



WORKFORCE WIRE

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HOT OFF THE WIRE

Happy New Year and welcome back! Our hope is that you had a well-deserved, peaceful and joyous Winter Break with your family and friends and are recharged and ready for the year ahead.

For many, a new year marks a fresh start and includes resolutions. They can range from losing those pesky 15 pounds to renewing your commitment to learning French. Resolutions are often more stressful than helpful but there are ways to keep your New Year's resolution. Click [HERE](#) to discover manageable tips to achieving your goals. You'll be on the way to new 2023 version of yourself before you know it. Good luck.

May you have a fruitful and productive new year!

iLead

"iLead with the end in mind. My objective is to always help those who are struggling to do well and to challenge those who are doing well to do even better."

— Michael A. Lewis, Ed.D.
Region Superintendent
Central Region Office

BODY & MIND

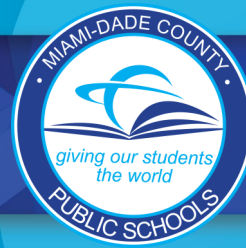
Simple things that promote joy: Singing in the car/shower, thinking about what you want rather than what you should be doing, taking a bath, volunteering, watching or reading some of your childhood favorites, listing 3 things you are grateful for as soon as you wake up, or taking a break off the grid.

All Miami-Dade public schools, region and district offices will be closed Monday, January 16 in observance of **Martin Luther King Jr. Day** • **International Holocaust Remembrance Day** is Friday, January 27. • The **2024 Teacher of the Year** and **2023 Rookie Teacher of the Year** ceremony will be held on Tuesday, January 31, 2023, at 6:30 p.m. Click [here](#) to watch live.



ABOVE & BEYOND

James Darby II is a School Resource Officer at West Homestead K-8. A critical member of the school family, Officer Darby has immersed himself in the school community and gotten to know many students and parents personally. In addition to his crucial role in the security of the school site, Officer Darby has also been known to mentor some students and will visit classrooms to check in on them.



A Healthy New Year Starts with a Healthy Brain

Mental exercises are an excellent way of practicing self-care and keeping your mind active. Meditate, focus your mind on your being in the moment, break your routine by taking a different route to work, learn or teach someone else a new skill or language, play strategy games like cards or chess, or simply solve a puzzle or math problem. Need a healthy brain boost? Try the puzzles below! [ANSWER KEY](#)

Crossword | SOURCE: [theHub](#)

Across

- Elementary school that launched M-DCPS' first ever Magnet program in 1973
- Historic high school featured on the Miami-Dade Schools Police Officer badge
- Secondary academy which welcomed first ever U.S. Coast Guard JROTC unit in 1989
- M-DCPS K-8 academy offering the only public Chinese bilingual program in Florida

Down

- All-Black institution founded in 1930 that once offered a Boat Building program
- K-8 preparatory academy named in honor of prominent local dairy farmer
- K-8 preparatory academy commissioned and financed by George Merrick in 1923
- Middle school with language programs recognized by various European governments



Word Search | ON WELLNESS

I A W C Y G R E N E P B I M R
 N L D X N I E F F O R T R P L
 M O G Z O Y T Z A P J Y E U B
 N E I K X M D I H R S S L O U
 N P D T F A E D U T I T A R G
 H Y N I I D U O O H W K X V S
 E Y Z R T R T A T S E R A Z R
 X T F G U A T S G J W F T F J
 Y W A L Z I T U E H Q F I L W
 M D B R Z H P I N L J I O U F
 J Q F X D T V S O M F V N W B
 P N W K K Y O Z W N E C H W W
 J L B D Q E H O J U F E A N H
 U X I E S I C R E X E P M R L
 W I Y J M A N A G E M E N T E

- EFFORT
- ENERGY
- EXERCISE
- GRATITUDE
- HYDRATE
- LOVE
- MANAGEMENT
- MEDITATION
- NUTRITION
- RELAXATION
- REST
- SELF CARE

Sudoku | DIFFICULTY: MEDIUM

5	3							2
			4					9
				3		7	4	
		9			7		8	
		7	1		8	9		
	2		5			4		
	4	6		9				
7					1			
2							6	3

In the Fight Against Human Trafficking

This Human Trafficking Awareness Month and Law Enforcement Appreciation Day (January 9), we thank our Miami-Dade Schools Police Department (MDSPD) personnel, who are trained through the Florida Department of Law Enforcement to identify and investigate human trafficking among students in our schools. Since 2019, detectives and officers from MDSPD have assisted in at least two cases involving students who were being trafficked. **Thank you, School Resource Officers and MDSPD for your dedication to safe students and schools!**



#iMentor305

Every child needs a Mentor, a personal advocate - someone who will listen and point the way by sharing personal and professional experiences - ensuring that the child is fully prepared to grow into a healthy, productive adult. Every child needs a mentor who prepares them to overcome challenges while praising triumphs.

This year, during National Mentoring Month, we encourage **YOU** to be that someone for a M-DCPS student. Click [here](#) for more information.

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