



RESILIENCE



Denton ISD's Adopt-A-School Program presents the 2024-2025 Art & Essay Contest, featuring a collection of essays and artwork from 4th and 5th grade students across the district.



Special Thanks To



for partnering with the Denton ISD
Adopt-A-School Program's Art & Essay Contest to
host the District Award Winner's Night.

Every year, the Adopt-A-School Program works with our elementary schools across Denton ISD to participate in the annual Art & Essay Competition. Every 4th and 5th grade student submits an original piece of artwork and an essay (written in English or Spanish) based on the yearly topic. In the spirit of partnership with the Denton Black Film Festival, we have collaborated on this year's theme, Resilience.

With the help of our Art & Essay Collaboration Team, we were able to streamline that theme throughout our topics that were presented to our students:

Art Topic: Captain Resilience - Design a super character at your school that never gives up.

Written Topic: Write about a time in school where you showed resilience and did not give up.

This book is dedicated to the teachers of Denton ISD. Through the hard work and commitment of the classroom teacher, students' reading and writing skills continue to flourish. This book of essays and artwork exemplifies the outstanding student writers and artists.

Art Winners

4th Grade Art

1st Place District Winner

Rosalie Alford - Shultz Elementary

2nd Place District Winner

Lilah Stephenson - Adkins Elementary

3rd Place District Winner

Aria Wagemann - Houston Elementary

5th Grade Art

1st Place District Winner

Mridula Maradihalli - Sandbrock Ranch Elementary

2nd Place District Winner

Emma Collins - Blanton Elementary

3rd Place District Winner

Olivia Thurman - Newton Rayzor Elementary

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Essay Winners

4th Grade Essay

1st Place District Winner

Avery Marshall - McNair Elementary

Tie 1st Place District Bilingual Winners

Camila Dominguez - W.S. Ryan Elementary

Gloria Gaytan - Alexander Elementary

2nd Place District Winner

Sarah Otchere - Evers Park

2nd Place District Bilingual Winner

Sophia Nevarez - Shultz Elementary

3rd Place District Winner

Cayne Lake - Pecan Creek

3rd Place District Bilingual Winner

Brittany Espinoza - McNair Elementary

5th Grade Essay

1st Place District Winner

Ingrid Breit - Borman Elementary

1st Place District Bilingual Winner

Isaac Cardenas - Evers Park Elementary

2nd Place District Winner

Madison Lewis - EP Rayzor Elementary

2nd Place District Bilingual Winner

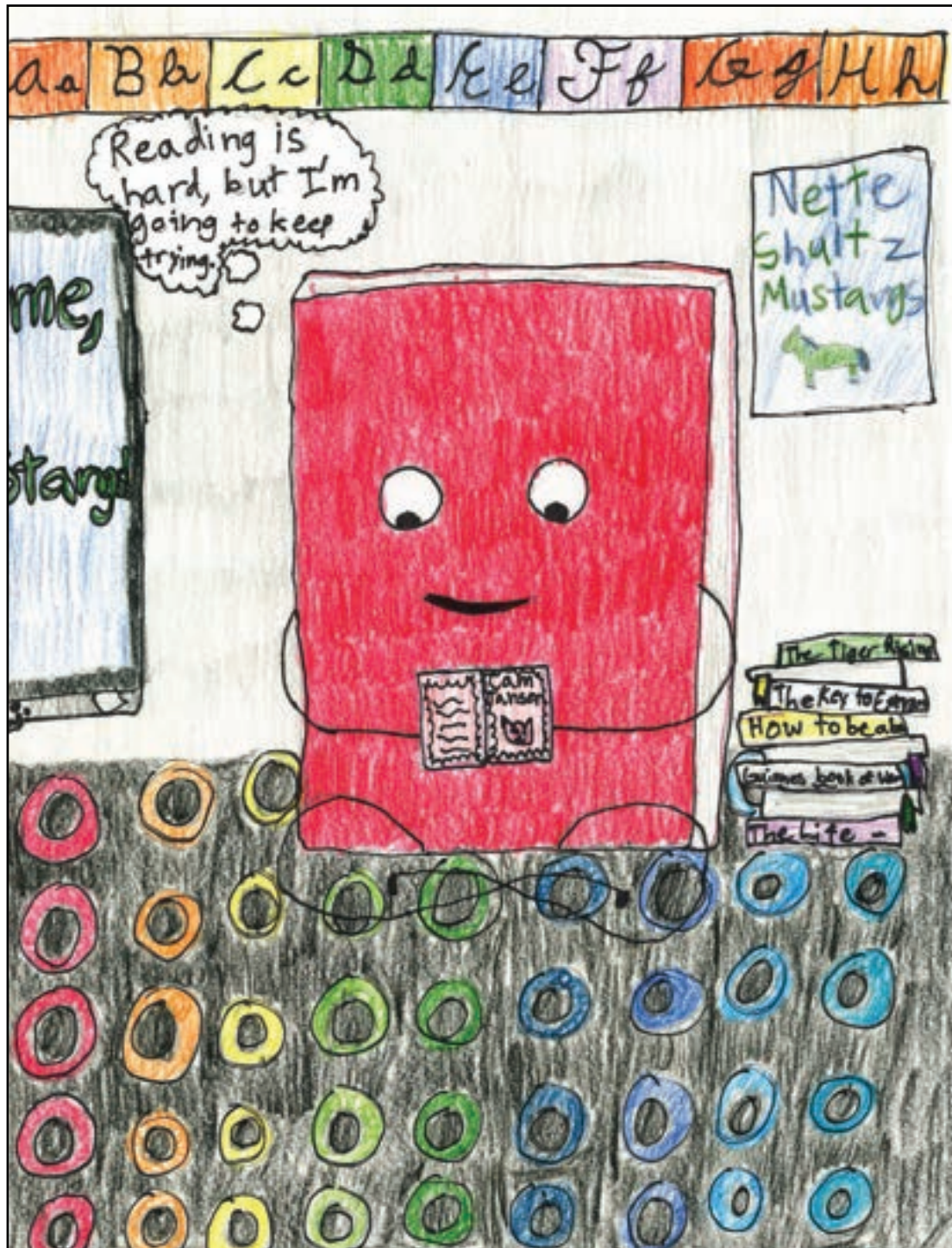
Margaret López Galeas - Borman Elementary

3rd Place District Winner

Brooklyn Cerruti - WS Ryan Elementary

3rd Place District Bilingual Winner

Angel Chali - Rivera Elementary



Rosalie Alford, 4th Grade
Shultz Elementary



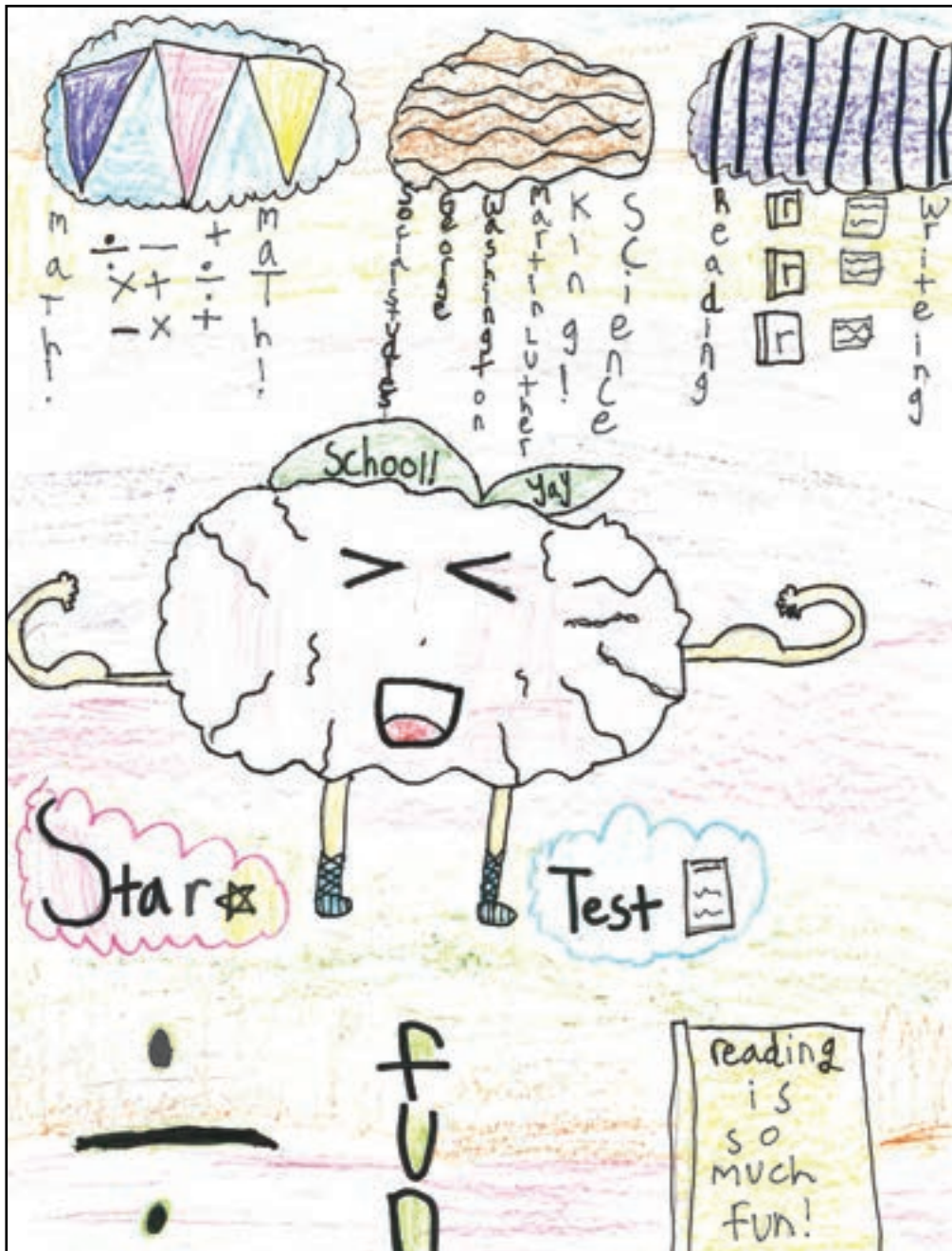
**Mridula Maradihalli, 5th Grade
Sandbrock Ranch Elementary**



