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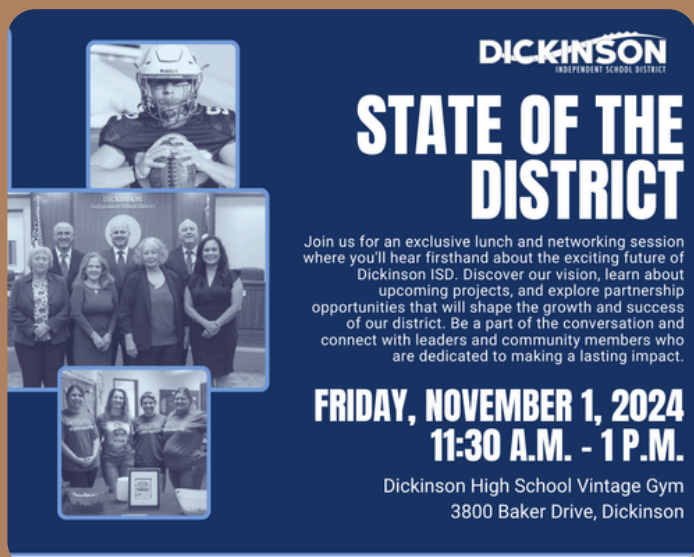
Mental Health Resources

Every Dickinson ISD Employee can use the Employee Assistance Program through Mutual of Omaha. You are eligible for six face-to-face sessions, per family member, per issue, per year. You also have unlimited web consultations. You can access their online resources at their [website](#), you can follow this [link](#) for a Client Intake form to digitally request in-person services or call 800-316-2796 to request an appointment. If you are enrolled in TRS ActiveCare Primary, ActiveCare Primary+, or ActiveCare 2 you will have access to Virtual Mental Health appointments at a \$0 copay with no referral needed. These appointments are scheduled through TelaDoc and you will need to sign up for your account through the following [link](#). Please do not try to register your account through the TelaDoc app, as it will not work properly. Once you are registered you are welcome to use the phone service, website, or app to request an appointment.



DHS REVELIERS & DHS CHOIR PRESENT THE ALL DISTRICT MUSICAL: CHARLIE AND THE CHOCOLATE FACTORY

Join us for a sweet journey into Willy Wonka's magical world with your favorite characters, songs, and delightful surprises! Don't miss this performance by our talented K-12 Gator students



DICKINSON INDEPENDENT SCHOOL DISTRICT

STATE OF THE DISTRICT

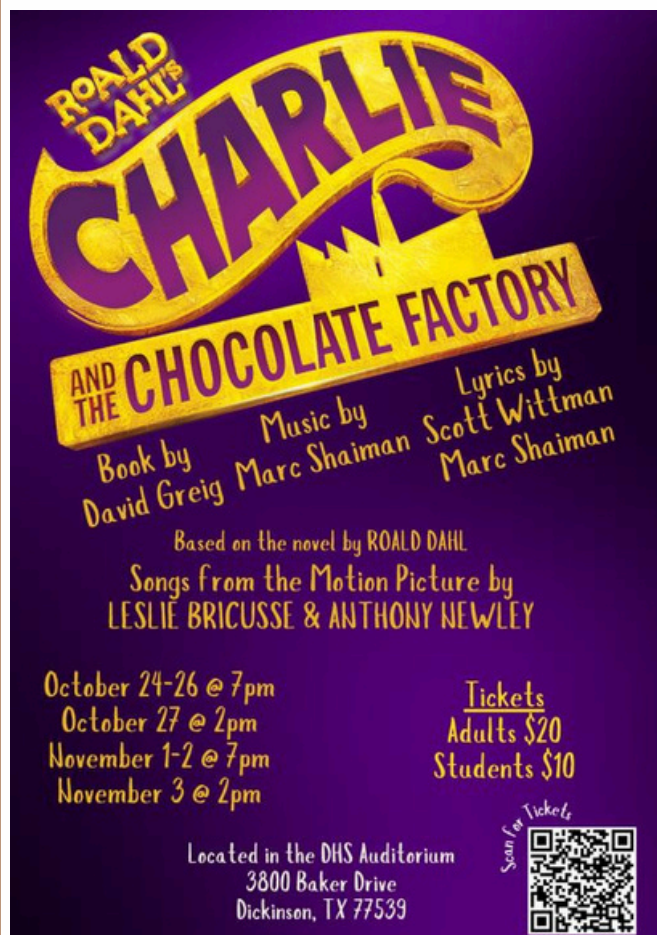
Join us for an exclusive lunch and networking session where you'll hear firsthand about the exciting future of Dickinson ISD. Discover our vision, learn about upcoming projects, and explore partnership opportunities that will shape the growth and success of our district. Be a part of the conversation and connect with leaders and community members who are dedicated to making a lasting impact.

FRIDAY, NOVEMBER 1, 2024
11:30 A.M. - 1 P.M.

