BISD Family Connects

September 2021

The BISD Family Connects newsletter provides parents and families with helpful information about school and community resources and services.

- P-EBT Benefit Deadline Extended
- Become a Mentor Today
- Short-Term Career Mentoring for Seniors
- Social Emotional Learning Update
- Tips for Back to School
- A Parent’s Guide to ECI and ECSE
- Bilingual/ESL Spotlight
- Community Resources (Including Vaccine Clinic Sep 7)
- Mark Your Calendar!

P-EBT Benefit Deadline Extended

Great news for families! The application window for 2020-21 School Year P-EBT benefits has been extended until Sept. 13, 2021. If you haven’t yet applied, be sure to visit yourtexasbenefits.com/Learn/PEBT to check your eligibility.

Become a Mentor Today!

For young people who are living through particularly challenging times, a stable adult in their lives can be invaluable. BISD is committed to creating and sustaining meaningful and potentially long-lasting relationships between caring adults and youth through our Mentor Program. You can choose the age group and school you want to mentor in, and we will connect you with a deserving child to mentor.

What are the requirements?
- Complete an application and pass a background check
- Attend a one-time orientation
- Make a one-year commitment
- Spend 30 minutes to 1 hour a week or every other week during school hours
- Play games, eat lunch, work on academics or even share a hobby
Social Emotional Learning

What are Students Learning?

SEL time in these first few weeks has been devoted to building relationships and setting expectations that will help students be successful all year long. Teachers will begin introducing skills to help students focus during instruction, engage in positive self-talk when working on difficult tasks, and feeling empowered to ask for help if needed. Talk to your child about these topics to extend this learning at home.

Self-Care Tip

Our self-care tip for September is simple and efficient. At the end of each day, take five minutes to reflect on your day through journaling or simply thinking about situations that brought on stress. If you notice you’re still holding onto that stress in your body, give yourself permission to let it go. If the situation is out of your control, practicing acceptance can be a powerful anecdote to that stress. If the situation is within your control, identify one step you could take to improve it. As this daily reflection becomes a habit, you’ll find five minutes can easily extend to 20 minutes or more over time.

Tips for Back to School

Short-Term Career Mentoring for Seniors

BISD is partnering with the Bastrop Chamber of Commerce and regional businesses to provide a career mentoring program for seniors in Career and Technical Education (CTE) programs. Mentees are paired with qualified and vetted mentors and will meet virtually for 45 minutes each week over the course of 6 weeks. Students and their mentors will follow a protocol of weekly topics including building new relationships, developing self-knowledge, and planning for post-high school opportunities. Eligible CTE classes are receiving information about this opportunity now, and students are opting into this program which will begin in early October.

We are seeking diverse industry professionals to participate as mentors. Questions or expressions of interest in this program can be sent to BISD’s Coordinator of Work-Based Learning, Dr. Steven Henn at shenn@bisdtx.org.

For more information, visit https://www.bisdtx.org/Page/1129 or contact our Director of Community Relations, Karen Trevino at ktrevino@bisdtx.org or by phone at 512-772-7174.
What is ECI and ECSE?
ECI is Early Childhood Intervention and ECSE is Early Childhood Special Education. To help parents understand more about these services, including explanations, eligibility, and resources, the Texas Education Agency has put together this helpful guide. Parents also can explore what a transition conference looks like from ECI to preschool, the evaluation process, and the continuum of services.
This month we want to share contact information for our bilingual/ESL department. Please let us know how we can serve you.

**EL/Bilingual Program Director:** Patricia Flores ~ pflores@bisdtx.org

**EL Programs Coordinator:** Dr. Augustina Lozano ~ alozano@bisdtx.org

**Elementary EL Specialists:** Silvia Whitaker ~ swhitaker@bisdtx.org and Yadira Avila ~ yavila@bisdtx.org

**Secondary EL Specialists:** Juan Sanchez ~ jsanchez7@bisdtx.org and Ana Llamo ~ allamo@bisdtx.org

**LPAC Specialist/Title III Parent Liaison:** Mellisabel Eaves ~ meaves1@bisdtx.org

**Administrative Secretary:** Erica Figueroa ~ efigueroa@bisdtx.org

### Community Resources

**Microsoft Office Excel Certification Course**
FREE! Sep. 7 to Oct. 31.
Register here

**Free COVID-19 Vaccinations**
Register today at:
COVIDVaccineEventLink 9/7/21
or
Register in person at the event
**Vaccine Event at Cedar Creek HS Cafeteria**, 12:00 pm to 6:00 pm

**Free ESL classes for BISD Parents**
Register now! 512-985-5169

### Mark Your Calendar!

**September 6:** Staff & Student Holiday

**September 7:** Staff Development Day/Student Holiday

**September 7:** Vaccine Event at Cedar Creek HS Cafeteria, 12:00 pm to 6:00 pm

**September 6-10:** Substitute Appreciation Week

**September 12:** Grandparents Day
**September 21:** BISD Board of Trustees Meeting at 5:30 pm
Jerry Fay Wilhelm Center for the Performing Arts

**September 21:** IT Professionals Day

**September 22:** First Day of Fall

**September 24:** First Six Weeks Ends (grades 7-12)

**September 27:** Second Six Weeks Begins (grades 7-12)