

## Villarreal gets pumped up



Gunn principal Juan Villarreal won the NPC Masters (over 45) title at the NPC Texas State Championships in November.

Students walking the halls at Gunn Junior High might view principal Juan Villarreal in a different light if they knew what he did in his free time.

Villarreal, the principal at Gunn since 2014, recently got serious about bodybuilding.

How serious? Villarreal entered his first contest last year and finished second. Last November he won the National Physique Committee Texas State Championship in the Masters division (45 and older).

While his students are on summer vacation, Villarreal will be spending part of his July competing for a national title in Massachusetts, with the goal of earning his professional card, which is awarded by being one of the top two finishers.

And it all started when Villarreal came to a realization when he was



at a national teaching convention.

“A few years ago I was at Model Schools [Conference] and I had just let myself go,” he said. “I was working and working. Workouts just slipped away, maybe just going once a week. I was feeling tired. I was at Model Schools and we were out eating and I ordered a doughnut burger. It had every fat item I could think of. I started noticing this was so unhealthy. At the

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## A message from Dr. Cavazos

I knew we had a strong staff in the AISD, but Gunn Junior High Principal Juan Villarreal has taken that to another level with his bodybuilding work.

Hopefully he can have success at his national meet this summer.

The best part of the story is that he's able to use his experiences to find ways to connect with his students and that

he's been able to keep in touch with former students because of his hobby.

And on the subject of connecting, kudos to Shackelford Junior High teacher Sheena Coleman for her work with SEAS students in setting up a café for students and teachers. There are so many positives from the story, including the team-building aspect for her

students and it helping them develop their social skills.

I'd also like to congratulate our four employees of the month as well as those who continue to excel with outstanding customer service.

Great customer service helps us foster a districtwide culture of respect, integrity and service.



# Be the change you wish to see

Have you ever reflected on the world and considered how much change has occurred since you were an elementary or secondary student? What is different about the social dynamic that exists today from back then? What ideas have permeated the world resulting in major positive shifts in societal mindset? What advances have occurred in technology and the medical field that have impacted the way you now live your day-to-day life?

As I reflected on these questions, it dawned on me how gradually change occurs. It usually happens so slowly that we don't even recognize that it's happening. It is the compound effect of one person's ideas building on another's and so forth. Over time, the world we once lived in is a thing of the past and a new scene confronts us.

So what does this have



to do with us? Gandhi once said, "Be the change you wish to see in the world." We, the educators, can not only model positive change but also have the greatest opportunity to impact the world by creating a space for new ideas to be generated. The environments we create in our classrooms offer our learners the chance to explore interests, express talents and challenge long-

held ideas through critical thinking and creativity. The evolution of the world begins in our individual classrooms with you and me.

In the Arlington ISD, we have three main priorities:

**1. The learner's experience.** We are focused on intentionally creating and facilitating the learner's experience in a way that develops life skills and qualities that prepare them for a future world that will be different from the one they were born into. These include:

- Modeling responsible citizenship;
- Being self-directed and goal-oriented;
- Collaborating effectively with others;
- Thinking critically and leveraging their learning to solve real problems in the world; and
- Communicating effectively.

**2. College and career readiness.** We want to ensure 100 percent of our students are exceptionally prepared to pursue studies and employment at the college and/or career of their choice.

**3. Growing and developing people.** We are in the people business and are intentionally developing systems that articulate opportunities and growth pathways for not only our learners but also for each of us who work in the system striving to develop ourselves.

Each of these three priorities centers our work around shaping ourselves and others to make the world and our community a better place. It's a unique privilege and honor to be a part of this important work side by side with you.

***Dr. Steven Wurtz is the chief academic officer for the AISD***

## AISD works to implement ZONAR

The AISD transportation department is making significant headway this year in getting Zonar up and running.

Zonar is a tracking system that registers when students get on and off their school bus. Funded by the 2014 Bond and now installed on all AISD buses, it also includes a GPS component that allows the transportation department to know where its buses are at all times.

"The system is an added safety for our students and a peace of mind for our parents and guardians," said Tim Collins, AISD director of transportation.

