



Gator Pulse

DICKINSON ISD'S HR NEWSLETTER

AUGUST 2025

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BENEFITS OPEN ENROLLMENT

HAPPENING NOW!

July 15 – August 14

TRS medical rates for the 2025-2026 plan year are now available!

Click [HERE](#) for the new rates.

ENROLL NOW



Benefits Centralized Enrollment Event

August 12, 2025

🕒 8:00 AM – 3:30 PM

Education Support Center

📍 Training Room 251

🏠 **Higginbotham:** Benefit enrollment assistance

🏥 **BlueCross BlueShield:** Medical planning information

🏦 **TCG:** Retirement Savings



IMPORTANT DATES TO REMEMBER:

- August 12- Benefits Centralized Enrollment
- August 13- Transition Day
- August 14- Open Enrollment Ends
- August 14- First Day of School
- August 27- Meet the Gator Night



TEACHER RETIREMENT SYSTEM OF TEXAS

As a new member, it's important to take specific actions at the start of your career.



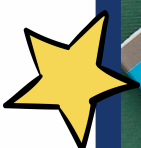
Benefits of Membership

- By contributing to TRS, you are investing in a retirement program that provides several major advantages: retirement security; freedom from investment decisions; protection from investment risk; and certainty of payments.
- Once you retire and begin receiving service retirement benefits, you will receive a monthly benefit for life!
- TRS health plans bring high-quality care to its participants. With programs and benefits designed specifically for Texas educators, it's ever evolving to meet participants' and employers' needs.

Register for MyTRS

Visit the online [MyTRS](#) member portal and click Sign Up. Once you've created your online account, you can:

- View your TRS account information
- View annual statements
- Update beneficiaries
- Explore retirement benefits with the benefit calculator and more!



High Protein Overnight Oats



Ingredients

- ½ cup oats quick, minute or rolled
- 1 tablespoon chia seeds
- 1 tablespoon vanilla protein powder
- ¼ teaspoon cinnamon
- 3 tablespoon plain 2% Greek yogurt
- ½ cup milk
- 1 teaspoon honey or maple syrup
- ½ teaspoon vanilla extract

Instructions

1. In a mason jar or small bowl with a lid, add dry ingredients (oats, chia seeds, protein powder, cinnamon), mix well. Add wet ingredients (Greek yogurt, milk, maple syrup, vanilla extract) mix well.
2. Cover and place in the fridge for at least 3 hours, ideally overnight. When serving, add your favorite toppings such as strawberries, and enjoy!



Welcome Back! Tips to Get Back Into the Routine:

🕒 1. Re-establish Your Workday Routine

Start adjusting your sleep and morning schedules a week or two before the first day back.

📅 2. Refresh Your Calendar

Review key dates (e.g., in-service days & district events) and set up recurring reminders for weekly meetings or time-off submissions

🧹 3. Declutter & Organize

Whether it's a classroom, office, or desk, tidying up the workspace helps create a sense of readiness and focus.

👥 4. Reconnect With Colleagues

Touch base with teammates, particularly if there are new hires, and make time to connect with them.

🧠 5. Revisit Policies & Benefits

Review any updated policies or procedures. Additionally, log into EAC to verify that your demographic information is accurate.

🎯 6. Set Small Goals

Identify a few simple goals for the first month. Examples:

- Learn one new tech tool
- Organize lesson plans a week ahead
- Schedule check-ins with coworkers or supervisors



HR is Here for You!

Just a reminder that your HR team is here to support you. Whether you have questions, need resources, or just want to chat—don't hesitate to reach out. We're here to help you have a smooth and successful year!



MEET YOUR HR TEAM
Click [here](#) to learn about their roles!