

IRVING INDEPENDENT SCHOOL DISTRICT

Working - BOARD OF TRUSTEES  
5:00 PM

Irving ISD Board Room  
2621 West Airport Freeway  
Irving, TX 75062  
Monday, December 16, 2024

**A G E N D A**

- I. **CALL TO ORDER FOR 5:00 P.M. WORK SESSION**
- II. **PUBLIC COMMENTS**
  - A. Public Comment - Individuals Wishing to Address the Board on Agenda Items.
- III. Special Recognition
- IV. **DISCUSSION**
  - A. Review of the Final Draft of the 2025-2026 School Start Times and Student & Teacher Calendar (A. Gomez/ R. Lizardo) 3
  - B. Receive Presentation of MAHI Updates and Upcoming Initiatives (F. Natividad/ L. Payne) 12
  - C. Discuss Items on the December 16, 2024, Regular Board Meeting Agenda
- V. **EXECUTIVE SESSION** - The Board May Recess the Open Meeting and Reconvene in a Closed Meeting Pursuant to the Following Sections of the Texas Government Code and as Authorized by Sections 551.071-551.076 and 551.082-551.084 Therefore of
  - A. Section 551.071 - To Seek the Advice of the Board's Attorney About:
    - 1. Pending or Contemplated Litigation, Settlement Offer, or Matter Under Investigation.
    - 2. A Matter in Which the Professional Duty of the Attorney to the Board Conflicts with the Applicable Provisions of the Texas Open Meetings Act.
  - B. Section 551.072 - To Deliberate the Purchase, Exchange, Sale, Lease or Value of Real Property if such Deliberation in Open Session Would Have a Detrimental Effect on the Board's Position in Negotiations with a Third Party.
  - C. Section 551.074 - To Deliberate the Appointment, Employment, Resignation, Evaluation, Reassignment, Proposed Nonrenewals, Termination, Duties, Discipline, or Dismissal of a Public Officer or Employee; or to Hear a Complaint or Charge Against an Officer or Employee.

D. Safety and Security - Discussion of District - Wide Intruder Detention Audit Report Findings (A. Smith/ K. Dodge)

VI. **RECONVENE** from Closed Meeting for Action Relative to Items Covered in Such Meeting.

A. Consider Action by the Board Related to Pending or Contemplated Litigation, Settlement Offer, or Matter Under Investigation.

B. Consider Action Regarding Purchase, Exchange, Sale, Lease or Value of Real Property.

C. Public Comments - Individuals Wishing to Address the Board or Make Comments Regarding Issues Not on the Agenda will be Heard at this Time.

VII. **ADJOURNMENT**

## **Review of the Final Draft of the 2025-2026 School Start Times and Student and Teacher Calendar**

**SUBMITTED BY:** Reny Lizardo, Executive Director of Campus Operations & Attendance Initiatives PK-12

This presentation will highlight the proposal for the 2025-2026 student and teacher calendar and school start times after it has been put out for community comments.

The calendar proposal for the 2025-2026 school year will be reviewed and items discussed as needed.

Attachment:

- Presentation with Proposal for the 2025-2026 student and teacher calendar and school start times.



# IRVING

INDEPENDENT SCHOOL DISTRICT



# Review of the Final Draft of the 2025-2026 Student and Teacher Calendar and of the School Start Times



# House Bill 2610

- ★ House Bill (HB) 2610, passed by the 84<sup>th</sup> Texas Legislature in 2016, amends Texas Education Code (TEC), §25.081, by striking language requiring 180 days of instruction and replacing this language with a requirement that districts provide at least 75,600 minutes of instruction, including intermissions and recess.

