

SANTA FE ISD

SAFETY MATTERS

Santa Fe ISD Safe and Secure Schools Update

December 7, 2018

Safety is our highest priority, and we continue to work diligently to provide a safe and supportive learning environment for our students and staff.

We understand that the holidays are especially difficult for many families in our community as we continue in the journey through a very difficult healing and recovery process. Make sure you take the time to care for yourself and those in your family.

Fatigue during the holidays

According to the [National Safety Council](#) (NSC), Americans often don't recognize the importance of sleep. Fatigue will affect your alertness, your performance, your health, your mood and most importantly your safety. While tired muscles can recover with rest, the brain can only recover with sleep.

The most beneficial sleep is deep undisturbed sleep taken in a single continuous period. The optimum amount of sleep varies for each person, however, an adult generally requires seven to eight hours of sleep daily, and children require more according to their ages. Included are some tips to avoid fatigue:

- Take frequent breaks from your work.
- Get plenty of sleep.
- Stay hydrated.
- Make sure to eat regular healthy meals.
- Get plenty of exercise and fresh air.

NSC is a leader in working to change the culture with research, education and outreach programs related to sleep health in the workplace.

Looking ahead to the 86th Texas Legislative Session that convenes on January 8, 2019

All options are being reviewed and considered to meet the budgetary needs of Santa Fe ISD in a way that meets the needs of students and staff and is fiscally responsible for our taxpayers. Santa Fe ISD is part of the Galveston County Schools Consortium, made up of school districts in the county, this group has [legislative priorities](#) for the upcoming 86th Legislative Session. Please review the legislative priorities related to school safety that include: establishing and funding a School Safety Allotment per student for Texas public schools,

FATIGUE



which will provide school districts with the resources to meet local safety needs, reducing the required ten (10) fire drills in a school year to eight (8), subsequently mandating a minimum of two (2) lockdown drills per school year, and enforcing the ban of the sale of e-cigarettes, vape paraphernalia, vape cartridges and pods of any kind, to persons under the age of 18 by increasing the penalties of the owners of such establishments.

The consortium recently met with the state legislators who represent Galveston County and heard legislators express optimism in tackling school finance in the legislative session that begins in January 2019. These legislators said they were looking at ways to bring the public school safety structures up to current standards, as well as to provide for full-time equivalents (FTEs) for law enforcement and mental health staffing. We will keep you informed about important legislation that will improve safety and security in our schools as the session begins. To learn more about the upcoming legislative session, you can go directly to: [Texas Legislature Online](#)

Important Dates for the 86th Texas Legislative Session

November 12, 2018 is the first day legislators and legislators-elect could begin filing bills for the 86th legislative session. During the first two weeks of pre-filing, local legislators have begun filing bills. **March 8, 2019**, is the deadline for the unrestricted filing of bills and joint resolutions other than local bills, emergency appropriations and emergency matters submitted by the governor. The last day of the session is **May 27, 2019**, and the last day the governor may sign or veto bills passed during the regular session is **June 16, 2019**.

We will provide updates periodically about any legislation that affects Santa Fe ISD schools, as well as contact information for our local legislators as we get closer to the beginning of the legislative session.

The Resiliency Center is open daily

We are grateful for the counselors at our schools and also for the Resiliency Center that provides free long-term services at no cost to Santa Fe community members and is open to serve the Santa Fe community. The Center's caring professionals provide a safe and supportive healing environment dedicated to everyone affected by the May 18 events. As a referral hub, the Center works with partner agencies that provide spiritual care referrals, training, advocacy, legal aid, equine therapy, recreational therapy, and more. The Resiliency Center is open daily, and for more information, contact the center directly at 409-218-7129 or email the Director, Carol Gaylord, at cgaylord@ci.santa-fe.tx.us.

Reminder: Community Health Fair will be held at the Resiliency Center tomorrow, December 8, from 1:00 p.m. – 4:00 p.m. The Community Health Fair will feature a blood drive; blood pressure, glucose and vision screening; aromatherapy, art and music therapy, massage therapy, and tapping therapy; and other community health resources.

Questions?

Please submit any questions you may have to the Santa Fe Strong Interactive Web Portal at: santafeupdates.com/contact-us

United, we are Santa Fe Strong!