



Let's hear it for school counselors

National School Counseling Week is celebrated annually during the first full week of February to highlight the powerful impact school counselors have on student success and career planning. This year's theme is "School Counselors: Helping Students Dream Big," and Dallas ISD is joining in the celebration. Read on to meet Janizelle Marichal and learn how she makes a difference at Leonides Gonzalez Cigarroa, M.D. Elementary School.

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Black History Month: An all-star journey

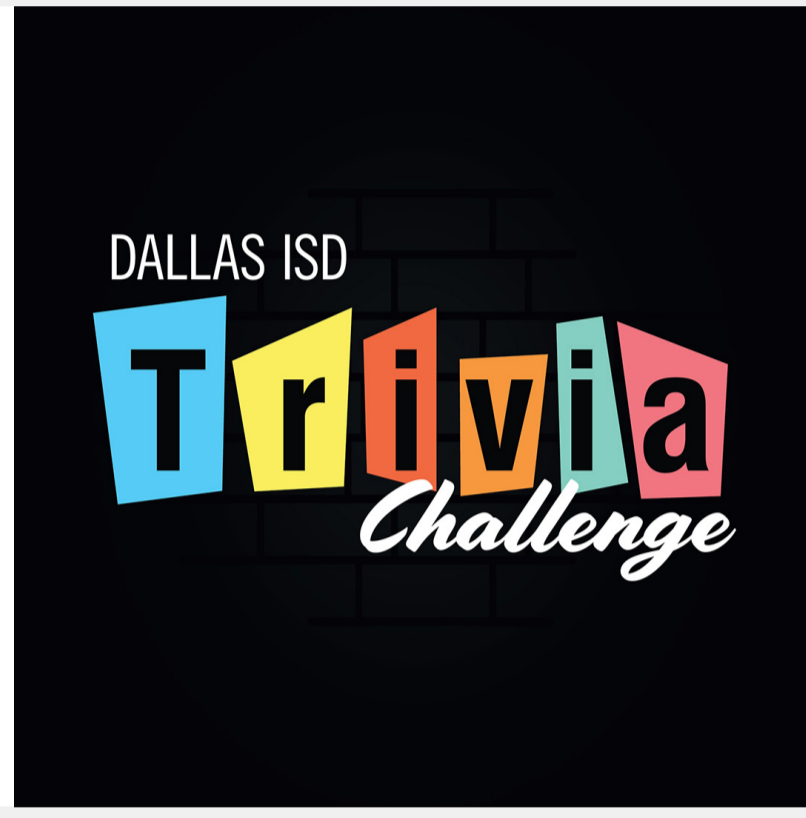
At Dallas ISD, all-stars work among us, sometimes literally. Shantell Grant, the executive director of Board Services, is one of them. Grant is a familiar face during school board meetings, but her legacy and her contributions to Dallas ISD began when she was a student.

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Take on the trivia challenge (Round 2)

Round two of the February Dallas ISD Trivia Challenge is here! Submit your answer by the end of the day on Tuesday, Feb. 14, to test your district knowledge and to have a chance to be declared the winner. Everyone who answers all three trivia questions correctly will be entered into a drawing to win a gift card. The winner will be announced in the Feb. 22 issue of The Beat. Take the challenge: <https://forms.gle/QPhQtwtvTmxQMjPr8>



Own your story

International Boost Self-Esteem Month is celebrated annually in February to encourage people to prioritize their mental health and well-being and to believe in themselves. The benefits of having positive self-esteem affect every area of life, and everyone can work toward improving their self-esteem and receiving those benefits. Read on to learn how you can boost your self-esteem and how that will benefit you.

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Be randomly kind

In celebration of Random Acts of Kindness Day, we would like to know if you've recently participated in a random act of kindness or perhaps have been on the receiving end of one. Read on to find a link where you can share your stories about random acts of kindness. We'll share them in an upcoming issue.

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This is home: Marlon and Jazmin Harrison

Imagine walking into a professional development training, bonding with a stranger over salsa during lunch and finding your "forever person." As improbable as it may sound, that is precisely what happened to Jazmin and Marlon Harrison.

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A heart-healthy reminder

The week of Feb. 13 has several events to keep in mind for the good of your heart.

- Go Red by wearing red during the week of Feb. 13-17 to support heart health awareness. You can wear jeans one day during that week.
- In partnership with Carter Blood Care, the Benefits Department will host a blood drive at the Linus D. Wright Administration Building from 10 a.m. to 3 p.m. on Feb. 15 in Room 1350. To sign up, [click here](#).



Finding his calling

When Adam Garcia attended a Dallas ISD job fair two years ago, he didn't know the path he was about to take would not only transform his life but also the lives of dozens of students. Read on to learn where his path led him in Dallas ISD and how that has changed his life.

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Counseling Services has treats

It is with much excitement and anticipation that Counseling Services invites all team members at the Linus D. Wright Administration Building to share a treat in celebration and recognition of No One Eats Alone Day on Friday, Feb. 17.

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Elevating women and girls in science

On Feb. 11, the world will be celebrating and advancing equitable development of women in the science fields during International Day of Women and Girls in Science. North Dallas High School biology teacher Kathy Nguyen is proud to be among the powerful women scientists, leaders and innovators being celebrated.

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Growing future educators

Students from Dallas ISD high schools will have the opportunity to receive mentorship and support to become teachers, thanks to the national Call Me MISTER® program and a partnership with the University of North Texas at Dallas. Dallas ISD is the first public school district in Texas to offer this program to high school students.

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