Lilah Stephenson, 4th Grade
Adkins Elementary



Emma Collins, 5th Grade
Blanton Elementary



**Aria Wagemann, 4th Grade
Houston Elementary**



**Olivia Thurman, 5th Grade
Newton Rayzor Elementary**

Resilience

**Avery Marshall, 4th Grade
McNair Elementary**

In fourth grade we had to do the adopt a school essay contest. This year's contest is about resilience. A lot of people would start by talking about what school they have been in their whole life. But I can't I have been moving around my whole life and every time I move to a new school or even a new state I have to make new friends and some people would say that's easy but neither part is, I have to leave all my friends my school my life there and no matter how hard I try a simple goodbye is never enough.

When I first found out I was moving to texas I thought it was the end of my life and was devastated but it worked out eventually as you will find out. I'm a shy person so of course I had a crazy experience making friends. When I first came to McNair I was in third grade, and sat in the middle of Ainsley and Hadley who were already friends. So I decided to look for friends somewhere else. That's when I met Millie I thought that I might as well try to make a friend and I did millie and I loved to swing but one day Milie left me alone on the swings to go see her other friends. This might have happened but I didn't give up, I eventually got over it but you'll see that later.

But my crazy experience wasn't over yet I spent the next three weeks at recess pretending I was still at my old school with my old best friend. Then one day at school it just hit me I wasn't going back to my old school or my old state my imaginary vision of my best friend disappeared. I just felt this big lump in my throat and like a piece of my heart was gone. My eyes filled with tears and I couldn't breath,tears rolled down my face faster than ever I found a corner and curled up into a ball. And I let all my feelings out, but I didn't give up there either.

After that's when I met Clara and Hazel. After that my life picked up. I ended up becoming friends with Ainsley and Hadley, Clara moved after a while, but I wasn't left friendless and I'm okay now. Because I didn't give up, I kept trying, and it worked. But don't think it was easy because my crazy experience is what made me work hard and without these experiences I wouldn't be who I am today. Because of my resilience, I made it through the rest of the year with plenty of friends.

Resilience

**Ingrid Breit, 5th Grade
Borman Elementary**

A time I was resilient at school was last year when my anxiety was at its peak. Everyday was like a living nightmare. I missed a handful of hours at school. But I was resilient. I stuck by it and I worked hard and it paid off.

Last year I had a rough time in school because of my anxiety. Anytime someone coughed, had a stomach ache or a headache or just didn't feel good I would freak out and go to the counselor or the assistant principal. It felt like I had to run. Towards the middle and the end of the school year it got so bad I had to try a new method, calling home to be picked up. That method was horrible. Sadly it was what I relied on the most..

However fourth grade wasn't always like this. It all started when a girl threw up in the middle of the year. This was like emetophobia on a whole different level. It was because I had PTSD. Post traumatic stress disorder. It would make me think of the hospital when I had cancer when I was two. It also made me think about all of the rough times and thinking what if it happened again. The chances were low, not impossible but low. I was five years off already and only one to three percent of cancer survivors relapse.

I got therapy. I wasn't relying on it though. Honestly I had no hopes for it. After months of trying we had found gold. It did take me a while to believe we had actually succeeded. Everyday after my sessions I told my parents about my progress. The Method was called EMDR. Eye movement desensitization and reprocessing.

Something that really helped me during EMDR was the hand buzzers. Also referred to as EMDR pulsators, tappers or the pulsars. They helped me so much. They help me focus and cancel out my thoughts.

I've learned that cancer may be a sensitive or scary topic but I'm better now and it's not contagious. This is my sixth year off and I'm doing better than ever. I'm about to take a break from therapy and change back to my original medicine. I've learned that resilience is important and never give up. Those words have helped me. Fight your bad thoughts turn them around and you'll succeed.

Resilience
Sarah Otchere, 4th Grade
Evers Park Elementary

One day that I was resilient was at the start of the school in 4th grade, we had to take an I-ready math assessment to find out our skills, what we can do and what we can't do. It was math so it was going to be easy because math is the subject I'm best at. At my old school I was top of my class on math. So I was like I got this in the bag. I was getting ready to do it and I wasn't scared at all because I knew that I could do it easily since it was math.

So I started doing some questions and like I thought, it was easy, very easy, I didn't struggle one bit. So I kept on doing the next questions which were still easy. I was thinking about what my teacher said "Some questions you will know and some you won't". But I was like I know all of these. At this point my mind was like, you got this until I got to a certain question that was REALLY HARD. It had lots of numbers and symbols in the equation. The question had a lot of regrouping. Regrouping wasn't hard for me but it was a lot more than usual, which the usual equations only had to regroup about 2-3 times. But this one I could tell it had a lot more regrouping. First you had to add 7 14's up. Then you had an extra 14 leftovers and you had to add that up then you had to divide it by 4.

So I did that. I added the 7 14's up and divided it by 4 then I got the answer. I was so happy because I thought I wasn't going to be able to do it until I saw the answer choices. The number I got wasn't on the choices of answers. I was so sad because I thought I was going to get a bad grade. But I was not going to give up and get a bad grade because my mom and dad would be mad at me. Then my mind started to get back up and try again. I tried the same way and I got another answer. I was so happy when I got it until that answer that I got wasn't on the answer choices either. After that I was super bummed. I was thinking about giving up like what my teacher said. "If you can't get the answer correct, move on." I did not want to give a guess and possibly get the answer wrong and get a bad grade because of it. Until my mind and I thought that I should try another way to do it and if I don't get it right I would try again. So I started to try a different way to do the equation, so I started to skip count instead of dividing it and I counted how many times I skipped counting to get a certain number. I got the number and this time it was on the answer choices.

I was so happy when I realized I finally got the answer because the answer was finally on the answer choices. My mind was so happy I was literally about to cry. My mind had a whole entire celebration in my head. It was very colorful. My legs and arms rose up like when ur on a roller coaster I said yes quietly but since it was so quiet it sounded really loud then my teacher was also happy for me but..., I could tell she wanted to say be quiet since we were taking an assessment. After that I had all the confidence I needed to finish the I-ready math assessment. My brain was like, u did that and did it perfectly. Finishing that question and doing it right was amazing. It was definitely the highlight of my day!

Lesson of the day: Don't give up, keep on trying, you will get it eventually

Resilience

Madison Lewis, 5th Grade
EP Rayzor Elementary

“I have not failed. I’ve just found 10,000 ways that won’t work.” -Thomas Edison.
Thomas Edison invented the lightbulb. Did it take him one try to do it successfully? No. Even though he continuously failed, he had resilience. Resilience is when you can bounce back after the hard times, never giving up, and to continue through the hard times. My name is Madison Lewis and I am here to tell you about times that I have shown resilience.

When I first came to EP Rayzor in 2nd grade, I knew no one. It was hard. I came to Meet-The-Teacher excited to hopefully make a new friend. And I did. I had resilience because like I said before, I knew no one. I went up to someone and overcame the fear. I started to talk to her. Because of this, I had made a new friend before school had begun. I had found out that we have similarities. If I never did this, I would not have found someone like me or maybe not even had a friend to talk to on the first day of school. This is only one way that I have shown resilience.

Orchestra is not easy either. We were plucking for a while then we got our bows. When we got our bows, we had to learn how to hold them. This took resilience because we had to hold it a specific way. This took a while but I remember to never give up. Our orchestra teacher helped us through it and I finally got it down. This activity also takes resilience when it comes to playing the songs. When I get a song wrong, I keep going. This is showing resilience when I never give up when I mess up a song.