Installing the system on buses was the easy part. The process of rolling the program out is much more involved

The student riders each get a new "Z-Pass" ID badge, that has a little chip inside. When they get on or off the bus, they wave the ID badge near the Zonar reader at the front. A beep

and green light confirms the card was read, and the time, date and location of where the student got on and off the bus is recorded immediately in a secure database, accessible only by the transportation department.

Debbie Swenson, AISD transportation systems and technical analyst, is leading the campaign to get each of AISD's approximately 11,000 neighborhood bus riders badged.

"It is a huge undertaking," Swenson said. "We're being meticulous and doing it right. We're being very careful to make sure every student who should get a badge gets one."

Swenson and the transportation department are focusing first on high schools and then junior highs, which represent the majority of student riders. First Swenson hosts an assembly at each campus to explain how Zonar works and to collect information on all

the riders. She then reviews the list of students and ensures every eligible student from that campus is included. Finally, ID badges are issued to the students.

Swenson has now held the assemblies at all of the AISD's traditional high schools. Students at Arlington, Martin, and the Career and Technical Center have received their badges. Badging is currently underway at Lamar and Sam Houston and is coming soon at Seguin and Bowie. Students at Bailey and Gunn junior highs will also receive badges soon.

Swenson is aiming to complete all high schools and junior highs this academic school year, and then complete all elementaries next year.

It's a big process, especially since Zonar is just one of three new software systems the transportation department has recently adopted.



*Viverae staff will conduct screenings at the locations listed below. These screenings will satisfy the biometric screening requirement for our wellness program. Screenings at the locations below will also provide a convenient option for employees. Employees who plan to participate will need to sign up online or by calling 888-848-3723.*

**Arlington ISD 2018 Spring Screening Schedule**

<u>Location</u>	<u>Address</u>	<u>Date</u>	<u>Start</u>	<u>End</u>	<u>Site Contact</u>
Transportation	1124 W. Arkansas Ln.	4/10/18	7:30 a.m.	12 p.m.	Deborah Swenson
Moore Elementary	5500 Park Springs Blvd.	4/11/18	3:30 p.m.	8 p.m.	Tara York
Seguin High School	7001 Silo Rd.	4/12/18	7:30 a.m.	12 p.m.	Sulema Aguinaga
Carter Junior High	701 Tharp St.	4/13/18	7:30 a.m.	12 p.m.	Teressa Garcia
AISD Administration	1203 W. Pioneer Pkwy.	4/18/18	7:30 a.m.	12 p.m.	Frank Sack
Adams Elementary	2200 Sherry St.	4/19/18	3:30 p.m.	8 p.m.	Erica Reynolds
Maintenance	1201 Colorado Ln.	4/20/18	7:30 a.m.	12 p.m.	Sue Sauter
AISD Security	1200 W. Arkansas Ln.	4/23/18	2 p.m.	6:30 p.m.	Tanya Celestial
Bowie High School	2101 Highbank Dr.	4/24/18	7:30 a.m.	12 p.m.	Liza Hawrylak
Ousley Junior High	950 Southeast Pkwy.	4/25/18	7:30 a.m.	12 p.m.	Vickie Gladney
Young Junior High	3200 Woodside Dr.	4/26/18	7:30 a.m.	12 p.m.	Starla Smith
Wood Elementary	3300 Pimlico Dr.	4/27/18	3:30 p.m.	8 p.m.	Annette Escott
Barnett Junior High	2101 E. Sublett Rd.	4/30/18	7:30 a.m.	12 p.m.	Johnathan Oglesby
Peach Elementary	2020 Baird Farm Rd.	5/1/18	3:30 p.m.	8 p.m.	Ashley West
Martin High School	4501 W. Pleasant Ridge Dr.	5/2/18	7:30 a.m.	12 p.m.	Rynthia Clements
Sam Houston High School	2000 Sam Houston Dr.	5/3/18	7:30 a.m.	12 p.m.	Cindy Newton
Boles Junior High	3900 SW Green Oaks Blvd.	5/4/18	7:30 a.m.	12 p.m.	Sally Cagle
Gunn Junior High	3000 S. Fielder Rd.	5/8/18	7:30 a.m.	12 p.m.	Amanda Murry
Anderson Elementary	1101 Timberlake Dr.	5/10/18	3:30 p.m.	8 p.m.	Paula Martin
AISD Security	1200 W. Arkansas Ln.	5/17/18	6 a.m.	10:30 a.m.	Tanya Celestial