Dickinson High School Vintage Gym
 3800 Baker Drive, Dickinson

IMPORTANT DATES TO REMEMBER:

- November 1- Staff Development/Student Holiday
- November 1- State of the District
- November 3- Daylight Savings Time
- November 5- Election Day
- November 11- Veterans Day
- November 11 & 15- The Rose Mobile Mammogram Coach
- November 4-15 Dickinson ISD "Money for Meals"
- November 25-29 Thanksgiving Break
- November 28- Thanksgiving Day



ROALD DAHL'S CHARLIE AND THE CHOCOLATE FACTORY

Book by David Greig Music by Marc Shaiman Lyrics by Scott Wittman
 Marc Shaiman


Based on the novel by ROALD DAHL
 Songs from the Motion Picture by LESLIE BRICUSSE & ANTHONY NEWLEY

October 24-26 @ 7pm
 October 27 @ 2pm
 November 1-2 @ 7pm
 November 3 @ 2pm

Tickets
 Adults \$20
 Students \$10

Located in the DHS Auditorium
 3800 Baker Drive
 Dickinson, TX 77539

Scan for Tickets



Apple-Cranberry Stuffing



INGREDIENTS

- 1 (16-OZ.) LOAF DENSE COUNTRY WHITE BREAD, CUBED (ABOUT 14 CUPS)
- 3/4 C. SALTED BUTTER
- 2 MEDIUM ONIONS, CHOPPED
- 4 STALKS CELERY, CHOPPED
- 3 SMALL GALA APPLES, CHOPPED
- 1 TSP. DRIED SAGE
- 1 TSP. DRIED THYME
- 1/2 TSP. KOSHER SALT
- 4 C. LOW-SODIUM CHICKEN BROTH
- 1 C. DRIED CRANBERRIES
- 1 C. FRESH PARSLEY, CHOPPED

DIRECTIONS

1. SPREAD OUT THE BREAD CUBES ON 2 BAKING SHEETS, LOOSELY COVER, AND LET DRY OUT FOR 24 TO 48 HOURS.
2. WHEN YOU'RE READY TO COOK, PREHEAT THE OVEN TO 375°F.
3. IN A LARGE DUTCH OVEN, MELT THE BUTTER OVER MEDIUM HEAT. ADD THE ONION AND CELERY AND COOK, STIRRING OCCASIONALLY, UNTIL THE ONIONS BEGIN TO SOFTEN, ABOUT 5 MINUTES. ADD THE APPLES AND COOK, STIRRING OCCASIONALLY, UNTIL THEY BEGIN TO SOFTEN, ABOUT 5 MINUTES MORE. ADD THE SAGE, THYME, AND SALT, AND STIR TO COMBINE.
4. ADD 3 1/2 CUPS OF BROTH TO THE DUTCH OVEN. BRING IT TO A SIMMER AND COOK UNTIL THE APPLES ARE JUST TENDER, 6 TO 7 MINUTES. REMOVE FROM THE HEAT. ADD THE DRIED CRANBERRIES, THEN STIR IN THE BREAD CUBES AND TOSS UNTIL THE BREAD IS EVENLY SOAKED, ADDING THE REMAINING 1/2 CUP OF BROTH, IF NEEDED. STIR IN THE PARSLEY.
5. TRANSFER TO A 13-BY-9-INCH BAKING DISH. BAKE, UNCOVERED, UNTIL GOLDEN BROWN AND CRISP ON TOP, 35 TO 40 MINUTES. LET REST FOR 20 MINUTES BEFORE SERVING.

PROTECT YOUR MENTAL HEALTH AND PREVENT PROBLEMS

Protecting our mental health is easier than you might think. We can all do it every day, and with simple activities that help us feel good, we're better able to cope with life. Each of our tips has been created to help us look after our mental health. Importantly, each one is backed up by evidence from research, including the Mental Health Foundation's ground-breaking study. Our tips will be easier for some and harder for others. Why not give them a try and see which ones suit you best?

1. Get closer to nature

We all live with worries and fears, uncertainties, losses that leave us sad and pressures that make us feel stressed. Nature can have a really calming effect on us.

2. Get more from your sleep

Anyone who has struggled with sleep will know what a difference it makes to our bodies, minds and ability to cope with life.

3. Keep moving

Our bodies and minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health (it works the other way around, too).

4. Eat healthy food

Food and drink affect our bodies, brains and mood – for good or bad.

5. Be kind and help create a better world

If you have ever felt lonely, you will know how much it helps to have even a small connection with someone else.

6. Learn to understand and manage your feelings

Feeling very upset can interfere with our lives, making it hard to think clearly or work, relax, study, sleep or deal with other people.

7. Talk to someone you trust for support

Many of us have learned to bottle things up inside us and try to ignore painful feelings. It can take a lot of courage to tell someone else how we're feeling or what we're finding hard, especially if we don't usually do that kind of thing.

Our HR department recently took part in a pumpkin decorating contest. We invite you to take a look at the impressive pumpkins created by our team below.



Safety Tips

1. Emergency Preparedness: Know the school's emergency procedures and participate in regular drills to ensure readiness.

2. Supervision and Awareness: Maintain vigilant supervision of students to prevent accidents and address safety concerns promptly.

3. Promote a Safe Environment: Encourage students to follow safety rules and report hazards to foster a culture of safety.