and facilitate as needed, but the students are running the show."

TI² has an assortment of equipment suited for all different age groups from pre-K to high school. The equipment is checked out for a month at a time giving the teacher time to practice using the hardware, to develop hands-on activities that connect to content knowledge and skills, and to implement the innovative lessons with students.

To learn more about the innovative equipment currently available for checkout, please go to <http://bit.ly/innovativeequipment>.

DIGITAL CITIZENSHIP BUZZ FROM LIBRARY MEDIA SERVICES

Did you know that the third week of October is coined Digital Citizenship Week and that it occurs annually? Teachers and librarians use this time to teach about digital citizenship and support students in developing the skills they need to use devices safely, ethically and effectively.

However, the focus on digital citizenship occurs all year long in Arlington ISD! Every student receives lessons in digital citizenship from their school librarian throughout the year. Lessons for all grade levels center around topics such as cyberbullying, online safety, giving credit when using the work of others, the importance of balancing technology and media use, and understanding that what is said and done online has an impact on all areas of our lives.

To learn more about the relevant topics that librarians address with students, view the [scope and sequence document](#). To find more information on how to help students fight cyberbullying, see the [Common Sense Media tip sheet](#) for families.



Arlington ISD students work on their digital citizenship lesson.

WEAR RED DAY



Deadline to order is March 8

Mark your calendars for Wednesday, April 5, 2023. That’s the Arlington ISD’s annual Wear Red Day for the American Heart Association.

You can get on board now by opting in to receive heart healthy texts messages. To enter, text DHCARLINGTON to 51555.

- You’ll receive heart healthy tips, recipes, stress relief tools, our district’s Go Red/ District Heart Challenge updates and more
- You’ll automatically be entered for each month’s drawing
- Each month is a new chance to win a monthly prize!

And if you’re ready to order your Wear Red shirt, you can do so by texting DHCARLINGTON to 71777. You will receive a link to complete your \$25 donation.

WELLNESS UPDATE

We had 31 members of the Arlington ISD team show up for the Book-It 5K that benefited the Arlington Public Library earlier this month.

Remember, that if you’re a part of the wellness program and participate in a 5K, you can use a picture of your bib or the race results to earn 250 wellness points. It was a great morning for a run and the Arlington ISD took home lots of medals, too. Congratulations to Seguin High School teacher/coach John Miller who won the race!

If you have questions about wellness, make sure and reach out to your wellness champion at your campus or building.

NOVEMBER HOLIDAYS AND OBSERVANCES

American Indian Heritage Month
Family Literacy Month
Lung Cancer Awareness Month

All Saints Day	1
Father of Texas Day	3
National Nachos Day	6
End of Daylight Savings	6
National School Psychology Week	7 - 11
National STEAM/STEM Day	8
Election Day	8
Veterans Day	11
American Education Week	14 - 18
Education Support Professional Day	16
Fast Food Day	16
Parental Involvement Day	17
Substitute Educators Day	17
Transfer Window	Nov 17 - Dec. 1
Thanksgiving Holiday	21 - 25
Thanksgiving	24
Native American Heritage Day	25
National Adoption Day	29



Two and four-legged Arlington ISD team members prior to the 5K event.

C&I CENTRAL: CONTENT ROADMAP SESSIONS

How do you build after school sessions that create space to plan and collaborate with other professionals without making it feel like one more thing? We know that teachers have busy schedules. We set out to respond to this audacious task - give teachers meaningful individualized support, resources that are already built for their upcoming units and embedded with language strategies and technology, and an opportunity to deepen their curricular knowledge. Are we done yet? No, but here is what we have started.

SESSIONS ARE FLEXIBLE AND GIVE TEACHERS CHOICE.

We have intentionally designed Content Roadmap Sessions to be long enough to be meaningful and short enough to be doable. Sessions go from 4:30- 6 p.m. - 90 minutes of intentionally designed planning time that allows teachers to maximize planning for the upcoming six weeks with resources that have embedded technology and language support for the upcoming unit. For convenience, teachers can choose from several locations across Arlington.

CONTENT ROADMAP SESSIONS GIVE TEACHERS A HUB OF RESOURCES.

Each grade level has a Canvas course that functions as a virtual filing cabinet. Every six weeks specialists upload quick overview videos, planning guides and unit-specific resources that are built and ready to go with language strategies and technology.

CONTENT ROADMAPS HAVE A TEAM READY TO PROVIDE TEACHER SUPPORT.

We are here to help - whether brainstorming or troubleshooting, specialists from across different departments have joined forces to be a resource for teachers. Do you want help digging into the upcoming unit? Do you want to use technology to engage your students? Do you have a student who needs help developing their academic language? We are here to help!

Curriculum & Instruction - World Languages - Technology Integration & Innovation - Special Education - Office of School Leadership - Professional Learning - Early Childhood



Content Roadmap Sessions are designed to maximize your planning time in the minimum amount of time.

THANKSGIVING FOOD DRIVE

NOW THROUGH NOVEMBER 17



Hosted by the Arlington ISD
Professional Learning Dept.

Mac Bernd Professional Development Center (PDC)
1111 W. Arbrook Blvd., Arlington, 76015



Non-Perishable food
donations will be
collected at the PDC and
delivered to

★
Mission
Arlington † Metroplex

MOST NEEDED ITEM:

Applesauce
Canned Beans
Canned Fishes (*Tuna and Salmon*)
Canned Meats (*Chicken, SPAM and Ham*)
Canned or Packaged Soups, Stews and Chilis
Canned Vegetables
Cooking Oils (*Olive and Canola*)
Crackers
Dried Herbs and Spices
Fruit (*Canned or Dried*)
Granola Bars
Instant Mashed Potatoes
Meals in a Box
Nuts
Pasta (*preferably whole grain*)
Rice (*preferably brown rice*)
Peanut Butter (*not mixed with other items like jelly, honey or chocolate*)
Shelf-stable and Powdered Milk (*not flavored with chocolate, vanilla or strawberry*)
Whole Grain Cereal

Please avoid glass containers.

