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New Little Pumpkins ARRIVING IN THE SWAMP!

Important benefits and leave information
for expecting Gator families!

OCTOBER 9  4:15 - 5 PM

ESC Upstairs Training Room 251

LEARN MORE ABOUT:

- FMLA
- Insurance Benefits
- Payroll
- Gator Academy Enrollment

RSVP BY MONDAY, OCTOBER 6

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IMPORTANT DATES TO REMEMBER:

- October- Breast Cancer Awareness Mo.
- October- Domestic Violence Awareness Mo.
- October 2- National Custodian Day
- October 5- World Teacher's Day
- October 8- Texas Education HR Day
- October 9- DISD Fall Baby Shower
- October 11 & 13- Student/Teacher Holiday (DISD Closed)
- October 13- Columbus Day
- October 16- Boss's Day
- October 31- Halloween



A Team Movement Challenge

You are invited to stay active, healthy, and have a little fun along the way in our New England in the Fall Challenge, a movement/activity challenge.

This is a TEAM movement challenge. As you add steps to your account, you'll progress through the virtual map route, unlocking milestones along the way!

Challenge Dates:

October 6- November 17

Each team can have up to 15 participants. Move the equivalent of 6000 steps per day to complete the challenge. Convert other physical activity into steps!

Prizes will be awarded to:

- The Team with the Highest Average Points
- Best Fall Team Photo
- A Team that earned a 30-day Streak Badge (*randomly selected*)
- Team with the highest average number of days meeting the daily step goal

<https://dickinsonisd.thrives.app/login>



Healthy Pumpkin Oatmeal Pancakes



INGREDIENTS

- ¾ cup pumpkin puree
- 2 large eggs
- ⅔ cup unsweetened vanilla almond milk (or milk of choice)
- 2 teaspoons vanilla extract
- 1 tablespoon pure maple syrup
- 1 ½ cups old fashioned rolled oats, gluten free if desired
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- Olive oil, for cooking



INSTRUCTIONS

1. Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute.
2. Lightly coat a griddle with coconut oil, vegan butter or olive oil and place over a medium heat. Once the pan is hot, add about 1/3 cup of the batter to the griddle for each pancake; the batter may be thick so you'll need to use a spoon to spread out the batter a bit. It will get thicker as it sits so be sure to cook these pancakes immediately after blending. Cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
3. Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly, then you need to lower the heat. I normally start on medium heat, then reduce to medium low later so that my pancakes don't burn. If at any point your griddle starts smoking, it means your pan is way too hot. Wipe skillet clean and repeat with more oil and remaining batter. Makes 6 pancakes total. Serves 3, 2 pancakes each.

Physical Activity

Lowers Dementia Risk

Staying physically active doesn't just support heart health and mobility — it also plays a powerful role in protecting brain health. A new research from JHBSPH has found that engaging in moderate-to-vigorous physical activity (MVPA), even in small amounts, significantly reduces the risk of developing dementia.

Key Findings

- Researchers followed nearly 90,000 adults over 4.4 years. During this period, 735 participants developed dementia.
- On average, participants completed 126 minutes of MVPA per week.
- Every extra 30 minutes of MVPA per week was associated with a 4% lower risk.
- Even modest amounts of weekly MVPA made a difference.
- Benefits were seen regardless of frailty status, meaning older adults with higher health risks still gained protection from physical activity.

Why It Matters

Reaching the 150 minutes per week guideline can feel overwhelming. This study offers encouraging news: any amount of movement helps. Even short bouts of activity — walking, gardening, light cycling, or household chores done at a brisk pace — can lower dementia risk. Consistency matters more than perfection. Adding even small amounts of moderate-to-vigorous activity into your routine may support not only your body but also your brain health in the long run.

The Rose

The Rose Mobile Mammogram Coach will be back in Dickinson ISD on:

November 19th & 20th

at the Education Support Center located at 2218 FM 517, Dickinson, TX 77539.

If you are currently covered by the district's health insurance, The Rose is considered in-network. You do not need a referral to The Rose under the ActiveCare Primary and Primary+ plans.

You are eligible, if you:

- Are a female 35 years or older
- Have a primary care physician
- due for a mammogram
- Do not have any breast health symptoms
- Currently not pregnant or nursing
- Have not been diagnosed with breast cancer within the past 2 years



Registration coming soon!!