

# BISD FAMILY CONNECTS

FAMILY NEWSLETTER PUBLISHED BY BISD COMMUNICATIONS

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Next issue February 16!



## INTRODUCE A GIRL TO ENGINEERING DAY

Join Tesla and Envirolution for our virtual **Introduce a Girl to Engineering Day** on February 26. **Introduce a Girl to Engineering Day** is a national event focused on inspiring and encouraging girls to explore impactful careers in engineering.

To view the flyer for more information, click [here](#).

## ACE AFTER SCHOOL PROGRAM

**TEXAS ACE**  
Afterschool Centers on Education

# WANTS YOU!

ACE is currently accepting students at Bluebonnet, Cedar Creek and Red Rock Elementary Schools.

The Texas ACE programs at Bastrop ISD aims to improve academic performance, behavior, attendance and includes homework help and/or academic tutoring followed by an engaging enrichment activity.

Monday - Friday  
3:00 - 5:30 PM

<https://www.bisdtx.org/ace>

**Questions? Contact Your School ACE Site Coordinator**

**Bastrop**  
Independent School District

Bluebonnet ACE Coordinator - Lee Ann Calaway - [lcawaway@bisdtx.org](mailto:lcawaway@bisdtx.org)

Cedar Creek ACE Coordinator - Diana Peters - [dpeters@bisdtx.org](mailto:dpeters@bisdtx.org)

Red Rock ACE Coordinator - Ceasar Rodriguez - [crodriguez1@bisdtx.org](mailto:crodriguez1@bisdtx.org)



ACE at Bluebonnet Elementary



ACE at Cedar Creek Elementary



ACE at Red Rock Elementary

## SEL UPDATE

## February Self-Care Tip

If celebrating love on Valentine's Day puts a smile on your face, then you're in luck with our self-care tip for this month: [smiling](#). Smiling is an excellent way to not only boost your own mood, but also to spread positive feelings to those around you. Scientists have found a powerful link between the muscles used for smiling and the part of the brain that regulates the emotions of happiness and joy. When those muscles are used, they send a signal to the brain that it's time to let the happiness begin. That means even if we aren't in the best of moods, we have the power to alter our mood just by putting a smile on our face. Give it a try some time this month and see if it helps create a positive shift to your mood.



### What are Students Learning?

Elementary students will begin learning the basics of managing emotions, while Intermediate and Middle School students will take a deeper look at how strong emotional reactions impact things like decision-making and stress. High School students will start to explore ways to be helpful. Families looking to engage their students around these topics can ask questions like:

- What are you learning during SEL time this week?
- What are some clues your body might give you when are having strong emotions?
- What are some ways that strong emotions impact your ability to make decisions?
- What are some ways you can be helpful at\_\_\_\_\_ (home, school, community)?

## BILINGUAL/ESL DEPARTMENT

### Texas English Language Proficiency Assessment System (TELPAS)

TELPAS is here!

This month, Emergent Bilingual (EB) students will participate in the TELPAS test. Students are required to take TELPAS to assess the progress of EB students in learning the English language in four domains: Listening, Speaking, Reading, and Writing. Your child's school will hold a parent meeting to inform you about State Assessments. Be on the lookout for those dates and times for your campus! You can help your child be ready for this important assessment by:

- Providing books and encouraging them to read
- Giving them opportunities to listen to audiobooks
- Encouraging them to talk to you about the theme and character in books
- Having them write in a diary or journal every day

Additional information about TELPAS can be found at the [English Learner Portal](#) by TEA. Here

## FAMILY STEM ACTIVITIES

**Digital Valentine Poetry**

**Candy Structures**

**Candy Launcher**

**Valentine Coding**

Family STEM Activities

DISCOVER MORE

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I	0101010	V	1011
K	01011	X	10101
L	01100	Y	101101
M	0110	Z	10110101

## COMMUNITY RESOURCES



## NEED HELP WITH FOOD?

<https://www.centraltexasfoodbank.org/food-assistance/get-food-now>

## FREE CLASSES FOR ADULTS

ESL, High School Equivalency and Career Training. Register today! 512-985-5169

## SPECIAL NEEDS PLANNING

Webinar: February 8 at 12 PM

## FAMILY CONNECTS

## TESLA HIRING WEBINAR

## COMMUNITY HEALTH WORKER

# MARK YOUR CALENDAR!

February: Black History Month & CTE Month

February 7-11: National School Counselor Week

February 9: Staff Development Day/Student Holiday

February 14: Staff Development Day/Student Holiday

February 15: Bisd School Board Meeting



5:30 PM, Jerry Fay Wilhelm Center for the Performing Arts

February 21: Presidents' Day

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## CONNECT WITH US!

 Facebook  @BastropISD

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