**GUNN FROM PAGE 1**

convention they started talking about change. The one thing that resonated with me was that if you want change, it has to start with you first.”

So Villarreal did change, although it wasn't like he was starting from scratch. Villarreal has always been into exercise. In college he was the Lone Star Conference champion in the steeplechase when he was at Angelo State.

But Villarreal, who was the assistant principal at Martin and principal at Turning Point High School before going to Gunn, had slowly gotten away from things before going to the teaching convention. He realized that exercise made him feel good and set the tone for the day. He started seeing results immediately

and then got encouraged to take things to the next level by a former student of his at Martin, Chase Bergner. They started working out together and Bergner talked to him about fitness competitions.

Bergner hooked Villarreal up with nutritionist Stephen Mass, who prodded Villarreal even more.

It took some convincing. “My thing was how would it appear me being on stage in board shorts and no shirt and being a principal,” Villarreal said. “He (Mass) said ‘No. 1, you live a healthy lifestyle. You’re not drinking. You’re energetic. To me, if I had a son I’d want him to be led by someone like you. So why not get on stage and see what you can do.’ I decided to do it.”

He did his first show in San Antonio last October

and hasn't looked back since then.

It's not easy. Villarreal starts every work day with a 5 a.m. workout. He also watches everything he eats and drinks, counting calories, fats, carbohydrates, protein and everything else possible. When he's at lunch with fellow principals like Martin's Marlene Roddy and Young Junior High's Kelly Hastings, they eat at Rockfish.

They are also used to Villarreal pulling out a scale to weigh his food. His wife Cindy has also had to adjust family meals for her husband, whose daily diet can fluctuate from more than 3,000 calories of food to 1,200 depending on where he is in his training. His weight also fluctuates from 165 to 185 pounds.

“It takes a lot of discipline, a lot and lot of discipline,” he said. “I count every macro, every carb, every protein, every veggie, everything. I like it because it's a challenge. It's probably one of the hardest things I've ever done.”

Villarreal doesn't hide his habit from students and staff at Gunn, but he's quiet about it. He's always been health conscious.

“The kids here know that I lift,” he said. “They talk a lot about health and fitness. It's really modeling a good healthy lifestyle with my students. They ask me ‘What's good for this and that.’ A lot of good conversations have come from this because they know I like to live a healthy lifestyle. It's been a lot of fun.”

# Café 125 a big hit at Shackelford

Café 125 delivers more than drinks to teachers at Shackelford Junior High.

The program, started by SEAS teacher Sheena Coleman in February, provides the four SEAS students a great way to interact with general education students and school teachers.

The fact that it provides a little boost to the teachers and students, who are allowed to purchase drinks with the permission of teachers, is just an added bonus.

“The main thing I’m noticing is that my students are becoming more team oriented,” said Coleman, who came to Shackelford after spending one year at Larson Elementary. “They like to do things together. It’s a little quieter in here, and there are no arguments. There’s a sense of belonging to something. A lot of times they can’t do sports or be in clubs. This gives them a chance to be social in a controlled environment.”

