



Sharyland ISD Rise To Well-Being



A Quarterly Guide to Thriving in Every Season

Recharge, Refresh, and Refocus

The summer break is your time to disconnect from the classroom and reconnect with yourself. This guide is designed to help you maximize your well-being so you can return in the fall feeling truly restored.



Sharyland Summer Spotlight: Share Your Moments!

*Show Us How You're Recharging
This Summer!*

We want to see your summer wellness moments – big or small.

Whether you're exploring the outdoors, trying new recipes, or enjoying well-deserved rest, share your story with us!

How to Enter:

Send your photo to
auribe-montes@sharylandisd.org

You may be featured in our Fall Wellness Newsletter as we celebrate a healthy start to the new school year!

NURTURE YOUR
Spark

FIND YOUR
uniqueness

KNOW HOW MUCH
you matter

15-MINUTE SUMMER WELLNESS MEAL

Meals rich in protein, healthy fats, and vegetables stabilize energy and reduce inflammation. By choosing nutrient-dense foods, you support restorative sleep and mental clarity to truly recharge over the break.

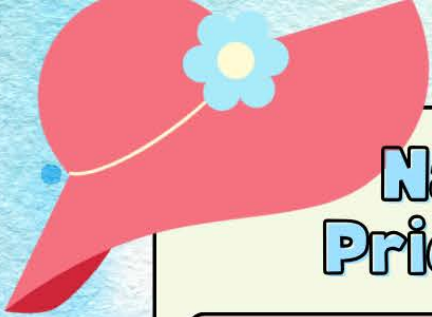
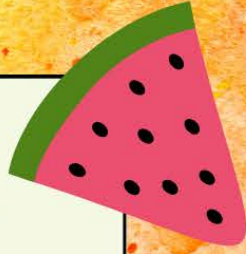
Try this healthy recipe:

Mediterranean Chickpea & Tuna Power Bowl

- 1 can (5 oz) Tuna (canned in water) or Chickpeas (rinsed) for lean protein.
- 1 cup Cucumber & Cherry Tomatoes, diced (high hydration).
- 1/4 cup Feta Cheese or Kalamata Olives (healthy fats).
- 2 cups Baby Spinach or Arugula (nutrient-dense base).
- Dressing: 1 tbsp Olive oil, a squeeze of fresh Lemon, and a pinch of Oregano.

Simple Steps:

1. Prep the Base: Toss your greens into a large bowl.
 2. Mix & Toss: In a small side bowl, combine the tuna (or chickpeas), diced veggies, and dressing.
 3. Assemble: Scoop the mixture over the greens.
 4. Finish: Top with feta or olives.
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National Wellness Month: Prioritizing You This August

August is National Wellness Month, a timely reminder to pause, reset, and focus on habits that support your overall well-being—physically, mentally, and emotionally.

As we transition from summer into a new school year, this is an ideal opportunity to reflect on your personal wellness routines and make small, meaningful adjustments. Whether it's increasing daily movement, improving sleep habits, staying hydrated, or taking intentional breaks to recharge, every step contributes to long-term health.

Wellness also includes mental and emotional balance. Taking time to manage stress, connect with others, and use available support resources can make a lasting difference in how you feel and perform both at work and in daily life.

As August begins, consider it your reset moment—an invitation to prioritize yourself so you can start the new year feeling energized, focused, and well-supported.

The "D" Benefit Sunshine for Your Health

Vitamin D plays a vital role in maintaining your body's strength and balance. It supports healthy bones, helps boost mood, and contributes to a more resilient immune system—making it an essential part of overall wellness.

While sunlight naturally triggers Vitamin D production, you don't need long exposure to benefit. In fact, brief periods of sun—often just 10 to 15 minutes—can be enough for many people. Vitamin D can also be safely obtained through supplements and fortified foods, helping you meet your needs while protecting your skin.

For a healthy balance, try enjoying gentle morning or evening sunlight for a natural mood lift. During peak UV hours (10 AM–4 PM), it's best to seek shade or limit direct exposure to reduce the risk of skin damage while still staying active and outdoors.

Sun Safety Essentials: Protecting Your Skin All Summer

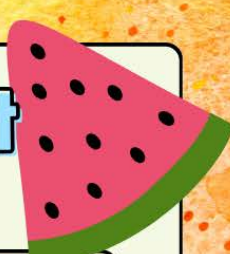
Choosing the right sunscreen is your first line of defense. Use a broad-spectrum SPF 30 or higher to protect your skin from both UVA and UVB rays and reduce long-term sun damage.

Apply sunscreen 15–30 minutes before heading outdoors to allow it to fully absorb. For continued protection, reapply every 2 hours, or more often if you are sweating or swimming.

Don't forget the commonly missed areas—ears, neck, scalp, and tops of feet are just as vulnerable and need protection too.

Go beyond sunscreen for added safety. Wide-brimmed hats and UV-blocking sunglasses provide extra coverage for your face, eyes, and sensitive skin, helping you stay protected while enjoying the outdoors.





SISD Benefits Spotlight

Reset, Review & Reimburse: Your Summer Benefits Reminder

Summer is the perfect window to organize your benefits without the distraction of daily lesson planning and campus responsibilities. Taking a few moments now can help ensure everything is up to date and that you are maximizing the resources available to you through Sharyland ISD.

Submit Your Wellness Claims: If you are enrolled in these benefits, and you had a physical, annual exam, or preventive screening during the school year, now is the time to file your claim. Many employees forget that Cancer, Critical Illness, and Accident plans include a wellness benefit designed to reimburse you for completing these routine health checks. This is an easy way to put money back in your pocket while also prioritizing your health.

Review Your Benefits Coverage: Summer is also a great time to log in to check your current benefits and review your elections, beneficiaries, and coverage details. [Click here to log in](#) to confirm that your information is accurate and reflects any recent life changes.

Access Your Benefits Information: For plan details and additional resources, visit the [Sharyland ISD Benefits Page](#). This link also allows you to view and access claim forms.

Taking these simple steps now can save you time later and help you start the new school year feeling prepared and confident in your benefits coverage.

FSA Mid-Year Check-In

Log in to the Summit Portal to review your account balance and prepare for any healthcare needs.

Now is the perfect time to check your remaining funds and ensure all eligible claims have been submitted and processed. Staying on top of your account now helps you make the most of your benefits and plan ahead with confidence for the upcoming year.

Access Your Account:

- Portal: cba.summitfor.me/Home
- TPA ID: 130
- Employer ID: SISD
- Participant ID: Your SSN (no dashes)

Support Beyond the Workday: Your EAP Is Here for You

Your well-being doesn't pause for summer. Whether you're managing stress, navigating life changes, or just need time to reset, support is always available.

Use your Employee Assistance Program (EAP): This confidential, free 24/7 benefit connects you with licensed professionals who can help with personal or work-related concerns.

Take advantage of this resource now so you can return to the school year feeling balanced and supported.

Call: 888-628-4824

Online: GuidanceResources.com

Username: **LFGsupport**

Password: **LFGsupport1**