Whenever we feel like we are going to doubt ourselves because we think ‘I can’t do this’, ‘I’m not good enough for that’, or ‘I’m not going to make it to tryouts.’ Just think something for me before you do so. One word, ten letters. RESILIENCE. Change your thoughts to ‘I can do this’, ‘I’m proud of who I am’, or ‘I can make it and if I don’t, there will be more opportunities.’ Just remember to be resilient in all that you do. You can do it. Or think of Thomas Edison. It took him so many tries, but he finally invented the lightbulb.

I am Madison Lewis, and I will hold my word into my heart, and remember that I can do anything that I put my mind to. I believe in you. Shout out to all that helped me stay resilient. Remember, you are who you say you are, and I hope you say you are strong, good, and resilient.

The Pacer Test

**Cayne Lake, 4th Grade
Pecan Creek Elementary**

School can sometimes be challenging, but it’s important to push through. You shouldn’t give up and not try when things become difficult. Once in third grade, it was just an ordinary day until 8:50 in the morning...

“Wake up!” Mom yelled. I was exhausted and couldn’t go to sleep the night before. Once I arrived at school, I heard a bunch of talking in the hallway, and everyone was greeting one another. When I got to math class, I got right to work. It felt like just 30 minutes passed, but it was already 8:50. “Everyone, get ready for specials!” my math teacher yelled. Once she said “specials” I ran straight to the line. I was happy because P.E. was my favorite class, but when I arrived the gym was empty.

“What are we doing today?” my friend asked. “Today we are doing the pacer test.” my gym coach replied. The pacer is a running test. Once we started, some of the boys went first, but not everyone. While the loud speaker roared the lap that they were on, some of the boys were getting more and more tired. The last boy got 28 laps.

Next, the girls went, then it was my turn. I was a little nervous because it was my first time doing the pacer. By lap 20 I was getting tired and had little energy. “Four more boys left,” I thought. Even Though I was really tired, I went until lap 38. Afterwards, I was feeling dizzy, dehydrated, and exhausted. I felt like I was going to pass out. This was not normal for me. I pushed through this difficult moment by breathing in my nose and out through my mouth.

Later during G.O.A.L. practice, one of my coaches came by and asked, “Are you okay?Do you need to go to the nurse?” I replied, “A little, and yes please.” The nurse came quickly and I ended up being okay, but my legs were sore. My friend got 38 laps too, so I was happy for the both of us. I told the coach, and he congratulated me. By completing the pacer test I learned that even when you are tired, you still can have the strength to push through. Don’t give up when it gets hard.

Resilience Essay

Brooklyn Cerruti, 5th Grade
WS Ryan Elementary

Beat beat... beat beat I could practically feel my heart beating it was hard for me I just didn't understand and no one would help me. I was so stressed I felt like I couldn't even breathe. It was so easy for everyone else but I just didn't understand. Right there in that moment I felt small like I could fit in the cracks between the door and the walls, then I realized what was happening I was having an anxiety attack.

When I was in the third grade I was really shy and I wouldn't speak up when something was hard for me. I would just sit there in my chair confused, trying to figure it out but most of the time I just couldn't. Whenever we would take tests or do worksheets I didn't have a clue on what to do and got really stressed to the point where I couldn't breathe and every time it got worse and worse.

For a while I didn't know what was happening so I talked to my mom about it and she told me every detail about my anxiety attacks and just said to tell the teacher next time it happened. There I was sitting there like an old lawn chair that no one sits on anymore, having another attack. I had to sit there for a very long time before I built up the courage to tell the teacher. Once I started talking with my shaky breath my teacher looked concerned and immediately sent me to the counselor. The counselor walked me over to her room and sat me down. After we talked for a bit I slowly started to feel better and a lot more calm. She gave me this special bracelet to fidget with and showed me some breathing exercises for whenever it happened again. As time went on I started having less attacks until they were almost completely gone. I felt so proud of myself.

If anything like this ever happens to you I'm here to let you know you're not alone, this is more common than you may think it is! I have not had an attack for a long time now so just know if I can do it you can too!

Resiliencia

**Camila Dominguez, 4th Grade
WS Ryan Elementary**

Una vez que mostré resiliencia en la escuela fue cuando yo estaba en 2do grado. La maestra nos estaba enseñando a multiplicar números pequeños y yo no sabía cómo resolver una pregunta. La forma que yo demostré que no podía rendir fue cuando lo intenté varias veces yo misma. La primera estrategia en que mostré resiliencia fue cuando yo le pregunté a la maestra que si me podía ayudar o explicar otra vez. Después que la maestra me explicó como hacerlo yo ya entendí mas mas el proceso de cómo resolver las multiplicaciones. La segunda estrategia en que mostré resiliencia fue que después de que la maestra me ayudó a resolverla yo intenté hacer los demás problemas de matemáticas. Después me dije a mi misma “Yo puedo hacer esto y más si lo sigo intentando”. La última forma en que mostré resiliencia fue que ya pude confiar más en mi de que si puedo hacer más cosas por mi misma. De todas estas maneras mostré resiliencia en la escuela.

Mi Vida

**Gloria Gaytan, 4th Grade
Alexander Elementary**

Desde que tengo memoria yo siempre he estado sola lo que causo que me sintiera incómoda en lugares con mucha gente y que odie el ruido. Nadie ni siquiera mis papas saben que tengo ansiedad social. Mi primer día en primer grado sentí todo tipo de emociones. Por mi ansiedad social tartamudez en segundo igual en tercero ya no tartamudeaba pensé que todo mejoraría pero en cuarto mis papas se pelearon mi papa me dijo que se iba a separar y se fue a méxico. Pero aun así sigo estudiando para ser una artista.

Resilience

Isaac Cardenas, 5th Grade
Evers Park Elementary

Llegué muy tarde a mi clase de P.E. Corrí muy rápido, rompiendo tras las puertas como un ladrón. Miré a todos los estudiantes que se estaban precalentando. En ese momento pensé “ufff...necesito empezar también!” Justo cuando iba a empezar, coach Mays dijo, “¡Niños! ¡Niñas! Ya vamos a empezar el ‘pacer test!’” Gulp...es mi tiempo de brillar como una estrella, pero mi pie me estaba doliendo mucho como si alguien me pegó con un bate de béisbol. El dolor de mi pie no me dejaba caminar bien, pero eso no me iba a detener de hacer bien en el “pacer test.”

Yo intenté correr 50 vueltas para ganarle a mi amigo que corrió 49 vueltas. Se sentía como si fuera el “pacer test” más intenso de mi vida, como si hubiera 10 millones de dólares en línea. Mi pie me estaba doliendo mucho. Era un problema grande para mí porque sentí que no podía moverme tan bien. Me sentí como si el pikachu me paralizó con sus relámpagos porque mis pies no funcionaban. Me sentí triste porque no pensé que iba a lograr mi meta de 50 vueltas.

Mis amigos estaban gritando como si estuvieran en un juego de fútbol entre Real Madrid y Barcelona. Ellos estaban gritando, “¡Go Isaac! ¡Go! ¡Tú puedes hacerlo!” De repente escuché una voz chiquita en mi cabeza diciendo “no te rindas...no decepciones a tus amigos!” Yo dije, “Okay...no voy a decepcionar a mis amigos ni me voy a rendir pero sí voy a seguir corriendo!”. En ese momento, me sentía muy motivado porque yo me sentía más confiado en mi habilidad para cumplir las 50 vueltas.

En ese momento, creí que podía hacer mis 50 vueltas porque la voz de mi cabeza me hizo sentir más confiado en mí mismo, además mis amigos fueron mis fans y mi mayor apoyo. Me dije a mí mismo, “¡Ahhh...me siento bien ahora! Me estaba preocupando por nada”. Ya estaba listo para ser el niño de cuarto más rápido que la escuela había visto en toda su vida. Nada iba a detenerme, ni mi pie que me estaba doliendo como si sentó en la pierna un elefante.

“48...49...50!!! SÍIIII! LO LOGRÉEEEE!!!” Empecé a brincar como una rana por lo tan feliz que estaba. ¡¡Fue como una sorpresa que quería por años!!! ¿Será porque corrí las 50 vueltas nomas? O, ¿será porque corrí las 50 vueltas y no me rendí aunque me dolía mucho la pierna? Por años he querido mostrar resiliencia y por fin lo mostré en ese momento. Recuerda, es importante tener una mentalidad positiva porque eres más fuerte de lo que piensas. Como dijo Steve Maraboli y Dipen Parmar, “La vida no se hace más fácil o más indulgente, nosotros nos hacemos

Resilience

**Sophia Nevarez, 4th Grade
Shultz Elementary**

“Cuando pienso en resiliencia, recuerdo a mi familia. Creo que la resiliencia es importante porque te enseña a nunca rendirse y a creer en ti mismo.

Un día en clase de arte nuestra profesora la señora O’Connor nos dijo que había un proyecto que todos los de 4º y 5º de primaria tenían que hacer. Se trataba de dibujar una flor americana. Estaba tan nerviosa que no quería hacerlo. Luego elegimos nuestras flores. Elegí una amapola mexicana.

