

SHARYLAND ISD | FALL 2026

RISE TO WELL-BEING

A QUARTERLY GUIDE TO THRIVING IN EVERY SEASON

BACK
to
SCHOOL

THE HUSTLE IS IN, BUT KEEP YOUR COOL!

Welcome back, Sharyland ISD team! While the rest of the country looks forward to crisp autumn weather, the Rio Grande Valley keeps the warmth going strong. As we launch into the new school year, living out our district mission starts with taking care of ourselves. Let's work together to **Be Kind, Be Brave, and Be Strong** for our students, our colleagues, and our own well-being.

BE KIND TO YOUR BODY FUEL YOUR IT WITH ISLAND INSPIRED MEAL PREP IDEAS

Fall may be here, but RGV temperatures are still reaching nearly 100 degrees! Choose fresh, hydrating meals that will keep you fueled and help prevent that afternoon slump.

- **Keep Eating Water-Rich Foods:** Snack on cold watermelon, cucumbers, and citrus fruits to boost both hydration and immune health.
- **Cool Beverages:** Keep standard insulated mugs filled with iced herbal tea, cucumber-infused water, or low-sugar electrolyte blends to replace what you lose to the South Texas heat.



BE STRONG: SUN & HEAT SAFETY IN THE RGV



Hydrate Before You Arrive: Don't wait until you're on campus or feeling thirsty. Drinking water early makes it easier to combat fatigue during recess duties, athletic events, or class transitions.



Protect Your Skin: Whether you are walking the school track or taking a weekend trip down to South Padre Island, keep your broad-spectrum SPF 30+ handy to guard against strong Texas UV rays.



Recognize the Signs: Watch out for yourself and your peers during outdoor assignments. Heavy sweating, dizziness, or sudden muscle cramps are warning signs of heat stress.

SHORT WELLNESS RECIPE: COOL LIME & CUCUMBER SALAD

- **Ingredients:** 2 large cucumbers (sliced), 1 cup halved cherry tomatoes, ¼ red onion (thinly diced), 1 tbsp olive oil, the juice of 2 fresh limes, and a pinch of salt and tajín.
- **Easy Steps:** Toss all ingredients together in a meal-prep container and chill overnight.
- **Wellness Benefit:** High water content keeps you hydrated, while a dash of salt helps naturally replenish electrolytes lost to sweating during the day.





IMPORTANT REMINDER FOR ALL CAMPUSES

ANNUAL OPEN ENROLLMENT STARTS OCTOBER 6!

YOUR HEALTH, YOUR CHOICE, YOUR BENEFITS.

Open Enrollment is your once-a-year opportunity to review, change, or sign up for your Sharyland ISD dental, vision, and supplemental benefits.

- **Flexible Access:** To make this process as smooth as possible for your schedule, enrollment assistance is available both **in-person on campus** and through our **online portal**.
- **ALL Campuses Participate:** Information packets, benefit guides, and scheduling links for in-person support will be distributed across the district ahead of the launch.
- **Review is Highly Recommended:** While logging into the portal is not mandatory if you plan to keep your current elections, it is strongly recommended that you log in to verify your benefits, update your personal information, and ensure your listed beneficiaries are accurate.
- **Plan Ahead:** Watch your district email closely for official campus visit presentation schedules and online registration deadlines.

👉 *Questions? Reach out to your District Human Resources Benefits Specialist.*

Don't miss your window to secure your coverage for the upcoming year!

SUPPORTING YOUR WELL-BEING: A FREE RESOURCE

SUPPORT THAT NEVER TAKES A BREAK – OUR EMPLOYEE ASSISTANCE PROGRAM IS HERE FOR YOU!

Whether you are navigating the busy start of the school year or managing personal stressors, **Sharyland ISD** provides a **FREE 24/7 support program** for all staff members and their loved ones.

Use your EAP to get completely confidential assistance with:

- Mental health support and localized counseling.
- Financial consulting or legal advice.
- Managing everyday stress, family relationships, or major life shifts.

How to connect instantly:

- 📞 **Call a specialist:** 888-628-4824
- 🌐 **Visit:** lincoln4benefits.com or guidanceresources.com
- 🗝️ **Username:** LFGsupport | **Password:** LFGsupport1



Your well-being is the engine of our district!

Let's beat the heat, protect our health, and

Be Kind, Be Brave, and Be Strong

all year long!