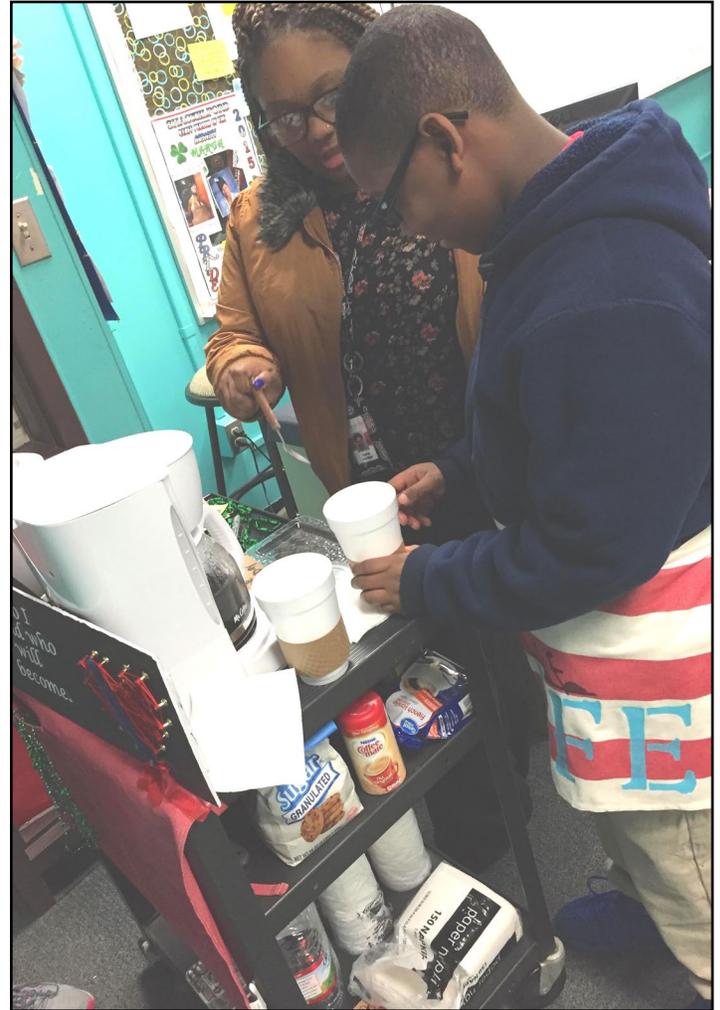
Students in the class are graded on their oral responses and mannerisms. They also complete self-evaluation rubrics at the end of the workday.

All the money raised in the program is put back into Café 125 as well as other activities that will benefit the students.

The students sell coffee, hot chocolate and snacks and the program has been a huge success, making \$1,400 in less than two months. Coleman said her students aren’t the only ones benefitting.

“It’s been great overall,” she said. “The students like it. The teachers like it because it’s a great incentive for students. It’s an immediate reward. And the products are really good.”

The SEAS students deliver to classes in the two periods they have class with Coleman. If there are orders that need to be delivered during other periods, Coleman or a teacher’s assistant handles that.



The Cafe 125 students get to work on their social skills as well as their vocational skills with the project.

## APRIL DATES

Keep America Beautiful Month  
National Occupational Therapy Month  
National Autism Awareness Month  
Prevention of Cruelty to Animals Month

Easter	April 1
Mammogram Screening at PDC	April 2
World Health Day	April 7
National Library Week	April 8-14
National Library Workers Day	April 10
Holocaust Remembrance Day	April 11-12
End of Fifth Six Weeks	April 13
Start of Sixth Six Weeks	April 16
Mammogram Screening at PDC	April 16
Public School Volunteer Week	April 16-20
San Jacinto Day	April 21
National Jelly Bean Day	April 22
Earth Day	April 22
Administrative Professionals Day	April 25
National Arbor Day	April 27

## Several discounts available on intranet

Now that it’s outdoor weather that also means mosquito season.

The good news is that if you go to the [intranet](#) you can get a discount on mosquito service from [Mosquito Joe](#).

And with summer approaching, it’s also the time of year for people to start looking for new places to live. There are several real estate options available exclusively for AISD employees from discounts on home buying

to discounts in downtown Arlington apartment living. All of those are available by looking through the [employee perks page](#).

Those deals are just a few of the deals offered on the revamped intranet, which is constantly being updated with discounts for AISD employees.

The site also includes the staff favorites section, which will quickly guide you to the most commonly used links, and the employee perks and discounts.