Nos sentamos en nuestros asientos y comenzamos a dibujar nuestras flores. El mío no tenía buena pinta. Pensé: “Iba a quedar en último lugar”. Sentí que no podía hacerlo. Mis palmas se sentían sudorosas al sostener mi lápiz. Entonces llamé a la Sra. O’Connor para que me ayudara con mi flor y ella me ayudó. Estaba un poco confundido pero comencé a entender. Ahora fui a buscar el nuevo papel que ella nos dijo que compramos cuando termináramos nuestro boceto. Luego comencé a ponerlo en el papel que estaba en el concurso.

Terminé mi boceto y lo pinté. Se veía tan bien que me encantó. Está bien si no consigo el 1º, segundo o tercer lugar. Nunca abandoné el arte porque quiero aprender cómo puedo hacer diferentes tipos de proyectos de arte.

¿Que es resiliencia para mi?

Margaret López Galeas, 5th Grade
Borman Elementary

Mudarme de escuela no fue nada fácil porque sentía que todos iban atrasados en matemáticas, ciencias, lectura y escritura. Me sentía así porque las maestras de 4to (Mrs. Schreiber y Mrs. Landrón) enseñaban cosas que yo sabía hace tiempo pero también a veces yo me sentía atrasada porque mis compañeros trabajaban en algo que todos sabían hacer y yo no sabía nada de eso hasta que fui aprendiendo. También , nadie me conocía ni yo a ellos entonces me sentía mal porque en mi anterior escuela me conocían todos, o sea la directora, subdirectoras , maestros/as y muchos niños y yo también los conocía muy bien a ellos.

Tampoco fue fácil hacer amigas porque no quería pasar el recreo sola o con personas que no conozco que ni siquiera son mis amigas/os. La verdad no fue difícil hacer amigas todas las niñas/os eran amables , lo difícil fue acostumbrarme a ellas y conocerlas más. Por ejemplo, uno de esos era que no la mayoría del tiempo pero a veces me sentía demasiado excluida y lo difícil fue acostumbrarme porque yo en mi anterior escuela me sentía súper bien porque todos me conocían, me persiguen y me conocen super bien y en ese momento nadie me conocía tanto. Y la verdad eso me afectó y mis padres lo notaron y mi padre lo entendía demasiado bien que siempre me ha dicho : “ Si no te sientes cómoda en esta escuela porque extrañas a tus amigas, podemos buscar casa allá y tú vuelves a la misma escuela porque extrañabas a tus amigas/os , mis maestras/os y mi anterior escuela”.

Pero le decía que no porque estaba lejos y siempre yo he querido una casa acá entonces no pero lo bueno de mis padres es que ellos me escuchaban cuando les hablaba por ejemplo hay otros padres que no les importan o no escuchan a sus hijos y me da tristeza por esos niños.

In School

**Brittany Espinoza, 4th Grade
McNair Elementary**

The time I showed I was resilience was...

When I was 4 I had a friend named Kate and she had cancer because when she went to the doctor they told Kate and her parent that Kate only had 1 week to live. She started to cry because she won't have time to enjoy the world and have fun. And she was still going to miss everything that she like to do and then the next day she told me everything that was going to happen and my heart went down I was sad that I didn't have to do all the stuff that I wanted to do with her for the next couple of week. So one day I bought her favorite things that she wanted and Kate started to have fun with me and then I played with her more and then we went home to rest. The next day I was surprised that Kate was not here to day and I started to miss her and when I told the teacher were was Kate and then my heart dropped. Kate was dead I started to cry that my best friend was not here any more I was sad because Kate was the only friend that I had and it is so hard making friends for me and i tried but I didn't make friends so I worked on everything the teacher gave me and was the smartest because I worked hard and got one hundred percent on my test and was happy to be the top student in the class room and im so happy that I did it for Kate and went home to study on my homework for the test and I was hoping to get a good grade to be a kind and smart person i class and I also help my teacher with things that she need help with I was still happy to do every thing good for Kate and she will always be my best friend that I hade when I was 3.

Resilience

**Angel Chali, 5th Grade
Rivera Elementary**

Introducción: Te has sentido alguna vez nervioso o nerviosa y no sabes qué hacer, yo sí y hoy te voy a contar de cómo me sentía el primer día de clases ...

Todo comenzó la mañana de 10 de agosto de 2023 llegué a la escuela iba caminando por el pasillo y no sabía si ir a la cafetería o a mi clase me quedé pensando por un segundo y decidí irme a mi clase al llegar me paré frente a la puerta y respire profundo. Dejé mi mochila en un pequeño cajón y me senté en mi silla. Mis manos sudan mucho, tenía mucho calor, no sabía qué hacer porque la maestra hablaba inglés y yo no. No sabía cómo comunicarme con los maestros o mis compañeros. Me sentía nervioso porque si me decían algo no los iba a entender, sobre todo si me decían que me presentara.

Yo quería encontrar a alguien que hablara español e inglés para que me pudiera traducir lo que decían. Me quería ir a mi casa porque veía que todos se conocían. Luego de cinco minutos entró la maestra. Al lado de mí había una niña llamada Sindy y hablaba español me daban ganas de hablarle pero no tenía suficiente valor de hacerlo. En mi mente solo pasaba la hora de salida y estar en mi casa de repente la maestra habló y dijo algo en inglés no la entendí pero supongo que dijo que nos pusieramos en línea porque mis compañeros se pararon y se acomodaron en la línea al verlos hice lo mismo y me puse en línea entre los niños al final,

Luego nos llevaron a un salón diferente en el que era de música y nos dijo una maestra que nos presentaremos cuando tuviéramos una pelota en las manos que estábamos pasando. Unos 30 minutos después salimos.

Regresamos al salón y por alguna razón tuve valor de hablarle a un niño que estaba sentado atrás de mí y le pregunté "¿HABLAS INGLÉS?" y me dijo que

"un 50%". Yo le dije que me llamaba Angel y después de haber acomodado los útiles escolares, fuimos al recreo. Estaban jugando un juego llamado tag y me invitaron. Acepté y pude hablar más con Sindy ella dijo que era de México y Guatemala al igual que yo. Entramos a la cafetería, comimos unos chicken nuggets y volvimos al salón. Al llegar al salón faltaba 45 minutos para irnos a la casa, al final me dije a mí mismo que no fue tan difícil como pensaba y que solo tenía que acostumbrarme y terminar con un amigo y una amiga los cuales me aludarian en lo que pudieran.

Cuando llegué a la escuela no sabía qué hacer o cómo actuar y no conocía a nadie solo pensaba en irme a mi casa y al final conocí a mi amigo y amiga Christian y Sindy. Y me acostumbraría poco a poco a la escuela, la lección que aprendí fue que siempre va a haber una salida y que no importa que tan grande que sea el problema no te rindas y sigues adelante.

The Time I Learned to Play Football

Aryan Rejeev, 4th Grade
Adkins Elementary

One time I showed resilience when I was at Adkins Elementary walking not knowing what to play. Some people were playing tag, and some people were playing football. I tried playing tag. But I became tired. I had not tried football yet. Suddenly, Jack came over to me and asked, “Hey Aryan! Do you know how to play football?” “I can learn.” I said. I went to the field where they were playing football. I slightly understood the rules. I got ready and started running left and right until I was open. Finally, Preston threw the ball to me. I tried to catch it, but I dropped the ball. I tried again, but I didn’t catch it. Then, no one passed the ball to me. Recess was over. I felt bad because my team lost because of me, so I tried to get better. But soon, I bought a football and I practiced. At recess, I watched them play. I practiced with my friends and every day little by little I started to get better at playing football. Sometimes, I would get a touchdown. I started playing better, all it took was some determination to feel good.

Resilience

Elaine Yule, 5th Grade
Adkins Elementary

Have you ever struggled with something in life? Maybe, you didn’t give up. You tried your hardest, and gave it your all. We all were trying to throw good, and there’s only one way to do that! 7 Up. Everyone’s favorite game at Adkins. Throwing balls left and right, pins banging on the floor, and I was the alone one. Every time I threw the ball, it bounced off the floor and into my opponent’s arms. A ball hit me. “Toof!” I coughed, and picked up the ball.. Someone threw it at the pin, knocking it down again. I slammed down to the floor when I reached the end. I walked back. “Hey, you’ve got to work harder!” My voice said. I nodded. I hauled the ball in my arms. Empty. An empty space. I ran across the gym, and threw the ball. “YA!” I said, throwing the ball. Pa-Pang! The ball bounced off the pins, taking it down. I jumped back as someone threw a ball at me. I ran back, and caught my breath. “GAME OVER.” Our P.E teacher said. “YEAHH!!” We all yelled. You can do it.



Hannah Nezafati, 5th Grade
Adkins Elementary

Learning to share

Jordyn Duplessis, 4th Grade
Alexander Elementary

Hi, I'm Jordyn. I'm 9 years old. And my school name is Alexander Elementary School.

And I'm in 4th Grade OMG I Love! My Teachers but anyways I'm gonna tell you

A story. One day I was at school. I was in kindergarten. I was playing with toys in my class during recess.

When I was playing my friend kaylee came up to me and started playing with me but I did not want to share. That's when my teacher saw us. She came up to us and said to me, "Jordyn, why don't you want to share?" I replied, "because I don't like to share, but I don't know why."