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# 25-26 Draft Calendar & Times

- ★ 78,750 Minutes of instruction which is over the 75,600 minutes required by the state (7 days worth of minutes over)
- ★ 175 - Student Days
- ★ 187 - Teacher Day
- ★ First day for teachers: Aug 5th, 2025
- ★ First day for students: Aug 13th, 2025 (Wednesday)
- ★ Spring Break (March 16-20, 2026) will align with Dallas College
- ★ Last day for students: May 28th, 2026
- ★ Last day for teachers: May 29th, 2026

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# 2025 | 2026

## TEACHER CALENDAR | CALENDARIO PARA MAESTROS

- Holiday / Día Festivo
- Required District Professional Learning / Capacitación profesional obligatoria
- [ ] Begin/End Grading Period / Inicio/ Fin periodo de calificaciones
- Required Campus Professional Learning / Desarrollo Profesional en la Escuela
- Campus Preparation Day/ Student Holiday / Día de Preparación de la Escuela/Día festivo para estudiantes
- Purposeful Planning and Development Day/Student Holiday / Planificación Con Propósito/Día festivo para estudiantes

### IMPORTANT DATES | FECHAS IMPORTANTES

- School Starts/Comienzo de clases
- School Ends/Fin de clases
- Required Professional Learning/Capacitación profesional obligatoria
- Campus Professional Development/Desarrollo Profesional en la Escuela
- Campus Preparation Day/Día de Preparación de la Escuela
- Labor Day/Día del Trabajo
- Purposeful Planning/Student Holiday/Día festivo para estudiantes
- Fall Break/Vacaciones de otoño
- Purposeful Planning/Student Holiday/Día festivo para estudiantes
- Thanksgiving Break/Vacaciones de Acción de Gracias
- End of Semester/Fin del Semestre
- Christmas Break/Vacaciones de Navidad
- Campus Preparation Day/Student Holiday/Día festivo para estudiantes
- Second Semester Starts/Inicio del Segundo Semestre
- MLK Day/Día de Martín Luther King
- Purposeful Planning/Student Holiday/Día festivo para estudiantes
- Presidents Day/Día de los Presidentes
- Spring Break/Vacaciones de primavera
- Good Friday/el Viernes Santo
- Purposeful Planning/Student Holiday/Día festivo para estudiantes
- Memorial Day/Día de los Caídos
- Campus Preparation Day/Día de Preparación de la Escuela
- Independence Day Holiday/Día de la Independencia

- August 13
- May 28
- August 5-8
- August 7-11
- August 12
- September 1
- September 12
- October 10-13
- October 24
- November 24-28
- December 19
- Dec 22 - Jan 2
- January 5
- January 6
- January 19
- February 13
- February 16
- March 16-20
- April 3
- April 6
- May 25
- May 29
- July 3

### AUGUST | AGOSTO 2025

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31						

### NOVEMBER | NOVIEMBRE 2025

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### FEBRUARY | FEBRERO 2026

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### MAY | MAYO 2026

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### SEPTEMBER | SEPTIEMBRE 2025

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### MARCH | MARZO 2026

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### JUNE | JUNIO 2026

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### OCTOBER | OCTUBRE 2025

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### APRIL | ABRIL 2026

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### JULY | JULIO 2026

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# Proposed School Start Time Change

Proposed change due to aligning all high school schedules, to accommodate transportation routes for expanded school of choice programs and adjusting for program needs at the high schools.

## Current Schedule

Schools/Tiers	Campus Start and End Times
Elementary and EC	7:45 a.m. 3:15 p.m.
Traditional High Schools	8:45 a.m. 4:15 p.m.
Singley	7:45 a.m. 3:15 a.m.
Middle School and SRC	8:15 a.m. 3:45 p.m.

## Proposed Change Option 1

Schools/Tiers	Campus Start and End Times
Traditional High Schools and Singley	7:45 a.m. 3:15 p.m.
Elementary and EC	8:20 a.m. 3:50 p.m.
Middle School and SRC	8:55 a.m. 4:25 p.m.

## Proposed Change Option 2

Schools/Tiers	Campus Start and End Times
Elementary and EC	7:45 a.m. 3:15 p.m.
Traditional High Schools and Singley	8:20 a.m. 3:50 p.m.
Middle School and SRC	8:55 a.m. 4:25 p.m.

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# Final School Start Times

Schools/Tiers	Campus Start and End Times
Elementary and EC	7:45 a.m. 3:15 p.m.
Middle School and SRC	8:15 a.m. 3:45 p.m.
Traditional High Schools and Singley	8:45 a.m. 4:15 p.m.

