

Lewis-Styne pays it forward



Tracey Lewis-Styne was happy to be able to help out former student Lilly Nguyen, who was her student two years ago.

Bebensee Elementary fourth-grade teacher Tracey Lewis-Styne feels like she's been blessed in her life.

When her family has needed help in the past, people have been there to help her out.

Earlier this year she and her husband had a chance to pay it forward for a student at Bebensee. Lewis-Styne and her husband Shane helped get a van and had it specially fitted for one of her former students with cerebral palsy. Lily Nguyen, who is now in sixth grade, needed a new van for her motorized wheelchair after the family van was totaled in an accident that also injured Lilly's father David.

"It's just giving back," Lewis-Styne said. "I've always been blessed. Learning how to accept things seemed to get me in a place where I'm

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A message from Dr. Cavazos

If you look at our Leadership Definition, part of the Personal Growth segment focuses on putting students first.

Bebensee Elementary teacher Tracey Lewis-Stynes embodies that with her work to help out one of her former students. The compassion she showed, along with her family, to step in and fix a problem on her own time is admirable. It's also great to see that she's a product of the AISD. She's a great example of an AISD success story who's paying things forward. Kudos to her.

I'd also like to commend our special education department for its work

this month with special events. The department fosters a great environment that puts a focus on our cultural tenants as well as a dedication to their team.

Make sure you thank your school psychologist when you see them around campus. They do an outstanding job and School Psychologist Week is set for Nov. 11-15.

Don't forget that Nov. 5 is Election Day and the Arlington ISD 2019 Bond is on the ballot. There are plenty of informational videos, campus-by-campus breakdowns and answers to all your questions about the bond available on our bond [website](#).



The truths of empowerment

Let me tell you the story of a young boy named Louis. Louis grew up in a small French village outside of Paris in the early 1800s. He was the youngest of four children and was raised by loving parents who were leather workers by trade. Louis often went to visit his father at his shop. While there, he would play with the materials and try to make holes in the leather using a sharply-pointed tool called an awl. This instrument is often used to create holes we commonly see in the belts we wear. One day, while he was busy making holes, the awl slipped and caught him in the eye. His parents rushed him to the doctor, but it was too late. His eye could not be saved. Sadly, several days later, his other eye became infected. At the age of three, Louis found himself blind.

Louis was blessed with parents who encouraged him as he adjusted to his newly darkened world. They provided resources to help him navigate the town, and he attended the Royal Institute for Blind Youth. While in attendance, he met a captain in the French Army who invented a new communication system called "night writing". This system used a series of dots and dashes impressed into paper. This intrigued Louis. It mattered to him. By age 15, Louis Braille had taken what he had learned from this relevant adult and invented what we now know as the Braille System - a system that has impacted millions for almost two centuries.

This story, related by authors John Spencer and



A.J. Juliani in their book "Empower," illustrates the power of relevance and student ownership in the learning process. When we, as educators, make learning meaningful to the life of the learner, they become highly motivated and committed to that learning and the impact can be far-reaching. Kids want to learn about things that matter to them, and they should have that experience daily.

Spencer and Juliani continue by sharing six important truths for us as educators to consider as we design relevant learning experiences for our students.

Truth No. 1 - Every child deserves to own their learning. Teachers have the ability to empower student ownership to be lifelong learners. This boosts their creativity and commitment to their learning which can

have incredible results!

Truth No. 2 - Every child in your class is someone else's whole world. By empowering our students, we can start to transform society's social/human connections.

Truth No. 3 - Stories will always shape us and help us learn. Let's empower students to create and share their own learning stories. It's pretty incredible how the world can be transformed through the power of storytelling.

Truth No. 4 - The only thing you can prepare students for is an unpredictable world. While we don't know what the future will hold or what roles each of our students will play in it, we can prepare them to be thinkers and problem solvers who are able to collaborate and communicate their ideas well.

Truth No. 5 - Literacy is about learning, and learning is about unlearning and relearning. We need to give students the space to try new things and to make mistakes without consequences. Growth mindset is the foundation for lifelong learning.

Truth No. 6 - As teachers, we have a huge impact on our students' lives. When we empower our students, we amplify that impact.

Being an educator is a gift. Giving our students the gift of owning their learning is one that will keep giving exponentially. Let's make the choice to put learning back into the hands of our kids. They deserve it.