"Jordyn sharing is caring." My teacher said. "Here let me show you. Say if I have a toy if you came up to me and started playing with me but I didn't want to share how would you feel?"

"Sad."

"Exactly so instead of not sharing you can say here's one of the toys. Now you try."

"Here you go, here's one of the toys I'm sorry for not sharing the first time."

"It's ok," my friend said. "Can I play with you tho?"

"Yeah." so this is when I realized I need to share.

The next day when I went to school when it was recess kaylee came over and I said, "here's a toy."

"Oh thank you for the toy I thot you didn't like sharing," kaylee said.

"I know how to share now at first I didn't know how to, but now I do. Sharing is caring!"

"Oh ok," Kaylee said. Let's start playing before we run out of time I said and that's how I learned how to share because sharing is caring bye.



**Kylie Volz, 4th Grade
Alexander Elementary**

The Day I Kept on Trying When Doing Telpas

Vanessa Flores, 5th Grade
Alexander Elementary

It was a very sunny week and I was at school, my teacher then announced “ sorry to interrupt your working time but I have something very important to say, next Thursday Everyone from both classes will be doing Telpas. Now I know what you guys are probably thinking why and if it is even fair that we have to do Telpas and not the other Classes but we just have to do it because it is very much Needed, because of the government and the principal.” After that the whole class was starting to get nervous Because we all hate the Telpas but we just have to do it Since it is something needed to do at school.

Then the next week came along and no one wanted to come to school but we had to, and well it was the Worst experience ever! Because it was so extremely Boring we could not talk well I mean we could but Only for the test because we had to talk in the microphone. Then we all started and no one liked it Of course, after a while I noticed that the questions were getting harder and harder as I went on, but I had to keep on going to be able to finish. After 20 minutes I thought “ what if the questions are just going to get harder?” and as I answered the questions they did get harder and even more Annoying.

After a while the questions just got harder and harder and harder, but I kept on going because it is very important so I did not stop moving and kept on trying, and persevered to finish the test. Then after some time I decided to take a break because my computer looked like it could fall asleep at any moment it wanted to. But then I got bored after like two minutes so I just kept on going. Then after what felt like an eternity I finally got to the 90th question! and I was starting to get kinda excited since I could just read my Demon Slayer manga books but I still had a while to go until I finish. After some time I finally finished! I was so excited to be done with Telpas!

In conclusion I did NOT give up on Telpas because I think that you should never give up unless you really can't do it, but sometimes you have to unless you are doing something like the STAAR test or Telpas because it's not too hard just keep on trying. I also learned last year that sometimes

When you are doing a big big test, stop, rethink, try again, and take breaks because when I was doing the Telpas test in 3rd grade it did not feel as long as 4th grade, and it felt weird and different because that was when we first took Telpas so it felt strange and weird. So I did not give up because Telpas is actually very important and well I really want to pass or at least get a good grade from Telpas, so I did my best and got something pretty good. And not only that but I also did not give up because even though I hate Telpas I still have to at least try and that's what I did.



Viviana Taylor, 5th Grade
Alexander Elementary

El show de ballet folklórico en Alexander

Paz Sanchez-Ramirez, 5th Grade
Alexander Elementary

Estaba asustada. MUY asustada. Pero estaba más nervioso. ¡Hoy fue el día! El día que Ballet Folklorico bailó en frente de la escuela. La cosa que estaba más asustada es que necesitamos entrar a mi clase EN mi ropa! Y- todo! También era mi primer año en Ballet, porque estaba en el 4 grado cuando di este paso. Eso era otra cosa para estar nervioso. Problamenta va a sentir vergüenza. Muy bien.

Cuando me levanté en la mañana, sentí un sentido en mi estomago cuando sabía que hoy era el día en que iba a bailar. No quería levantarme. Yo solo quería estar en cama todo lo día y nunca levantarme. Pero no quería estar asustado, así que me levanté y mis padres también. Ellos me ayudaron a poner mi falda, y arreglar mi pelo, mis zapatos, y otras cosas. ¡Se va a sentir muy raro caminando a clase!

Cuando nosotros íbamos a la escuela, yo pensé en todas las cosas que podía hacer mal cuando estaba bailando. ¿Qué pasa si me caigo? ¿Qué pasa si olvidó que hacer? Que paso si corre porque estaba asustado? Cuando entramos a la escuela, dijo “Adiós” a mi mama, y luego camino a la escuela, sintiéndome raro porque mis zapatos eran un poco altos y estaba un poco difícil para caminar. Pero no lloraba o corría. Yo entré a mi clase. Todos me miraban cuando entraba a la clase y agarraba mis cosas. Pero no estaba solo. Otras personas del Ballet también estaban en su ropa, así que yo no fui la única. Me sentí un poco más feliz.

La clase estaba normal, pero el radio cosa anunció que todos personas del Ballet caminaron a la cafetería. Ese sentimiento en mi estómago estaba ahí otra vez, pero no lloro o corría otra vez. Yo caminé a la cafetería con las otras personas de Ballet que eran amigos con. Yo estaba un poco más feliz cuando oí que ellos también estaban un poco asustados. Cuando llegamos a la cafetería, las maestras de Ballet dijeron para “esperar cuando todos los niños estén aquí.” Yo estaba bailando El Jarabe Tapatio. Todos los personajes del Ballet estaban escondidos para que los niños no estuvieran mirándonos. Yo estaba esperándome para mi turno de bailar, pero en secreto estaba nerviosa y asustada. Cuando las maestras anunciaron que había tiempo para El Jarabe Tapatio, mi estómago hizo ese sentido otra vez. TODO la escuela va a ver a mi bailando! Y MI clase! Yo respiro, y luego camino a la cortinas.

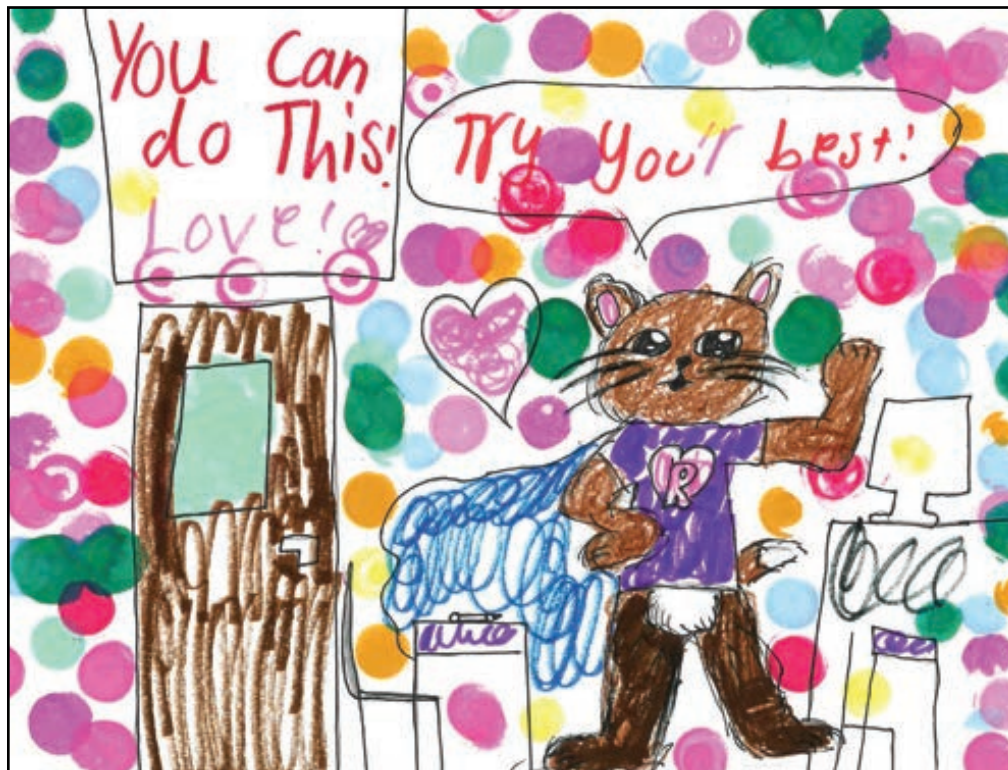
Las cortinas se abrieron, y ahí yo estaba, falda abierta, con una cara feliz, pero no estaba feliz. La música empezó. Yo bailo y bailo. Yo quería gritar y correr, pero no corría. Yo bailo. Y bailo. Y bailo. Yo empecé a sentir más y más feliz a todas las caras. Y estaba como si no hubiera controlando mi cuerpo. Yo solo bailo y bailo sin el permiso de mi cerebro. Pero eso estaba muy bien. Porque si mi cerebro tenía la opción, yo iba a parar. Pero no paro. Después que la canción paró, todos gritaron y aplaudieron. Yo sonrío. Pero ahora era real. Estaba feliz.

Me fui de las cortinas, más feliz de todo. Yo me río. Estaba muy feliz. Todos gustaron el baile! El Ballet Folklórico es mi casa. Y yo lo amo.