- School start times will remain the same for all schools in the 2025-2026 school year except for Singley.

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## **RECEIVE PRESENTATION OF MAHI UPDATES AND UPCOMING INITIATIVES**

**SUBMITTED BY:** Liesl Payne, Executive Director of Adult Learning, Employee Wellness and Community Engagement

**BACKGROUND:** This presentation will provide updates on the progress and impact of the Magda A. Hernández Institute of Wellness and Professional Learning since its opening in August 2024. Upcoming initiatives to enhance employee wellness and community engagement will also be shared.

Attachment:

- PRESENTATION MAHI UPDATES AND NEW INITIATIVES



MAGDA A. HERNÁNDEZ INSTITUTE  
OF WELLNESS & PROFESSIONAL LEARNING



# MAHI Update

Liesl Payne

Executive Director of Adult Learning, Employee Wellness & Community Engagement

December 16, 2024

WORK SESSION  
Exhibit IV-B

# Presentation Overview

- MAHI Fitness & Well-being Initiatives
- Professional Learning at MAHI
- Parent & Community Engagement at MAHI
- MAHI Social Hour
- Student Engagement at MAHI
- Upcoming Initiatives





**Sara Saubert**



**Uliser Salmeron**



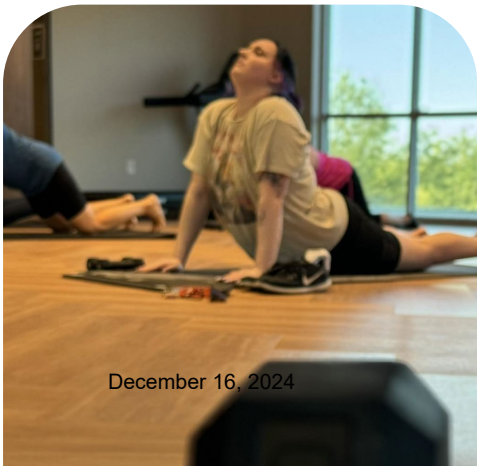
# MAHI Fitness Classes

- Yin Yoga
- Sunrise Yoga Flow
- Low Impact HIIT Pilates
- Mat Pilates
- Stretching
- Strength & Conditioning
- Strength Circuit
- Workout of the Day/Open Gym Time

December 16, 2024



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WORK SESSION  
Exhibit IV-B





# One-on-one Fitness & Nutrition Support



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Exhibit IV-B



# Collaborating with Principals on Wellness



- Learn about staff and their wellness needs.
- Discuss collaborative opportunities.
- Share and promote resources offered through Employee Wellness and at MAHI.



# 15 Minute Lunch & Learn

- Virtual Sessions
  - Meditation
  - Movement
  - Journaling Activity

December 16, 2024



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Exhibit IV-B



# Team Building at MAHI

- Enhance Communication Skills
- Strengthen Team Bonding
- Promote Effective Problem-Solving
- Boost Morale
- Develop Leadership Skills
- Foster Collaboration
- Improve Workplace Dynamics

December 16, 2024



WORK SESSION  
Exhibit IV-B

IRVING  
*Independent School District*

# Health through the Holidays

# BINGO

Prepare a Homemade Meal	Write Down a Positive Affirmation	Enjoy a Small Treat	Try a New Healthy Recipe	Take Time to Relax for 15 Minutes
Go Device-Free for an Hour	Take 5 Deep Breaths	Eat a Protein-Rich Snack	Gratitude Practice – Write Down 3 Things You’re Grateful For	Plan Your Meals for the Week
Do Something Active with Friends or Family	Treat Yourself to Something You Enjoy	FREE	Eat 3 Servings of Veggies in a Day	Do a 30-Minute Workout
Stretch for 10 Minutes	Go for a Long Walk	Do a 5-Minute Meditation	Make a Smoothie Packed with Nutrients	Get 7-8 Hours of Sleep
Spend Time Outside	Journal for 5 Minutes	Do a Fun Activity Just for You	Do 10 Minutes of Yoga or Pilates	Drink 8 Glasses of Water


