

Students in the most unfortunate of situations in the Arlington ISD are lucky because they're in the most caring of hands.

That's the case for students who are part of the Homebound program, which is for students from pre-K through 18 PLUS who will miss at least four-consecutive weeks or four weeks in a school year for chronic illnesses. Whether the student has a bone in traction or battling cancer, being confined to home doesn't mean they're missing school.

The four Homebound teachers make sure that's the case.

"They are like our family," said S. Ashley



Teachers in the Arlington ISD aren't limited to their classrooms on their campus. No team is better proof of that than our four Homebound teachers who each have to be prepared to know a little bit of everything and give students lessons in some of the toughest of circumstances. The story in this *My Arlington ISD* is a great reminder of the wonderful work they do.

I can't wait to see the new playgrounds at our elementary schools start taking shape. The playgrounds, which are part of the 2019 Bond, appear to be in good hands thanks to the expert voices we had in helping choose what will be part of them.

Congratulations to our five Biggest

Loser winners who competed in the competition at the end of last year. They were honored at our first Fitness Expo earlier this month. It was great to see so many employees focused on their health and the great community support we had as evidenced by all of the vendors who showed up at the Arlington High School Multipurpose Activity Center.

And while I'm congratulating people, kudos to our employees of the month for February. It was great to see the four of them and really nice to end the trip in front of so many enthusiastic students at Arlington College & Career High School as we surprised Corporal Gallegos from our security department.

This year, my son decided to try something new and enrolled in a theater arts class at his high school. I was proud of him for taking a risk and engaging his curiosity. While he isn't a stage actor, he was interested in working on the team that managed sound during the productions. The students in the class have been working all semester to prepare for their school musical, and he invited me to come and observe their pre-opening night rehearsal. It was so fun to see him with the earphones on working the sound booth!

At the end of the rehearsal, the students gathered on stage to receive feedback from the director. As I sat and listened from the audience, a positive and energetic teacher approached me from behind and asked if I was his father. When I confirmed that I was, she proceeded to tell me how much she enjoyed having him in class, what a terrific student he was and how grateful she was that we shared him with her. As we closed the conversation, I couldn't stop smiling.





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The first Arlington ISD Employee Health Fair Expo was a huge success Feb. 8 at the Arlington High School Multipurpose Activity Center.

More than 500 employees showed up for everything from biometric screenings to Zumba and Camp Gladiator workouts. There were also more than 40 vendors on hand.

The district honored the Biggest Loser winners from last year. Congratulations to Amanda Holder from Bailey Junior High, who was the overall Biggest Loser winner. The other winners were McNutt Elementary's Karina Longoria (Area 2), Shackelford Junior High's Chris Scroggins (Area 3), Blanton Elementary's Jeannette Reza (Area 4) and Consuelo Alonzo from the warehouse (Area 5).

To see more photos from the expo, click [here](#).



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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.

**character - that**

The safest work environments occur when employees at all levels work together to communicate and adhere to safety standards. We encourage employees to report unsafe situations and behaviors, and encourage safe practices throughout each and every work day.

Every job site has inherent dangers, whether that's heavy machinery or even tripping over items in the office. The best way to keep yourself safe is to be aware of your surroundings. The more familiar you are with your tasks and workplace, the more aware you'll be of the potential hazards. Knowing your surroundings and being aware of potential hazards will help you and your co-workers avoid unnecessary or dangerous situations.



We've all heard that age old saying, "lift with your legs—not your back," but keeping correct posture refers to more than just employees who lift things regularly. If you work at a desk, you also need to make sure you have good posture to avoid back problems, neck pain and even carpal tunnel. Of course, if you do have to lift things at work, be sure to keep your back straight and lift with your legs. And if you ever need to lift something you think might be too heavy, take a few extra seconds to find the mechanical aid that can help you or lift with a partner. Whether it's a forklift or a wheelbarrow, your back is worth those extra few seconds.



It's important that employees always take their regular breaks. Tired workers are the most prone to an incident. The more tired you are, the less aware you are of your surroundings and the more at risk you are for an injury. Take the breaks you're given on a regular schedule to keep yourself fresh, and try to schedule your more difficult tasks for the beginning of your shift when you're most alert.

When the AISD purchases a new machine or equipment, it's important to make sure you're aware of the new safety procedures that go along with the machinery. Â

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

