



The Titan Gazette

A NEW YEAR. A NEW VISION FOR PAISD.

Wilson Teachers Brunch with the Librarian



Wilson teachers were invited to spend time in the library in order to learn about new books, resources and technologies being offered--all while enjoying a catered breakfast and lunch.

On January 8th, the tables were decorated with new books and resources for the teachers' review. The books were organized by content areas so that teachers could peruse them or certain content concepts and skill sets. The team of educators discussed how these resourced could all be continuously utilized in the classroom to generate effective teaching practices and to better prepare students for the upcoming TAKS test.

IMPORTANT DATES
1/28/10 - Board Meeting @
5:30 p.m.

Annual Enrollment 2010

PAISD is holding its annual insurance enrollment period from January 5-29th. A detailed summary of all the benefits and premiums are available on the online enrollment system, www.paisbenefits.com. During employee benefits annual enrollment, you may:

- Change your dental, vision, cancer, and/or disability plan elections
- Add or delete dependent coverage
- Increase your voluntary life insurance (may require insurance company approval) or add the NEW whole life insurance for you, your spouse and your children
- Elections you make during annual insurance enrollment will become effective March 1, 2010.

Dietetic Intern Visits PAISD

Lamar University dietetic intern, Omar Shishakly, will be visiting PAISD January 19-February 4th. During his three week rotation, his projects include: kitchen design and layout, preparing and delivering nutrition lessons to students and preparing and testing recipes.

Census Opens Office in SETX



The U.S. Census Bureau's Dallas Region held a grand opening for their local Census office. Located at 1039 Nederland Avenue, the office will serve nine counties, including Jefferson.

PAISD is an official Census partner and the local Census office has also adopted Lee School. The goal of the Census Bureau's partnership program is to combine the strengths of the local governments, community and faith-based organizations, schools, media and businesses, to ensure a complete and accurate 2010 Census.

Every year, more than \$300 billion in federal funds are awarded to states and communities based on Census data. The 10-question form will be sent to every home by mid-March. Temporary Census taker positions are still available. For more information, call 1-866-861-2010.

NEW YEAR HEALTH TIPS

With the beginning of every new year comes a new resolution. Many resolve to eat better, sleep more, stress less and exercise at least 3 times a week. But after the first 2 weeks of January have passed, so have our resolutions. According to 2005 governmental statistics, 66% of Americans are overweight, 31% are obese and 5% are super-obese. The number of obese adults has doubled in the last 20 years!

Former Surgeon General Dr. C. Everett Koop warned Americans in 1988, "One personal choice seems to influence long-term health more than any other: what we eat."

According to **everyday-health.com**, there are five simple changes that will improve your diet.

They include:

1. Focus on eating healthy sources of unsaturated fats; nutrient-dense, fiber rich carbs; low-fat dairy products; and lean sources of protein.
2. Avoid as many processed foods as you can.
3. Don't overeat! Every calorie counts!
4. Watch portion size!
5. Drink plenty of water throughout the day.

***This material is provided for educational purposes only and is not to be used for medical advice, diagnosis or treatment.**

H1N1 Clinic Comes to PAISD

A free, mass clinic will be held on February 8th from 4-8 p.m. at Stilwell Technical Center. The first come, first serve clinic is for people ages 6 months and up who want the swine flu vaccine. For more information, contact Port Arthur Health Department registered nurse Judith Smith at 983-8800.

Travis Students Give Back

Travis Elementary School student council immediately took action upon hearing of last week's earthquake in Haiti.

The students will spearhead two drives for the victims. The council will host a penny drive for the entire school with all proceeds donated to the Red Cross.

The student council members will also collect toiletries and donate them to a reputable organization to help ease the burden within the disaster area.



Port Arthur Celebrates MLK Day

An MLK celebration was held on January 18th at the Bob Bowers Civic Center. "Living the Dream...Let Freedom Ring" was the title of the 24th annual

MLK celebration put on by Hargie Faye Savoy and the King Day committee. PAISD's own Dr. Bertha Garza was honored for her work in the community, along with two others. The large crowd was treated to a brunch as well as an inspirational message by guest speaker, Stephanie Robinson, who is a political commentator for the Tom Joyner Morning Show.



Wheatley School of Early Childhood Program presented a program entitled, "Let Freedom Ring" on January 13th. The students reflected on the life and legacy of Dr. King through song and dance while a slideshow of Dr. King played in the background. After the program, the students, teachers and staff held a MLK parade outside in the parking lot.



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