Dr. Steven Wurtz is the AISD chief academic officer

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successful now and I can give back. Even though I don't have a lot I always want to find how to give back. There's always a way. When you bless other people they get to bless other people."

Lilly was in Lewis-Styne's fourth-grade math class. Lewis-Styne found out about the accident in the spring after noticing that Nguyen wasn't able to take her motorized scooter home from school. Lilly's father, who is her primary caregiver, spent time in a coma and Lily's mother can't lift the motorized chair.

With Lilly's father still hurt and no vehicle to accommodate the motorized chair, it stayed at school.

That didn't sit well with Lewis-Styne, who brought the topic up to her husband Shane one night. Shane brought it back up to her a few days later because he realized she was still thinking about it.

"He also thought it would be nice to give back," said Lewis-Styne, who is an AISD product and Bowie High School graduate.

The couple had some help in the quest to bring the plan together. Shane is the fleet manager for Cummings Electrical. He asked his boss Tim Cummings if the couple could get a van that the company was no longer using. Cummings agreed to that and the couple had a van to work with.

There was still work to do, though. They had to order and install tracks for the chair, get a ramp for it, put in a harness and back-up cameras. There was also cleaning and painting involved.

That required a lot of time and trips to Bebessee to measure the motorized chair to make sure everything fit. The only thing they weren't able to do was get the van wrapped on the outside because of the cost.

The van renovation also required some work on the part of Lewis-Styne and her husband's blended family of six children.

All the work paid off as they were able to get the van in the hands of the family before the summer break.



Bebensee student Lilly Nguyen, who is now in sixth grade, has been riding in her new van this year.

"They were very thankful, appreciative and grateful," said Lewis-Styne, who has taught in the Arlington ISD for 10 years with stops at Crow, Remyse and Foster elementaries before arriving at Bebessee. "I wanted to keep it under wraps, but they came up to me and thanked me. Lily thanks me all the time. They were just so appreciative."

Bebensee principal Charlotte Carter thinks the gesture speaks to the kind of person Lewis-Styne is and the culture at Bebessee.

"She's a fabulous teacher, very caring and nurturing to the students," Carter said. "Her students do well because she's nurturing. She cares about them. All the teachers care about the students here."

In addition to helping Lilly, the act of kindness has brought Lewis-Styne's family closer together. She's always tried to help others when she can and it's a trait that's spread throughout her family.

When they needed help, they got it.

Now it's all about passing it on.

"My husband [also an AISD product and Sam Houston graduate] is now all about 'How can we give back? How can we make a difference?'" Lewis-Styne said. "There were things he used to splurge on that he doesn't now. He was all about shoes. Ever since we got help it's opened a new door for him. We just want to be able to help."

Lilly and her family are glad they did.



The van was donated by Shane Styne's company Cummings Electrical.

Quick Wins can help teachers

Choosing from thousands of apps, web resources and programs for students to use to demonstrate mastery and process content can be daunting!

In addition to locating district-approved apps, teachers must align appropriate technology tools and strategies to their curricular learning targets.

All this can get overwhelming to the point of frustration. The technology integration & innovation (TI²) department recently tackled this issue head-on to empower teachers.

They deliberately scoured through hundreds of apps to arrive at a set of

strategies, tools and activities called "Quick Wins."


This process used specific criteria to narrow down the selections to be included in the list. The strategy or tool must:

- Allow students to process and create
- Have a minimal learning curve
- Lead to completion of an activity within a short duration
- Use standard logins without creating additional accounts

Four apps/strategies were selected for each of the three grade bands : primary (pre-K-2), intermediate (grades 3-6) and secondary (grades

7-12). The primary selections included tools for processes such as illustrating and retelling while the other grade bands included strategies such as online discussions/feedback and organizing information with mind maps. You can view the entire set of Quick Wins for all grade levels at <http://www.bitly.com/quickwincards>.

With this group of strategies and tools in their toolboxes, teachers will be able to integrate technology without hassle. Our campus technology advisory committees in conjunction with TI² are offering face-to-face and online training sessions to make this happen!



