



# WORKFORCE WIRE

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## HOT OFF THE WIRE

Happy New Year! We hope that you had a relaxing and healthy Winter Recess. It's great to see you back in our schools and District offices. A new year is the perfect time to renew our commitment to our students by building on past accomplishments and creating a fresh path forward. Please continue to safeguard the wellbeing of others by observing COVID-19 protocols and getting vaccinated.

May you have a joyous and prosperous 2022!

## iLead

"iLead with compassion and a sense of responsibility and dedication to that which is unenforceable, with a commitment to justice and an unswerving, never-distracted focus on doing what is right and good."

— Vivian M. Santiesteban-Pardo  
Asst. Superintendent, Office of Labor Relations and Compensation Administration

## BODY & MIND

Get creative with healthier breakfast toast options!

- cream cheese + smoked salmon
- hummus + cucumber
- almond butter + blueberries
- cantaloupe + prosciutto
- ricotta cheese + pear
- tomato + poached egg
- avocado + roasted chickpeas
- peach + feta cheese

Later this month, Magnet Schools of America will announce its National Magnet Merit Award winners. Celebrate your wins! Email your school's achievements with accompanying photos to [theHub@dadeschools.net](mailto:theHub@dadeschools.net).

## ABOVE & BEYOND



Tony Morales is a full-time security monitor and part-time custodian at Palmetto Elementary. Mr. Morales cares deeply for the school site and proactively brings attention to potential future concerns. He is the first to arrive in the morning and the last to leave in the evening – a friendly and familiar face to parents and students, who greet him by name every day.

## Saluting Officers

January 9th is National Law Enforcement Appreciation Day! Miami-Dade County Public Schools (M-DCPS) salutes the Miami-Dade Schools Police Department. Thank you for keeping our schools safe!

We also celebrate the many skilled and talented teachers of our various law enforcement and legal studies programs, from Criminal Justice and Homeland Security to Entertainment Law and Civic Engagement. The next generation of law enforcement officers, specialists, legal experts, and military personnel are in the most capable hands—yours—at M-DCPS.



## Healthy Start to a New Year

Making resolutions for the New Year may be simple, but keeping them past January is a challenge for many. The start of a new year is a great time to focus on your health. This year, set realistic goals and make your resolutions count!

Here are some suggestions to help you reach your goals: **(1) SET YOUR INTENTION AND CREATE AN ACTION PLAN.** Do not rely on willpower alone. **(2) EAT HEALTHFULLY AND TASTE THE RAINBOW.** Choose bright, colorful fruits and vegetables. **(3) TAKE MORE 'ME TIME.'** Practice self-care. **(4) SIT LESS AND MOVE MORE.** Choose a physical activity you enjoy. **(5) REWARD YOURSELF.** Embrace your efforts. This New Year, transform into a new, healthier YOU!

For more information on our Employee Wellness programs and other benefits, please visit [WellWay.dadeschools.net](http://WellWay.dadeschools.net). A special thanks to Cristina Wilhelm, Cigna Onsite Nutritionist, for providing this content. Ms. Wilhelm can assist employees enrolled in Cigna with their New Year's Goals and all nutrition needs at [WellWay@dadeschools.net](mailto:WellWay@dadeschools.net).

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