Tina Baze, Specialist  
Risk Management  
Arlington ISD  
1203 W. Pioneer Pkwy.  
Arlington, TX 76013  
Office: 682-867-7649  
Fax: 682-867-4682

**\*\*\* Accident \*\*\***

### **What to do next?**

Contact supervisor. If an emergency response professional is needed call 911.

Contact the risk management office at 682-867-7649

[Complete workers' comp packet](#)

Completed packet should be sent to the risk management office in the administration building

**In school,  
you're taught a  
lesson and then  
given a test.**

**In life, you're  
given a test  
that teaches  
you a lesson.**

**Tom Bodett**

## **RISK MANAGEMENT REVIEW MARCH 2018**

### **Keep appointments**

If you are on modified duty due to a work-related injury, you must keep your doctor and physical therapy appointments. You should make every effort to make these appointments after working hours. If you do not attend your appointment, your current modifications as indicated on your work status report will expire and you may be returned to full duty. If you cannot keep an appointment, it is your responsibility to notify the risk management office.

### **Workplace eye safety awareness**

About one in 10 eye injuries require missed work days to recover. Almost 40 percent of work-related eye injuries occur in offices,



healthcare facilities and similar environments.

Always wear the appropriate safety eye wear for your role. If working in an area with particles of dust, be sure to wear safety glasses with side shields. When working around hazardous radiation like welding, be sure to use special purpose safety goggles and helmets. So remember something as simple as putting on a pair of safety glasses can

prevent serious eye injuries.

### **Influencing attitudes for safety**

Attitudes have a great deal to do with how employees perform their daily tasks. Positive attitudes are conducive to safety performance and productivity, while negative attitudes can lead to accidents and injuries.

Create a culture of safety. Attitudes are contagious. Creating a good environment for safety practices and ideas makes everyone more likely to accept them. Attitudes are influenced by example.

Set an example by working safely and

working for safety. Others will be influenced by what they see. New hires are impressionable. They are strongly influenced by the behavior of the veteran workers and supervisors. Be sure new hires are given the correct direction and safety instructions right from the start.