Arlington
INDEPENDENT SCHOOL DISTRICT
More Than a Remarkable Education

NOVEMBER DATES

American Indian Heritage Month
Family Literacy Month
Lung Cancer Awareness Month
National Diabetes Awareness Month
National Epilepsy Awareness Month

All Saints Day	Nov. 1
End of Second Six Weeks	Nov. 1
Texas Arbor Day	Nov. 1
Father of Texas Day	Nov. 3
End Daylight Saving Time	Nov. 3
Start of Third Six Weeks	Nov. 4
Election Day	Nov. 5
National Nachos Day	Nov. 6
Veterans Day	Nov. 11
School Psychology Week	Nov. 11-15
World Diabetes Day	Nov. 14
Fast Food Day	Nov. 16
American Education Week	Nov. 18-22
Education Support Professional Day	Nov. 20
National Parental Involvement Day	Nov. 21
Substitute Educators Day	Nov. 22
National Adoption Day	Nov. 23
Thanksgiving Holiday	Nov. 25-29
Thanksgiving	Nov. 28

Time to honor psychologists coming soon

The special education department along with the district would like to recognize the work of our school psychologists.

You have seen these folks on your campuses supporting students in a variety of ways.

One way they serve your campus is in providing resources in learning, behavior and classroom systems to support students with identified mental health needs. Our licensed specialists in school psychology (LSSPs) are ready, willing and able to serve your campus by consulting with you on ideas for supporting social and emotional deficits and by providing strategies for success for students under the special education services.

School LSSPs also are able to provide assessment to determine if students qualify for special education supports under the eligibilities of emotional disturbance, autism and/or ADHD. LSSPs can also provide input on crisis prevention and responses to de-escalate crises.

We have 23 outstanding LSSPs throughout the district. Each of your campuses has an LSSP assigned to you for these services. Reach out to your area curriculum coordinator if you need assistance knowing who yours might be.

During School Psychology Week, which runs from Nov. 11-15, be on the lookout for their activity newsletter on your campus.

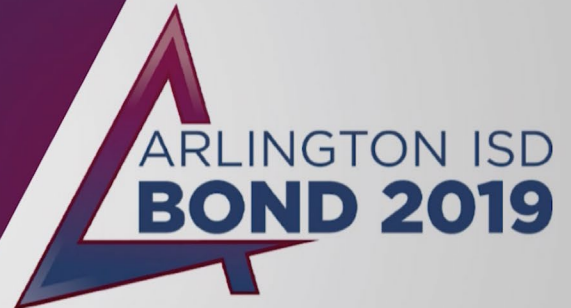


FIND OUT MORE
aisd.net/bond2019



EARLY VOTING
 Oct. 21 - Nov. 1, 2019

ELECTION DAY
 November 5



FACILITIES



SAFETY,
 SECURITY &
 TECHNOLOGY



FINE
 ARTS



TRANSPORTATION

The Arlington ISD's Bond 2019 proposal is on the ballot now. Become an informed voter and learn how it would affect you and our entire district at our [site](#). Watch informational videos, read about the planned projects, find facts sheets, ask questions and more.

UPCOMING BIOMETRIC SCREENINGS

Lamar High School	Nov. 5	7:30 a.m.-11:30 a.m.	1400 Lamar Blvd.
Lamar High School	Nov. 12	7:30 a.m.-11:30 a.m.	1400 Lamar Blvd.
Seguin High School	Nov. 7	7:30 a.m.-11:30 a.m.	7001 Silo Rd.
Seguin High School	Nov. 8	12:30 p.m.-4:30 p.m.	7001 Silo Rd.
Seguin High School	Nov. 13	7:30 a.m.-11:30 a.m.	7001 Silo Rd.
Sam Houston High School	Nov. 11	7:30 a.m.-11:30 a.m.	200 Sam Houston Dr.
Sam Houston High School	Nov. 12	7:30 a.m.-11:30 a.m.	200 Sam Houston Dr.
Arlington High School	Nov. 14	7:30 a.m.-11:30 a.m.	818 W. Park Row
Arlington High School	Nov. 15	7:30 a.m.-11:30 a.m.	818 W. Park Row
Bowie High School	Nov. 14	7:30 a.m.-11:30 a.m.	2101 Highbanks Dr.
Bowie High School	Nov. 15	7:30 a.m.-11:30 a.m.	2101 Highbanks Dr.
Food Services/Transportation	Dec. 5	7:30 a.m.-11:30 a.m.	1206 West Arkansas Ln.
Food Services/Transportation	Dec. 6	7:30 a.m.-11:30 a.m.	1206 West Arkansas Ln.