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# Reflection Questions

NAME: \_\_\_\_\_

CAMPUS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

- 1. PREPARE A HOMEMADE MEAL:** HOW DID MAKING A HOMEMADE MEAL IMPACT HOW YOU FELT DURING OR AFTER EATING?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 2. EAT A PROTEIN-RICH SNACK:** HOW DID CHOOSING A PROTEIN-RICH SNACK AFFECT YOUR ENERGY LEVELS AND HUNGER?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 3. DO A 30-MINUTE WORKOUT:** WHAT DID YOU ENJOY ABOUT YOUR WORKOUT TODAY, AND HOW DID IT AFFECT YOUR MOOD?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 4. GO FOR A LONG WALK:** HOW DID GETTING OUTSIDE OR MOVING YOUR BODY ON THIS WALK MAKE YOU FEEL MENTALLY AND PHYSICALLY?  
 \_\_\_\_\_  
 \_\_\_\_\_


**MAHI**  
MAGDA A. HERNÁNDEZ INSTITUTE  
OF WELLNESS & PROFESSIONAL LEARNING



**Over 3,400 attendees have experienced at least five minutes of wellness during professional learning activities.**

### **Examples Include:**

- Meditation/deep breathing
- Chair yoga or stretching
- Nutrition tips
- “Brain break”
- 5 minute walk around the building
- Relationship building activity





# FAMILY AND COMMUNITY ENGAGEMENT AT MAHI

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# Adult Education & Literacy Highlights

- **Enrollment Milestone Achieved**  
The enrollment target for Irving ISD AEL has been met within the first three months of the program year, marking the earliest achievement of this goal.
- **Broader Demographics Served**  
Irving ISD AEL has substantially broadened its demographics served thanks to the location of MAHI.
- **Increased Funding Secured**  
As a result of the program's current success, Irving ISD AEL will receive additional funding.



# Home Instruction for Parents of Preschool Youngsters

- **Monthly “Mommy & Me” Classes**  
Ideal spaces for parents to attend sessions with Home Instructors.
- **Empowerment Through Proximity**  
The opportunity to be in the same building as teams dedicated to education and wellness aligns with the HIPPY program’s goals, reinforcing its mission to empower families and foster learning.



# Parent Education & Community Engagement Highlights

- **Weekly Parenting Classes**(offered in English and Spanish) incorporating engaging wellness activities tailored to parents, promoting relaxation and personal growth.
- **Monthly Professional Development for Parent Liaisons** incorporating wellness activities and actionable tips that staff can model and share with parents to create a holistic learning environment.