My Fitness Test

Jacie Parkin, 4th Grade
Bell Elementary

Last year I had a fitness test. We did double the warm ups in PE, we were now doing 20 push-ups and sit-ups every PE day. I wanted to practice so, before bed I did 25 push-ups and 30 sit-ups then I slept. The day has finally came we started with the running. I did not practice that coach belcher said to all of us in the Gym “YOU CAN DO IT, AND DO YOUR BEST!” so I ran a girl named Faith had won I got 2nd to last. Then we had our flexibility test we had to lie down and puff our chests so are face would get off the ground I did not practice that either I got 7 out of 10 in flexibility at least I got higher than five a girl named Audrey had won It was now time for sit-ups I got 53 I got the most in my class and in the grade I was so proud now it was time for push-ups. It was much harder than sit-ups But I just Pushed through and I got 33. I got one more than a boy named Keith And I got the best in the grade. I learned practice. My mom was so proud that I did 53 sit-ups and 33 push-ups so we went out for ice cream on Saturday night we did not go the night I did it because my muscles are so sore but the ice cream was so good! The End!



Maryah Zaveri, 4th Grade
Bell Elementary

Resilience

**Riley Wilson, 5th Grade
Bell Elementary**

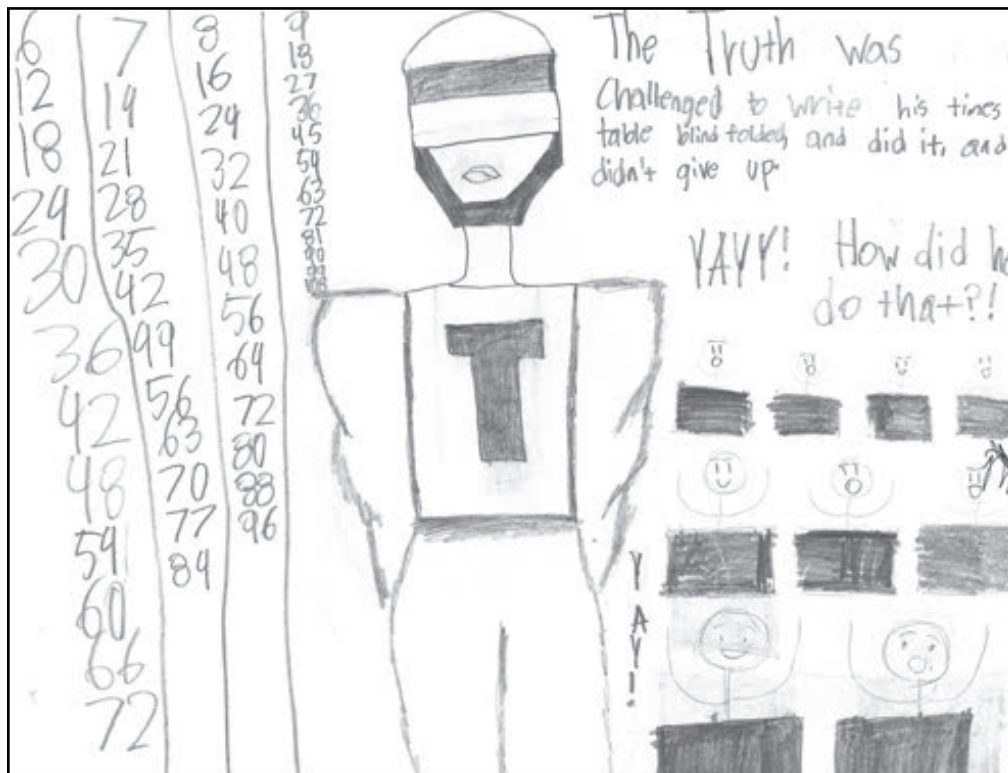
Last year in 4th grade my teacher gave me a math sheet. On the math sheet it was perimeter and I was not very good at perimeter. “I don’t know what to do!” I said to my teacher “just try it!” my teacher said. I sat there looking at my paper for 10 minutes confused about what to do. My teacher came over and said “Do you need help?” I said “Yes” she told me she can’t tell me the answer but I can help you with the steps. She started telling me the steps but I was still very confused. “Now try that.” my teacher told me as she walked away.

I looked at my paper and I looked around the room. Everyone was getting up and turning in the papers and I wasn’t done yet! I started to get anxious and tears started to feel my eyes. My teacher noticed me and came over to my table. “Still don’t get it?” my teacher said “I can’t do it.” i said “It’s too hard I tried and I just can’t get it!” I said while tears rolled down my face. “Yes you can Riley.” My teacher said “Just breathe and think about the question ok? She said while wiping the tears off my face “Ok.” I said.

I took a breath and looked at the paper and I tried to think and I still had nothing in my head. I was going to raise my hand but I didn’t. “Are you still doing it?” My friend asked “Yes I am, I’m so confused about this can you help me?” I asked “sorry girl! The teacher said I can play math games when I’m done!” my friend said while walking away. “Oh my gosh I’m gonna fail” I thought. I started to panic and I tried to breathe but it wasn’t working. I started to sweat and shake. My other friend noticed me shaking and breathing really hard. “You good Riley?” my friend asked “Yes well no i don’t understand this question can you please help me?” I asked “sure” she said “Just count with your hands and add.” “Ok” I said “Thank you” I told her as she walked away. I looked at the question again. I counted then I started writing things down. I got my answer and showed it to my teacher. “Correct!” my teacher said “Great job! Now do the last two then you’re finished.” I walked back to my seat and started working again.

I looked at the next question and I counted again and I got an answer! I showed it to my teacher and it was wrong. I went back to my seat and looked at the time. 9:15 oh no i only had 20 minutes left! I tried to count again then I got another answer. I got up and showed it to my teacher. It was right. I was relieved I only had one more question left! I rushed to my seat ready to answer the question. “Maybe I can finish.” I said. I looked at the clock again 9:20. Oh snap, only 10 minutes let me hurry up! I looked at the question. Wait a second this question looks easy! I started counting and I got an answer! I walked to my teacher’s table very confidently. It was WRONG... That confidence dropped real fast.

I looked at my paper again. Uh Oh I’m stuck again “Ummmmm.” I said. I looked over at my friend and mouthed “Help me.” She started laughing so I started laughing too. I think she thought I was joking. I AM NOT JOKING I NEED HELP! I looked at my paper and I was stuck as gorilla glue. I looked at the clock again. 9:20. OMG im finna flail. I was going to give up then it all clicked! It all started to make sense. I started writing and BOOM! I got an answer. I got up and started to walk to my teachers table once again with my heart beating like I was coming from the olympics. I gave my paper to my teacher and... IT WAS CORRECT! I wanted to scream like I was in a horror movie but I didn’t. I had to play it cool. So I walked over to my friend and said “Thank you for helping me, I’m FINALLY finished!” she laughed, “You’re welcome.” she said. I sat down and started playing games with my friends.



Jaxon Sims, 5th Grade
Bell Elementary

How I Learned to Read

**Paxton Coil, 4th Grade
Blanton Elementary**

This is how I showed resilience. Back in second grade when I wasn't really good at anything. I couldn't write well and I was not good at spelling. But the thing I struggled most about was reading. I was not good at reading. I only read small and easy stories but I still was struggling. And I really felt like I was missing out. I really just wanted to quit but I knew that was not the right choice. So I would read every day hoping I would read but knew one thing I wasn't going to give up. I was not going to quit so my parents helped me. My teacher helped me. I tried every way to try to get me to read. But one day I thought I still needed help to read but I was reading books easily one by one and I didn't even notice that I knew how to read. But that was not going to stop me from practicing even more reading every day. I even practiced my spelling, my handwriting and everything I was bad at in school. And eventually I got better at them. And that is the power of practice. But back in first grade when I was not good at anything I was not positive. I complained and complained that I wasn't good at anything but the people who helped me on the way are the only way I am where I am today. I won an award for reading and to this day I'm still practicing and reading so much better than I was in first grade.

The Test

**Payton Thompson, 5th Grade
Blanton Elementary**

I was sitting at my desk, apprehensive and tense. I was waiting for the moment for my teacher to say, "Start." I was looking around at the kids in my class, wondering, "Will I finish? Will I quit? Will I fail 3rd grade!?" I was so nervous I nearly screamed! Just then, I heard it. My teacher's soft voice said, "Begin."

I didn't even know how to start the test! I raised my hand and my ears were bright red. I was so embarrassed. She helped me start the test and I saw that the person next to me was already on the 10th question! I wanted to cry.

Before then, our teacher, Ms. Lucca, told us that we have to work out EVERY math question on a piece of notebook paper. When I got my paper, I thought that it wasn't going to be that bad! Once the test was going on for 10-15 minutes, the kid next to me skipped all of the work! He was rushing and answering the questions on his computer!