You must register at least 24 hours in advance for an appointment at virginpulse.com

A tradition of awareness in SPED

If you've listened to the song "Fight Song" by Rachel Platten, you know it's a message about perseverance, openness and vulnerability. It's a song that also holds a special place in the hearts of many in the AISD special education department. The song was the inspiration for the department's very first event in 2015 supporting October as Breast Cancer Awareness Month. The purpose of the event was to honor and support friends, family and members of their own department and partner departments who have battled this disease. To promote awareness, they created and filmed a lip dub which is currently showcased on the AISD YouTube Channel with more than 5,000 views! This event was also in collaboration with several other AISD departments at Enterprise Centre.

In subsequent years, activities honoring this special month included filming a carpool karaoke skit, creating a giant pink ribbon with personalized post-its, and joining over 100 feet of pink cut-out hands – all with special words and messages to raise awareness. This year, the department installed a fishing net next to a bowl of pink ribbons. Anyone visiting the second floor at Enterprise Centre was invited to tie a ribbon on the net in honor of a loved one who has fought breast cancer. Many who are honored have left a lasting legacy on our district. While these events have helped the department foster a positive environment and community, they also



represent one of the special education department's core values – tradition.

"The first time our department did an October event, I was celebrating my one-year cancer free anniversary, so it was pretty emotional," team member and breast cancer survivor Kristin Pordash said. "Our Lip Dub was filled with love and joy and I felt so much support. It is still emotional for me every year and my hope is always that someone who needs a screening is encouraged to do it or that someone who is struggling with cancer sees it and feels the support I feel."

The AISD Cultural Tenets are evident across the district. In the department this is no exception. Responding positively to differences and making every interaction count are at the core of their service work. It speaks to their values of inclusion and making a difference.

In keeping with their tradition of hosting special events in October that foster commitment and collaboration, the department recently

completed a team building activity in honor of World Values Day on Oct. 17.

The activity focused on personal values based on the research of Brene Brown. Participants chose one or two core values that defined them - values that represent them on their best day. Staff then posted these values with yellow tags to their office doors. This public sharing of their values allowed the department to not only better understand each other but also to build relationships to reach positive outcomes. This event also speaks to a focus of our AISD Leadership Definition - showing dedication to the team. If you walk the halls, you will notice the shared values posted of humor, wisdom, courage, adaptability, faith, truth and kindness. You will also notice unique and individual values such as empathy, caring, peace, future generations, loyalty, humility, patriotism, responsibility, authenticity, order, spirituality, happiness, creativity, balance, growth, equity and

trust.

"As I walk the halls, it's good to see what things people value, which gives an insight into our own diversity and what each person brings to the table" team member Mke Johnston said.

As schools and departments, the work we have to do is not easy but knowing we can rely on each other's strengths and values makes us stronger as a district. A shared history of activities and events help us all to build strong relationships among our teams.

In "Fight Song," Platten shares that – "a single word can make a heart open." Whether a values word on a door or a name on a pink ribbon, special education team member Vickie Carson said, "these activities help to remind ourselves that we are making a difference in the lives of children and we have an unconditional love for what we do."

You may still be asking yourself, "which value word was most often selected by the department during their activity?" Integrity.

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*****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.

**The only way to keep
your health is to eat
what you don't want,
drink what you don't
like, and do what
you'd rather not.**

Mark Twain

RISK MANAGEMENT REVIEW SAFETY SPOTLIGHT

What are the causes, symptoms and treatment of the flu?

Causes of the flu:

- Infected people coughing or sneezing (and not covering their mouths)
- Touching a contaminated surface then touching your eyes or mouth
- You can infect other people one day before developing symptoms and seven days after

Symptoms of the flu:

- Fever
- Headache
- Fatigue
- Cough
- Sore throat
- Runny/stuffy nose
- Body aches
- Diarrhea
- Vomiting

How to treat the flu:

- Get rest
- Drink plenty of fluids
- Take medicine (over-the-counter drugs to treat symptoms, or prescription anti-viral)



8 Steps for Surviving Flu Season at Work

1. Get a flu shot.

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 percent.

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.

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

OCTOBER EMPLOYEES OF THE MONTH



Amy Anderson
West Elementary
Elementary Teacher of the Month



Tamika Chandler
Nichols Junior High
Junior High Teacher of the Month



Jose Farfan
Sam Houston High School
High School Teacher of the Month



Megan Kelsey
Transportation
Department Employee of the Month