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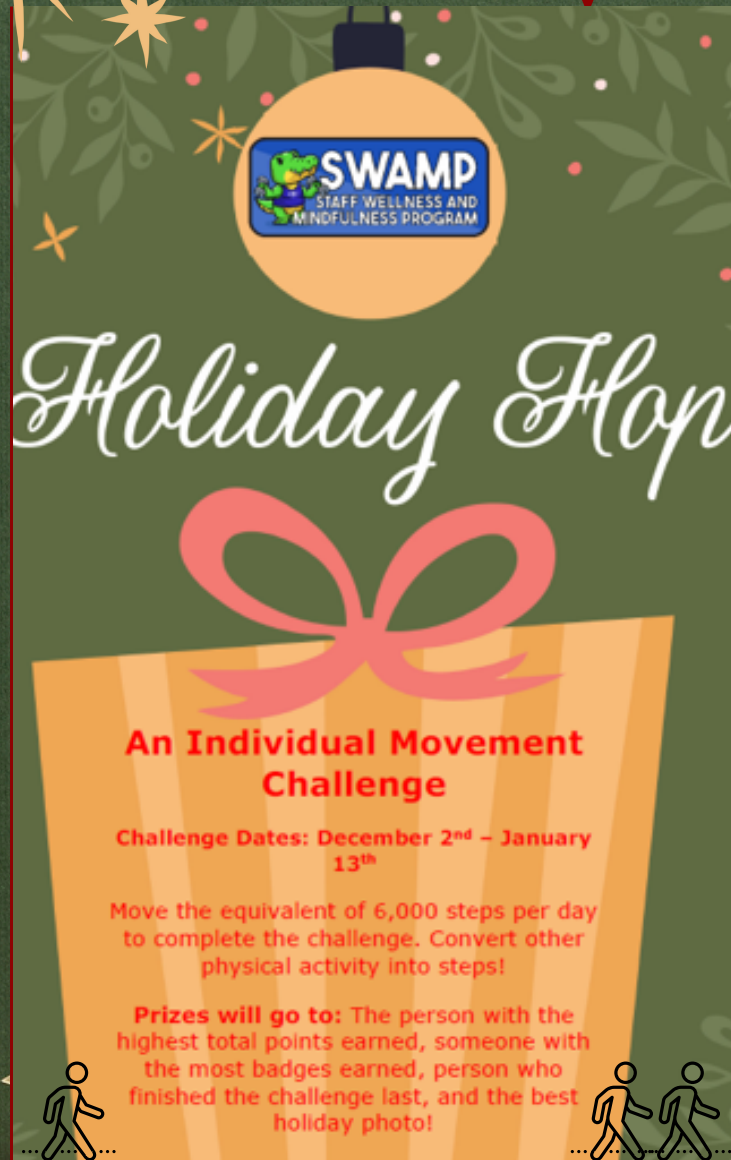
## Congratulations to our Fall Walker Tracker Challenge Winners!

- Team with the highest points averaged per team member: **Lobit Middle School**
- The highest Team average that received a nutritional badge: **Bay Colony Basic Witches**
- Team with the least number of points: **DHS Athletics Team**
- Team that finished the Challenge first: **Kranzian Ambulators**
- Best Holiday Photo: **Amanda Ryan- KJHS**



## IMPORTANT DATES TO REMEMBER:

- December 3: Giving Tuesday
- December 7: Pearl Harbor Remembrance
- December 20: 2 Hour Early Release
- December 21: Winter Solstice
- December 24: Christmas Eve
- December 25: Christmas Day
- December 26: Kwanzaa
- December 31: New Years Eve
- December 23-January 3: District Closed
- December 2- January 13: Walker Tracker Challenge



**SWAMP**  
STAFF WELLNESS AND MINDFULNESS PROGRAM



## Holiday Hop

### An Individual Movement Challenge

Challenge Dates: December 2<sup>nd</sup> – January 13<sup>th</sup>

Move the equivalent of 6,000 steps per day to complete the challenge. Convert other physical activity into steps!

**Prizes will go to:** The person with the highest total points earned, someone with the most badges earned, person who finished the challenge last, and the best holiday photo!


**EAP INFORMATION:** The Employee Assistance Program (EAP) is available to all employees at no cost. Mutual of Omaha can be reached at 1-800-316-2796, 24/7 or [www.mutualofomaha.com/eap](http://www.mutualofomaha.com/eap). Please don't hesitate to use the EAP program to develop a plan and identify resources to meet your individual needs. Employees are eligible to receive six sessions per year (per issue, per family member) conducted by either face-to-face counseling or video telehealth via a secure, HIPAA compliant portal.

# Reindeer Cookies



## Ingredients

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup smooth peanut butter
- 2 eggs
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 3 cups all-purpose flour
- 2 teaspoons baking soda
- 72 small pretzel twists, or as needed
- ½ cup chocolate chips, or as needed

## Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Beat butter, sugar, peanut butter, eggs, vanilla extract, and salt together in a bowl until smooth and creamy. Stir flour and baking soda into creamed butter mixture until well incorporated.
3. Roll dough into 36 balls. Flatten each ball and shape into an upside-down triangle. Press two pretzels into the two top corners of each triangle for the antlers. Press two chocolate chips into the center of each triangle for the eyes, and one chocolate chip or M&M on the bottom of the triangle for the nose. Arrange cookies on baking sheets.
4. Bake in the preheated oven until cookies are golden brown, 10 to 15 minutes.

# TRS Virtual Health

As the holiday season approaches, we would like to share some helpful information for your convenience during the Christmas break.

RediMD	Teladoc
TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2	TRS-ActiveCare Primary TRS-ActiveCare Primary+ TRS-ActiveCare 2
\$0*	\$12*
TRS-ActiveCare HD	TRS-ActiveCare HD
\$30*	\$42*

## 24/7 Nurse Line:

1-833-968-1770 – This is a direct line to a registered Nurse for TRS Active Care participants, to help answer simple medical question and help find the appropriate level of care needed for your situation.

## TRS Virtual Health:

As a TRS-Active Care participant, your coverage includes TRS Virtual Health choices powered by Teladoc and RediMDTM. You and your family can get convenient, quality health care from the comfort of home, on your lunch break, or while traveling without having to go to a doctor's office.

Please click the link below for instructions on how to register for Teladoc and RediMD.

**Please click this [link](#) for instructions on how to register for Teladoc and RediMD.**

## November is NATIONAL VETERANS & MILITARY FAMILY APPRECIATION MONTH



*Did you know? All DISD campuses have earned the TEA Purple Star Distinction,*

*A Purple Star Campus is awarded to schools that show an exceptional commitment to supporting students and families connected to the military.*



**The Dickinson ISD Human Resources Department extends its warmest wishes for a happy holiday season to you and your family.**