EMPLOYEES OF THE MONTH *We recognize your dedication and hard work!*



Ariana Gutierrez,
Blanton Elementary
Second grade bilingual reading teacher

Gutierrez is an incredible reading teacher. She works carefully with her students and families to grow student mastery and love of reading. Gutierrez is a quiet and strong leader on campus. She supports language arts teachers with implementing guided reading, stations, progress monitoring and classroom management. Gutierrez is an amazing teacher, constantly working to learn more to help her students.



Emily Stubbs,
Young Junior High
Texas History teacher

Stubbs goes above and beyond for all her students. She is the level leader and leads her team brilliantly. She is a lifelong learner and is always looking for ways to grow herself and her team. She is a team player who is always up for a challenge if it means a better outcome for her students. Her class is relevant and engaging. She is always on top of things and never misses a deadline.



Amanda Molina,
Bowie High School
English II teacher

Molina is a team player who exemplifies the very essence of leading by example. She has always been a master of her content and now can add team lead to her toolbox. Molina patiently leads the English II team, offers creative solutions and gives genuine feedback. With enthusiasm, she has assisted with the district initiatives DDI and implementing Intervention/Enrichment. Molina has exceeded our expectations and has greatly benefited the team.



Margarita Ramirez, *Food and Nutrition Services*

Ramirez has been a team member for over 20 years, with a majority of that time at Speer. She has an exceptional gift of hospitality and service that leaves each student she touches feeling special. Her leadership brings peace and calmness to her co-workers knowing that when she walks in the door each morning, everything is going to be okay. Ramirez is a true example of working with heart and one you look forward to encountering each day.



REPORTING AN ACCIDENT

1. Contact supervisor.
2. If an emergency response professional is needed call 911.
3. 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.

Tina Baze, Specialist
Risk Management
Arlington ISD
690 E. Lamar Blvd.
Arlington, TX 76011
Office: 682-867-7649
Fax: 682-867-4682

8 STEPS FOR SURVIVING FLU SEASON AT WORK

You see a co-worker sniffle. The delivery man coughs as he hands you a package. Children with runny noses wipe their hands on their coats. Flu season is upon us. From October until mid-May, the flu virus is widespread in the northern hemisphere. The Centers for Disease Control and Prevention estimate that between 5-20% of United States residents contract the infectious disease each year, and that more than 200,000 people are hospitalized. You could be next.

So what can you do to avoid spreading the flu?

1. GET A FLU SHOT

A flu vaccine is the number one way to stop influenza. Each year, vaccines are specially tailored to include several of the most prominent strains of virus. A recent study showed that the flu vaccine reduced the risk of hospitalization in children and adults of all ages by more than 70%. The effectiveness of a given vaccine depends on several factors, but it is statically still the best way to avoid sickness from the flu.

2. DON'T SHARE DRINKS, FOOD OR PHONES

As children, we all learn about the importance of sharing - but flu season is the time to be selfish. Avoid touching objects used by somebody who appears to be sick. Don't share drinks, food or use other people's phones.

3. WASH YOUR HANDS REGULARLY

It's simple, but you'd be surprised how many people don't do it. Use water and soap to kill germs. It's an easy but effective way to help combat potential illness.

4. KEEP THINGS CLEAN

Door knobs, kitchen counter tops, keyboards and faucets are prime offenders. Wash and disinfect these areas and other high-traffic surfaces.

5. KEEP A HEALTHFUL ROUTINE

Get plenty of rest, eat nutritious foods, exercise and drink water. Keeping yourself in fighting shape is one of the best defenses against sickness. Managing stress will also help keep your immune system functioning at 100%.

6. COVER YOUR MOUTH AND NOSE WHENEVER YOU SNEEZE OR COUGH

It can take several days after you are infected for symptoms to arise. Don't take any chances, be sure to cover your mouth and nose whenever you sneeze or cough. This can help prevent you from spreading the flu.

7. AVOID CROWDS

Thinking about going out to eat at lunch? Maybe pick somewhere less crowded or bring your lunch to work during flu season. Whenever you mingle with the crowd, you increase your exposure to more germs through touching and sneezing in close contact with others. If you know you will be in meetings or group events, limit your proximity to others.

8. STAY HOME IF YOU GET SICK

If you do get sick, stay home. It's better to rest at home for a few days than infect all of your coworkers - and it'll help you feel better sooner, too.

Use these tips to help combat flu season at home and at the office. No one likes being sick, and by following these rules you can lower your risk for contracting the influenza virus and infecting others.

We're giving away bonus cash!*

\$150

BONUS CASH

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Open a new EECU Checking Account as a Preferred Partner and we'll give you \$150*!

Get all the convenience you need and none of the fees you expect. That's right. Enjoy 24/7 access to your money online, via a mobile device and through ATMs. Plus, use your debit card anywhere Mastercard is accepted with zero liability protection**. And get this, there's no monthly fee or minimum balance.

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- No Monthly Fee or Minimum Balance
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- 85,000+ Free ATMs
- Free Online Banking & Online Bill pay
- Free Mobile App with Mobile Deposit
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**See Mastercard for details. <https://www.mastercard.us/en-us/personal/get-support/zero-liability-terms-conditions.html>

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