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# MAHI Employee Social Hour

WORK SESSION  
Exhibit IV-B



December 16, 2024

# Student Engagement at MAHI

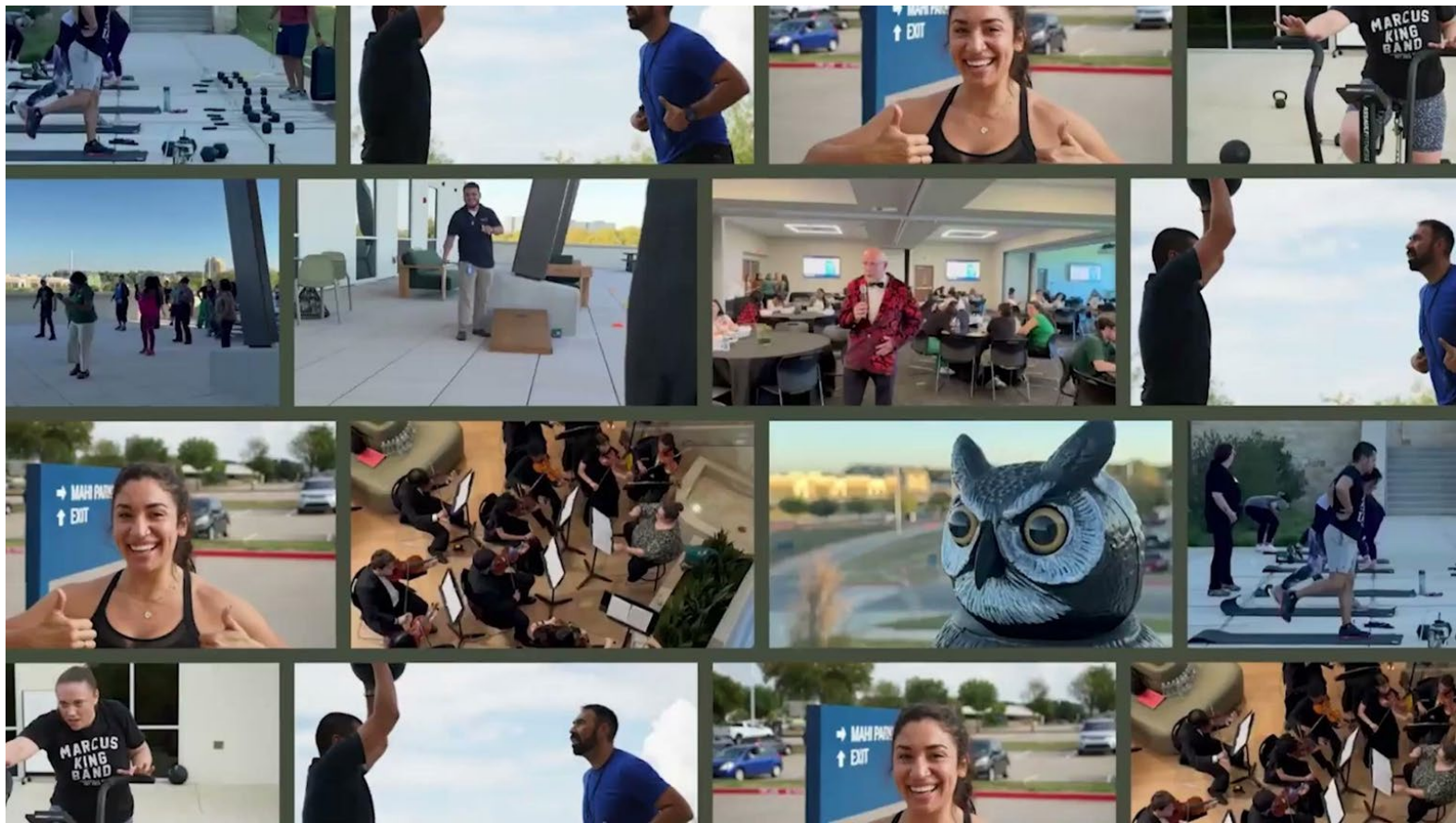
WORK SESSION  
Exhibit IV-B



December 16, 2024

# Student Engagement at MAHI

WORK SESSION  
Exhibit IV-B



# MAHI Reflections



# UPCOMING

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# Mental and Emotional Well-being

## Partnership with Unity Behavioral Health

- Offering both group counseling and one-on-one counseling

## Employee Support Groups

- Cancer Support
- Military Veterans

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# Campus Wellness Monthly Awards

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Exhibit IV-B



# National Fitness Court

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# FITNESS COURT

WORLDS BEST OUTDOOR GYM



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December 16, 2024  
**7 MOVEMENT FULL BODY WORKOUT**  
FUNCTIONAL TRAINING SYSTEM  
DIGITALLY ACTIVATED | COACH IN YOUR POCKET



