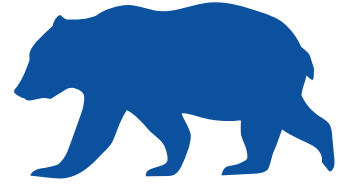


BEAR BULLETIN



Building Future Leaders



STUDENT / STAFF HOLIDAY

NO SCHOOL

FRIDAY, NOV. 1

Students will return Monday, Nov. 4.

White Settlement ISD Education Foundation

TEXAS ROADHOUSE

DONATION NIGHT

★ ★ ★ ★ ★

SUPPORT WSISD EDUCATION FOUNDATION

10% Donation Night for White Settlement ISD Education Foundation. Mention WSISD Education Foundation and Texas Roadhouse will donate 10% of your total food purchases to White Settlement ISD Education Foundation!

★ **MONDAY, OCT. 28** ★ **4 - 10 P.M.** ★

817-769-3480 ★ 6672 NW Loop 820, Fort Worth, TX 76135

WHITE SETTLEMENT INDEPENDENT SCHOOL DISTRICT

WHITE SETTLEMENT ISD

2024

Thanksgiving Food Drive

Help provide WSISD families in need with a traditional Thanksgiving dinner!

Items will be collected between

Oct. 28 - Nov. 12

Grocery gift cards for turkeys & monetary donations also accepted.

<https://wsisd.revtrak.net/donations/#/thanksgiving-food-drive-donations>

Brewer High School/North	Brewer Middle/ Fine Arts Academy
Canned Green Beans Canned Corn Turkey/Chicken Gravy	Canned Sweet Potatoes Cranberry Sauce Canned Fruit
Tannahill/Liberty	West/Blue Haze
Boxed/Bagged Stuffing Mix Boxed Tea Bags Macaroni & Cheese	Boxed/Bagged Stuffing Mix Boxed/Bagged Instant Potatoes

Need Info? Email Michelle Soileau: msoileau@wsisd.net or call 817.367.5340

Education Foundation Restaurant Night - Oct. 28

The WSISD Education Foundation provides grants and programs that benefit all WSISD schools. Dine in at Texas Roadhouse in Lake Worth on Monday, Oct. 28 and mention WSISD, and a portion of the proceeds will benefit the Foundation.

APPLY FOR FREE & REDUCED MEALS



VISIT WSISD.COM

Apply For Free & Reduced Meals

Families may still apply for free and reduced meals through their Schoolcafe account. Create an account or request a paper application from the school's front office or Child Nutrition Office, 817.367.1310.

High school students on free and reduced meals may qualify for free ACT and SAT testing, college application fees, and reduced fees for the UT On Ramps Dual Credit classes.



2024 Jingle Bell Jog - Monday, Dec. 9

Deadline to sign up for WSISD's 3rd annual Jingle Bell Jog is 3 p.m. Nov. 22! For just \$10, individuals will get a long sleeve shirt, bell and hot chocolate for their participation in the 1-mile walk/run at the Brewer High School stadium.

Play holiday games from 5:30 to 6 p.m. before the run starts at 6:15.

RED & WHITE BLUE DAY



MONDAY, NOV. 11
VETERANS DAY



White Settlement ISD Education Foundation

15% OF ALL PROCEEDS BENEFIT WSISD EDUCATION FOUNDATION

COMMUNITY CARE NIGHT

Benefitting

WSISD EDUCATION FOUNDATION

Tuesday, Nov. 5 • 5-8 P.M.

Dine In, Drive Thru or Order Thru the App Mention WSISD Education Foundation BEFORE ordering or use code Education on app!

WSISD HOPE DAY

MONDAY, NOV. 4

WEAR YELLOW, TEAL AND PURPLE, OR A HOPE SHIRT TO SHOW YOUR SUPPORT!

IS A LOVED ONE AT RISK?

- WITHDRAWING FROM FRIENDS OR SAYING GOODBYE
- DISPLAYING EXTREME MOOD SWINGS
- EATING OR SLEEPING MORE OR LESS
- EXPRESSING FEELINGS OF BEING A BURDEN
- RECKLESS, DANGEROUS OR RISK-TAKING BEHAVIOR

IF YOU OR SOMEONE YOU KNOW NEEDS HELP, CALL OR TEXT 988 SUICIDE & CRISIS LIFELINE.



Mental Health COUNSELING

ACCEPTED INSURANCES:

- AETNA BETTER HEALTH * AETNA
- ANTHEM BLUE CROSS * BLUE CROSS
- BLUE SHIELD OF TEXAS * CHAMPVA
- CIGNA * COOK CHILDREN'S STAR PLAN
- * COOK CHILDREN'S CHIP
- HEALTHCARE HIGHWAYS * MAGELLAN
- HEALTHCARE * TEXAS MEDICAID
- MERITAIN HEALTH * SUPERIOR
- SCOTT & WHITE HEALTH
- TRICARE EAST/WEST * UNITED
- HEALTHCARE * UNITED MEDICAL
- RESOURCES * WEBTPA * WELLPOINT

CONVENIENT AND CONSISTENT APPOINTMENTS AVAILABLE ON ALL CAMPUSES

- Anxiety * Depression * Cyber Bullying
- Family Dynamics * Social Media
- Trauma * Insomnia/Sleep
- Deprivation * Eating Disorders
- Social Phobias
- Panic Attacks * Grief/Loss
- Anger Management
- Academic Stress * ADHD
- Self-Esteem * Relationships



INVICTA...LATIN WORD FOR INVINCIBLE, UNDEFEATED, OR UNCONQUERED

SCHEDULE YOUR APPOINTMENT

1-888-744-2779

WWW.INVICTASERVICESGROUP.COM

SCHEDULEMYSTUDENT@INVICTA-3.COM

Invicta Services Group provides mental health counseling services in WSISD schools

White Settlement ISD partners with Invicta Services Group to provide mental health counseling services to our students and families—on campus. Students struggling with issues such as anxiety, depression, anger management, eating disorders, trauma, concentration, self-esteem, and academic stress can get support through Invicta.

Click [here](#) to register or call (817) 771-3236.

COLLEGE & CAREER DAY

WEDNESDAY, NOV. 20

WEAR YOUR COLLEGE, MILITARY OR TRADE SCHOOL SHIRT!