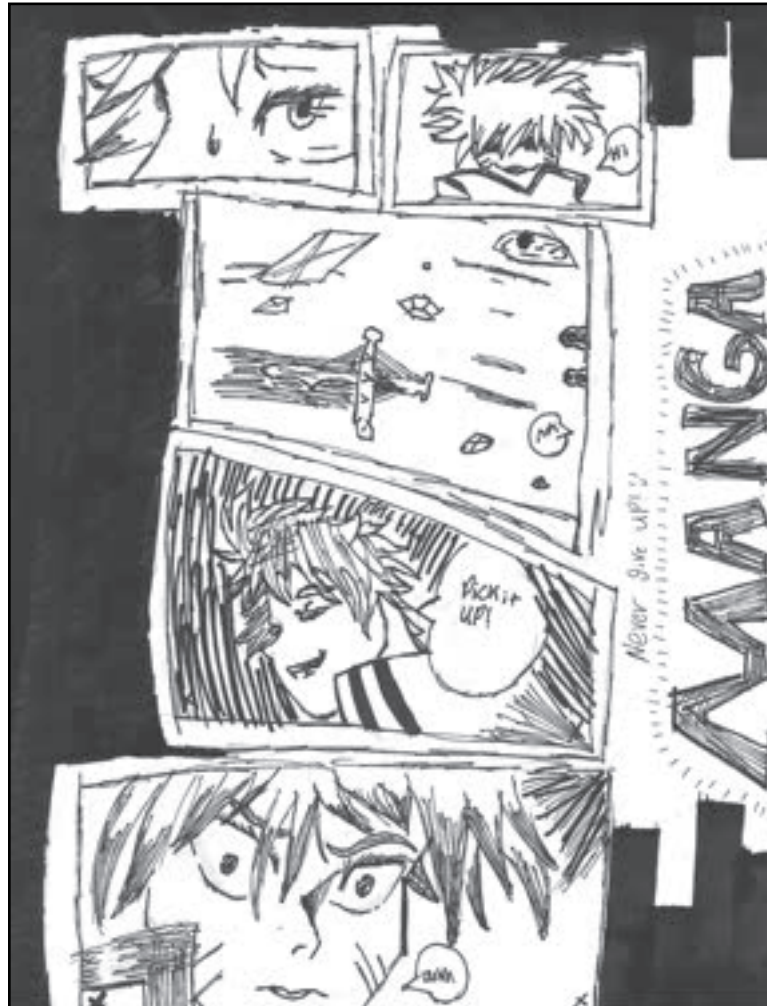
About 30 minutes later, someone behind me raised their hand and said, "I'm finished!" My jaw dropped! I was still on the 5th question! Suddenly, 5 more kids said that they're done!

45 minutes later, almost the whole class was done, and my teacher saw this. She said, "Once everyone is done with their test, we can have extra recess!" All eyes went straight to me. I kept my eyes on my screen and continued working.

An hour later, there was a question that left me absolutely stumped. But I refused to quit! I was determined to finish this test, and complete 3rd grade!

I had two options. I could either curl up into a ball and cry in the corner, or pipe up and finish the test. I wanted to cry in the corner, but I knew that I had to do it! I had to show resilience!

The boy next to me who didn't show his work got a low score, and had to retake the test! I'm glad that I took my time. I could've rushed and failed, but I didn't! Even though the rest of my class got extra recess, I showed resilience, stayed in, and worked hard!



Ryder Waechter, 4th Grade
Blanton Elementary

Adopt-A-School Essay

**Abraham Altamirano, 4th Grade
Borman Elementary**

Here is a time when I showed resilience. When it was time to do the STAAR test, I got started. I felt very nervous about it, hearing the rumors of it being very hard. I felt like this was the time and place where I would definitely fail. I felt like giving up and simply surrendering. But you know what I did? I didn't give up. I waited for instructions and simply said to myself, "alright, this'll be fine!" And then went into the PRE-TEST. I got a MASTERY in the test and felt like I had made a great achievement. It was then time for the real deal. I then started off and WHOO, was that making me nervous! It was a lot of work, and a LOT of questions. It was tough, and I had made a mistake or 8 in the test, but hey, I felt like giving up. I really did. But whaaat? I powered through!!



**Maddie Green, 4th Grade
Borman Elementary**

Resilience

**Hannah Perez, 4th Grade
Borman Elementary**

A moment in school that really tested my resilience was in 3rd grade when my best friend had to switch schools because she was moving . We had been best friends since kindergarten. Her name was Carlyne

When she told me she was leaving I felt so sad because I thought I would never see her again and that would be the last time I saw her . When she told us it was already too late because it was the last day of school, if she had told me sooner we would have hung out more. I thought I was never going to see her again. At that time I had no idea where she was going to live. All I saw were people crying because our teacher Ms Bell was leaving. I was about to give up because I thought I was going to lose the person that I cared about forever but I did not give up because I knew I had to keep going and stay strong. I was sad too but I did not cry. People were also crying because people were really close to Carlyne like I said we were best friends since kindergarten and I felt so sad but I did not show it. And I felt worse because we were not in the same class and the same color group so we did not talk too much.

But then she told me that she was not moving too far she was just going to switch schools and i felt a bit better cause my mom has her moms phone number so we could go visit each other but i still felt sad cause her and my mom dont talk to much but i did not care because we could at least see each other. It's so much better than never seeing her again. We hang out once in a at the end while i learned that i should stay strong on the good or bad because we don't know how things are going to end.



**David Paz Ponce, 5th Grade
Borman Elementary**



Aria Butler, 4th Grade
Cross Oaks Elementary

Captain Resilience Essay

Jaelynn Ortiz, 4th Grade
Cross Oaks Elementary

On the star test I was really scared . And I was really tired . On that day I was prepared for it and i told all my friends you got this. And my friends told me you got this . Before the star test we had a candy bag. And I was so ready for it. When I was first starting i told myself I am going to fail the star test. But I still did it and i did not give up I got it. And i told myself to push through it . And I kepted on telling myself to push through.

When I got to the end I was so happy! And when I got my test I was so happy. But my mom did not let me see it till my dad got to see it. I was so mad at them. But when I saw it I got 95%. And that day my mom and dad got me ice cream. And we went to the trampoline park.



Kaylee Driver, 5th Grade
Cross Oaks Elementary

Resilience

Aubrielle Grasseschi, 4th Grade
EP Rayzor Elementary

One time I showed resilience was during the STARR test. It was hard. I woke up and had breakfast and was prepared for what was waiting for me at school. I wore comfy clothes, I packed a bunch of healthy snacks, and I was feeling nervous. I knew it was nothing to worry about since we had done many practice STARR tests throughout the year, but I was still nervous that I wouldn't pass and would have to get tutored! As I walked to school my dad asked how I was feeling. I didn't know what to say because I was having mixed emotions, so I just said,

"I don't know. I'm just hoping I pass.", I said as we stopped to cross the street. We live by the school so we always walk unless me or my older sister have an appointment for something.

"Well that's normal. I hoped I would pass when I was in elementary school, but when I got to middle school I had gotten used to it. And the only difference about the test is that I lived in Ohio back then so it wasn't called the STARR test, but you'll get used to it.", my dad said encouragingly.

When we got to school me and my sister said goodbye and love you to our dad. He said it back but it was a little bit different than any normal day.

"Love you too. Goodbye and good luck.", said my dad yelling to us as we walked away with our neighbors.

I said "Thanks.", then walked away and into the school nervous but feeling good.

It was the first year that I ever had to take the STARR. I was anxious walking into the room but my friend made me comfortable even though she had never taken the real test either.

When we walked into the classroom no one spoke a word. It was the quietest day of the entire year. Then our teacher went through the instructions and then we started the test. When I started I felt like a piece of jello, then I started gaining confidence and just thought of it as the i-Ready diagnostic. Then I got to a really hard question and didn't know the answer. So I wrote down how I would answer it and then found an answer that was closest to my answer. Whenever a hard question came up on the test I persevered through it and didn't give up until I found an answer.

After the STARR test everyone sighed with relief. "Ok class," the teacher said "We are all done with the test so we can talk at a voice level 2 now." Everyone was so happy. Then we had lunch so we could talk with our friends during recess and get all of our energy out after the test.

When I got home I plopped down on the couch and didn't think of the rest of the day. I was so relieved that it was over, but at the end of the day I realized that I was going to have to do it next year! Then I wasn't relieved anymore, but at least I had a while.