CORE



SQUAT



PUSH



LUNGE



PULL



AGILITY



BEND

WORK SESSION  
Exhibit IV-B



**1. BE A PART OF THE NATIONAL FITNESS CAMPAIGN**

AMERICA'S LARGEST PUBLIC PRIVATE WELLNESS PARTNERSHIP

**2. HEALTH BENEFITS**

MORE TIME OUTDOORS, IMPROVED MENTAL & PHYSICAL WELLNESS

**3. HEALTHY INFRASTRUCTURE**

PLACES DESIGNED FOR PEOPLE

**4. BUILDING COMMUNITY**

CREATING A WELLNESS CULTURE THAT IS SOCIAL, CONNECTED AND FUN

**5. ACADEMIC SUCCESS**

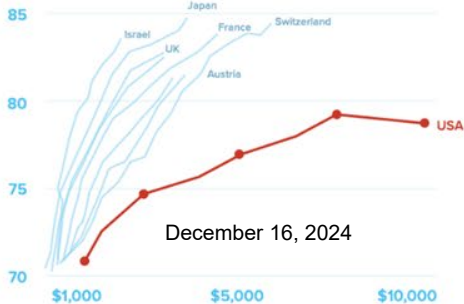
HEALTHIER, HAPPIER, PEOPLE



# WHY THE CAMPAIGN DOES IT TO MAKE WORLD CLASS FITNESS FREE



Life Expectancy vs Health Expenditure



December 16, 2024

## UNDERSTANDING THE PROBLEM

AMERICA IS FACING A HEALTH CRISIS CAUSED BY SEDENTARY LIFESTYLES AND CITIES DESIGNED FOR CARS. USA SPENDS MORE MONEY THAN ANY OTHER ON HEALTHCARE WITH POOR RESULTS.



## BECOMING THE WORK SESSION

WHEN COMMUNITIES ARE EXHIBITIVE TO SUPPORT WELL-BEING, HEALTH OUTCOMES CHANGE!



# 2024 TEXAS CAMPAIGN

PRESENTED BY



December 16, 2024

Strategic Plan Adopted for Health Impact Across State

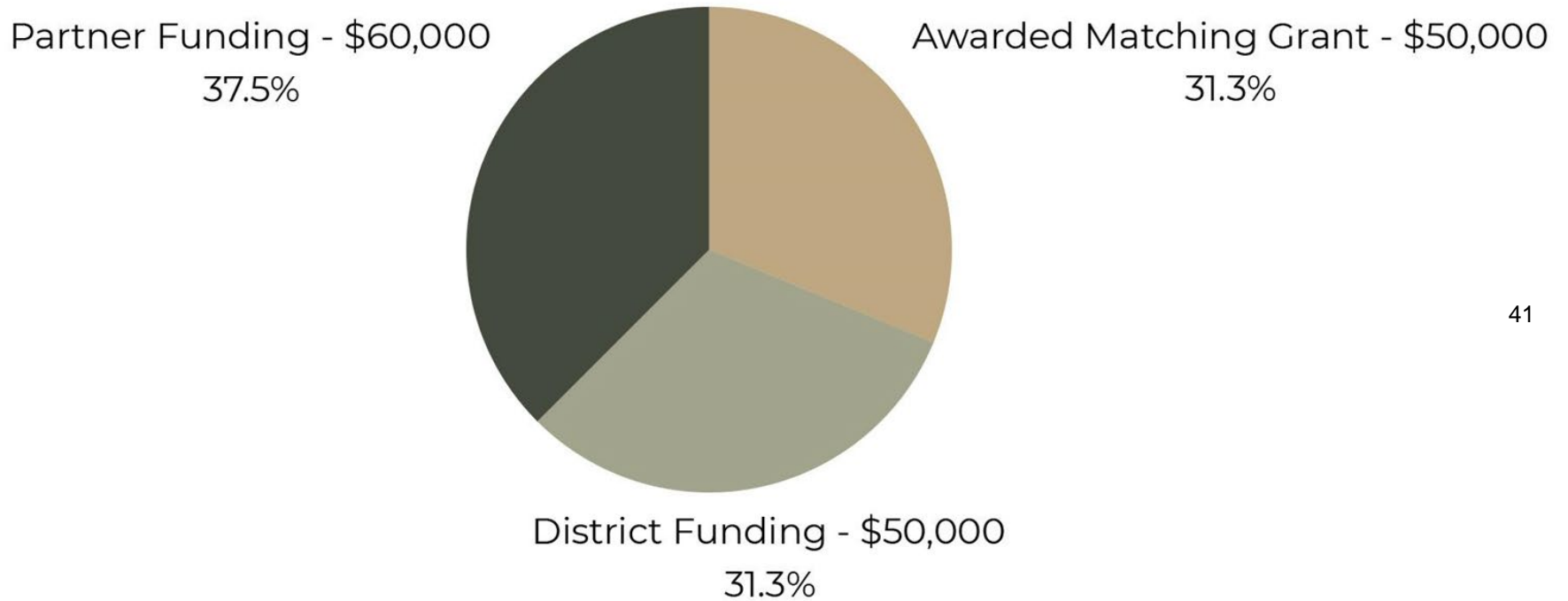
Limited funding for 20 communities in 2024