**Be Alert and Stay Safe!**

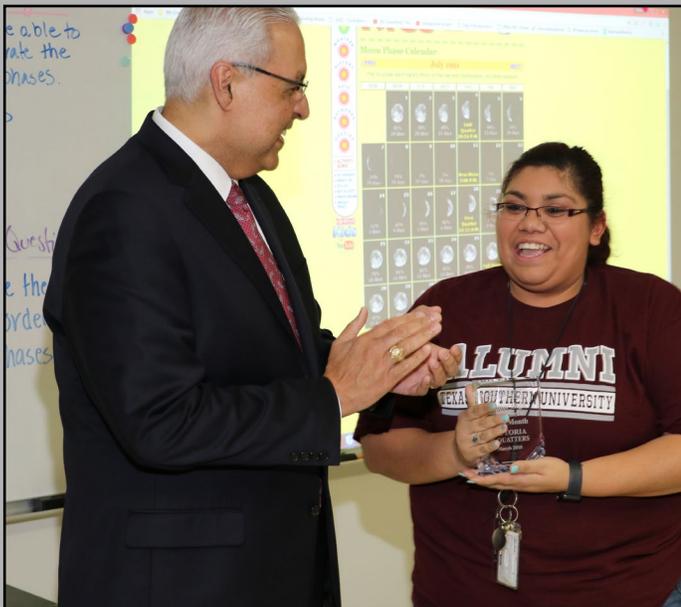
# MARCH EMPLOYEES OF THE MONTH



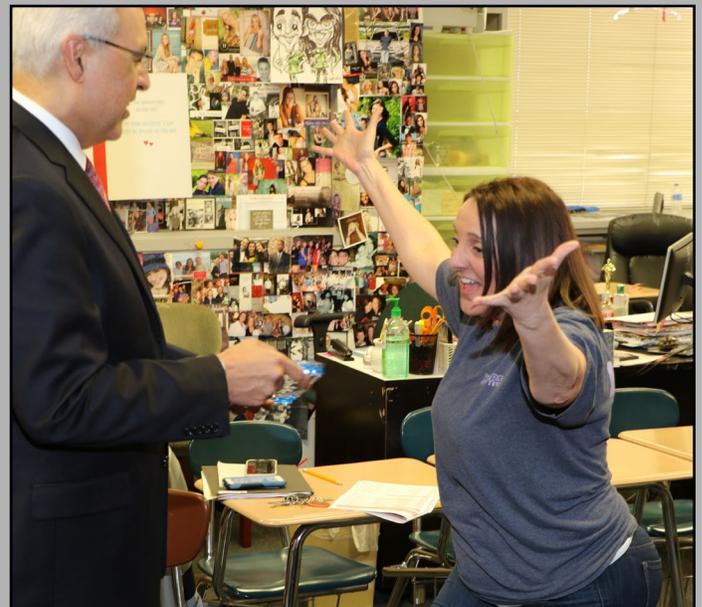
**Ryan Trowbridge**  
Peach Elementary  
Elementary Teacher of the Month



**Brenda Gorman**  
Library Services  
Department Employee of the Month



**Victoria McQuatters**  
Workman Junior High  
Junior High Teacher of the Month



**Michelle Fratto**  
Martin High School  
High School Teacher of the Month

**ACCESSIBILITY**  
**TANGIBLES**  
**RELIABILITY**  
**RESPONSIVENESS**  
**EMPATHY**

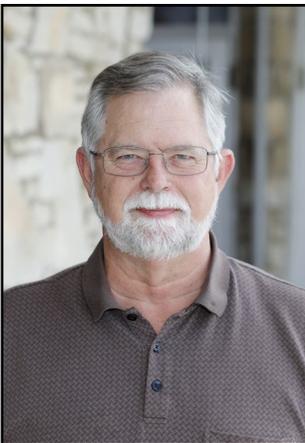


**Accessibility**  
Elizabeth Lopez  
Purchasing

**What they said:** She is very approachable and quick to respond to emails and phone calls. She never acts like I am bugging her or wasting her time. She is patient and understanding in her dealings with other people.



**Tangibles**  
Shannon Terry  
Professional Learning  
**What they said:** Shannon and her team at the PDC are great partners in offering opportunities for our students in 18 PLUSS. This past year, Shannon approached me about having our students sell popcorn and coffee during the Summer Institute and during the year at the PDC.



**Reliability**  
Ken Bassford  
TSSI

**What they said:** Ken has been the bedrock of all of our student system support for nearly 20 years. His dedication to ensuring that he understands all aspects of addressing the needs of the campus end user is unsurpassed.



**Responsiveness**  
Jaime Stephens  
Crouch Elementary  
**What they said:** Mrs. Stephens is extremely diligent about meeting the needs of all students on campus as well as staff. She implements interventions with fidelity and goes above and beyond expectations in all facets of the educational experience. She is a woman wearing many hats at one time and looks fabulous doing it.



**Empathy**  
Wes Brown  
Plant Services

**What they said:** Anytime we have an issue or need, Wes is quick to respond and provide solutions and help. We appreciate his heart to serve. He always goes above and beyond in situations.

**A customer forms an impression of service received over time depending on a range of experiences. Have you recently experienced exemplary service from anyone in the AISD? If so, affirm their practice by sending a shout out to [bit.ly/AISDSERVE](https://bit.ly/AISDSERVE), and we'll recognize them! Be sure to let us know which component of the framework was exemplified (accessibility, tangibles, reliability, responsiveness or empathy).**



# SUMMER IMPACT



**Summer Impact 2018 (SI2018)**, formerly known as Summer Institute, will launch a year-long series of learning events designed to positively IMPACT teaching and learning in the Arlington ISD!



## SI2018 DATES

June 12	July 31
June 13	August 1
June 14	August 2



## SI2018 FOCUS AREAS

Data Informed Instruction  
Differentiation &  
Scaffolding Social  
Emotional Learning

Watch for an email containing the **SI2018 Learning Guide** link on April 13.  
**Register** for you sessions beginning April 27 at 5 pm.