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**\$1,000,000 in Funding Now Available  
for Qualified Site Partners**

WORK SESSION  
Exhibit IV-B





# FITNESS COURT | ART

EVERY FITNESS COURT IS A WORK OF ART



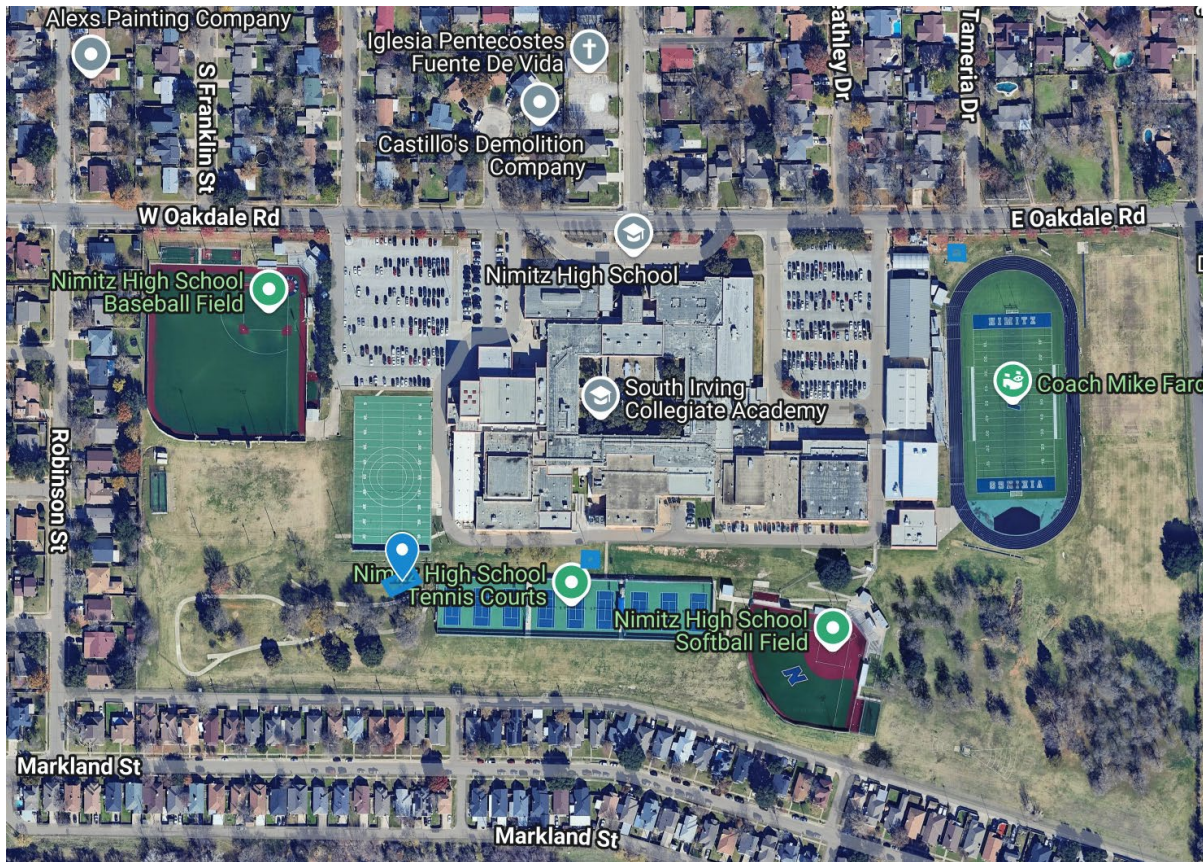
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December 16, 2024

NFC EDUCATION DESIGN STUDIO



WORK SESSION  
Exhibit IV-B



# Proposed Location



# Questions

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