Audrey Oosting, 4th Grade
EP Rayzor Elementary



**Tenley Strong, 5th Grade
EP Rayzor Elementary**

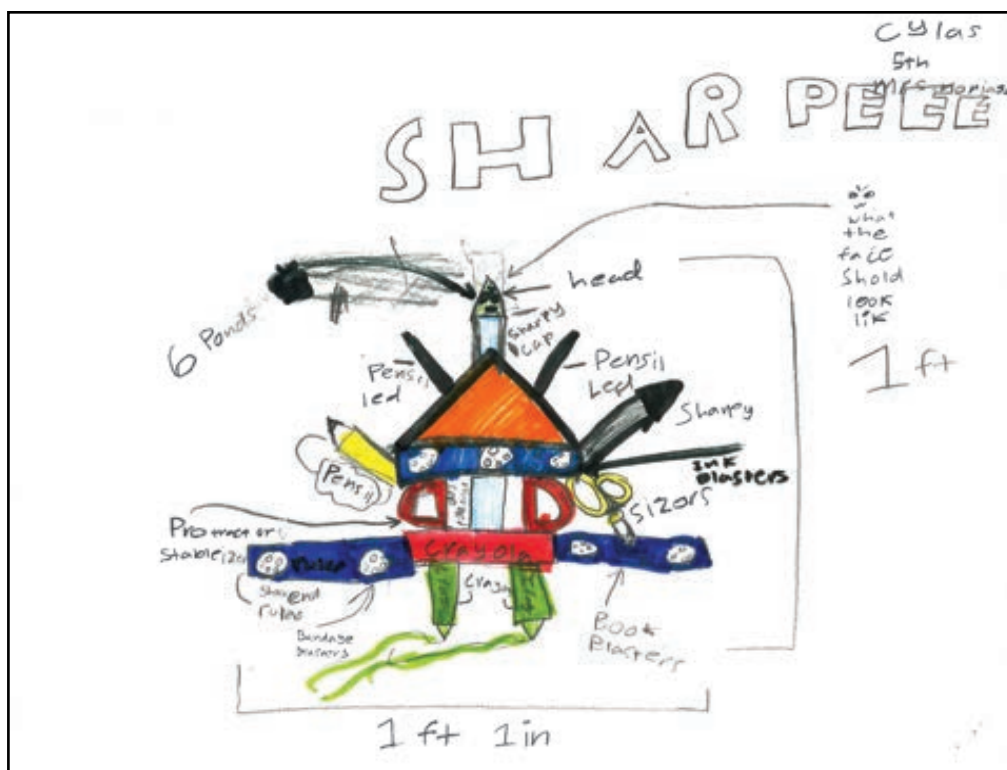


Aaryash Moharana, 4th Grade
Evers Park Elementary

Las Multiplicaciones

Carolyn Quiroga, 4th Grade
Evers Park Elementary

Un día la maestra dijo que tenemos que aprendernos las multiplicaciones del 1 al 10. Teníamos que hacer flash cards, 1 min test, speed test que te da 1 min de responder la multiplicación. Eran 30 multiplicaciones o más y luego tenías que hacerlo en papel enfrente de la maestra igual tenías 1 min y solo lo podías hacer 1 vez al día. Si no lo pasabas tenías que esperar 1 día e hice lo que tuve que hacer pase todas la multiplicaciones y luego hice un MIX y me iba a rendir pero no lo hice y lo pasé.



**Cylas Scaggs, 5th Grade
Evers Park Elementary**

The Day My Life Changed

**Marcos Cruz Vazquez, 5th Grade
Evers Park Elementary**

Ring, ring! "It's time to wake up to go to school," Mom shouted. So I jumped out of bed and got ready, but while I was getting dressed I felt like there was something at school that was important. "Oh well," I said. After that I got into the car and went to school, but as I entered the classroom, the most unexpected thing had happened.

"Tomorrow is the STAAR test!", the teacher announced.

"NOOOOOOOOOOOOOOOOO!", I exclaimed.

A time where I stayed resilient was when I was taking the STAAR test. By not giving up and being confident in myself, I was able to get through it. I wasn't always the best at reading. When I was in 2nd grade all the reading assignments were easy, but as soon as I started 3rd grade the entire world changed because all the work was so complicated. I never had to worry about the STAAR test until now. The STAAR test was tomorrow, but the teacher said that we will be doing a practice STAAR or a jeopardy game.

I wasn't too worried about it since it was a practice STAAR or a jeopardy game. The teacher split us into two evenly divided teams. The good thing is that I was on the same team as my friend Jude. After the practice STAAR (or jeopardy game) we went to lunch. The great thing about it was that the answers weren't too hard. It was easy! But the STAAR test wouldn't be so easy. It gives you questions like "What's the meaning of the word SUPERCALIFRAGILISTICEXPIALIDOCIOUS", but I actually knew that.

After I got out of school, I only had about 12 to 14 hours left until I took the test. So I went to ESD and told one instructor to help me study for the STAAR test and I told him what I needed to do for the test. After 2 long, hard, boring hours of endless studying, all the hard work I did was for NOTHING because all the work I had just done didn't make a lot of sense. I couldn't get help forever because then my mom picked me up to go home, and when I got home, I had to go to sleep.

At about four in the morning, I woke up because I had a bad dream about the STAAR test. It was about me failing, then I couldn't go to college and make money, then I ended up homeless and then died. So after that horrible nightmare, or I guess morning-mare, I checked my alarm clock and had only 2 hours left before I had to go school. So during the 2 hours I studied as fast as a cheetah, but still, none of the work made sense. Unfortunately, I had no more time left, so I had to go to school!!!!

As soon as I got into the classroom, I read the promethean board and it said the class code was (A73JQ4-TX89) on the big black shiny screen. 30 minutes in, I was already having a mental breakdown. I remembered that my mom told me to, "Never give up and always try your best". So I had enough motivation to finish the test. Two months later on a hot, sunny summer day, I went to ask my mom what my score was and she said "It doesn't matter what your score was, it only matters that you didn't give up".

In conclusion, myself and others could learn a very important lesson. "You should never give up if something gets hard".



**Amy Rios, 4th Grade
Ginnings Elementary**



**Samuel Tetteh, 5th Grade
Ginnings Elementary**



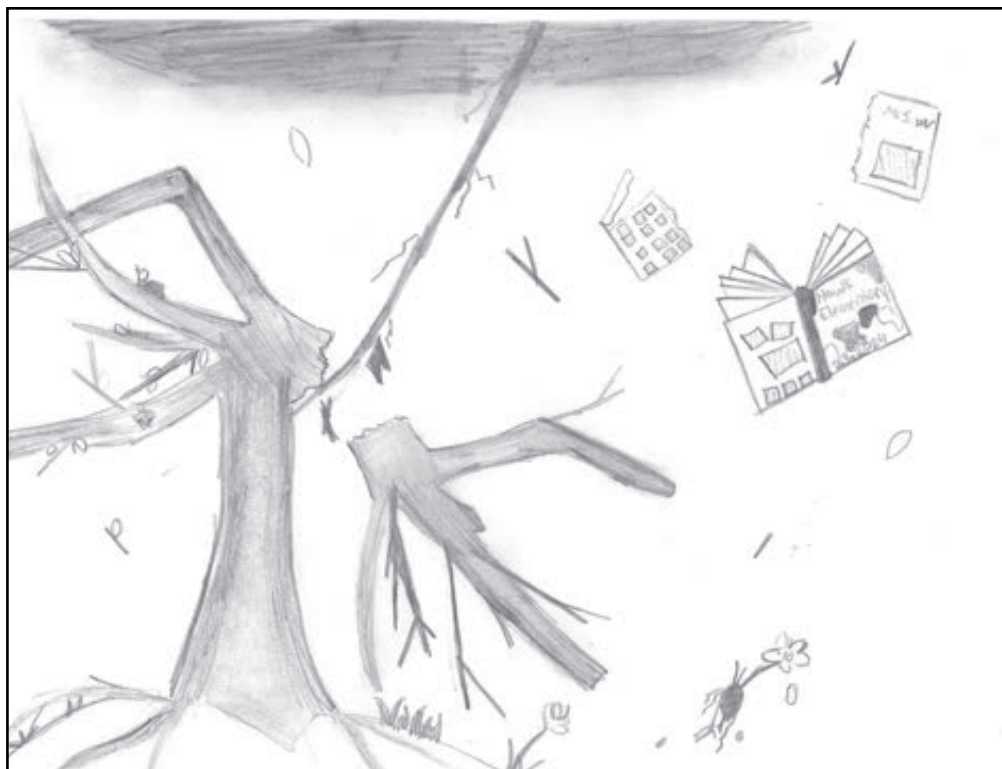
Andy Liu, 4th Grade
Hawk Elementary

Resilience

Jason Back, 4th Grade
Hawk Elementary

I showed resilience when I was struggling with reading a book but I could not read the book because it was so hard but I did not give up. Instead I kept practicing on my reading skill. It was not that easy so I went back and started reading easier books. But one day I noticed that the books I chose were getting too easy for me. So I went back to the book that I wanted to read. I noticed I got better but I was still struggling. Then I had no choice but to choose another book I kept reading and reading other books until all the books were too easy for me so I started to read the book I wanted to read the whole time to my surprise I was reading ok I was understanding all the words and understanding what the book is really about. That's when I finished the book I felt like I could read anything I wanted to know. I looked around and I spotted another interesting book cover I went up and grabbed the book and checked the cover the cover spelled The lemonade war I checked the back cover to see what the book is truly about I thought the book was interesting from the colorful cover and the cool description but when I opened the book I noticed so many words that I did not know like sorrow. I decided to grab a dictionary and started flipping through the pages. When I found the word sorrow I found out that it means a really sad feeling. I started reading along and whenever there was a word that I did not know I searched it up until I noticed that I finished the book. I felt resilience around and I felt really proud about myself and I learned my lesson that hard work pays off. So that's when I started feeling kind of happy when I came over challenges because I knew that I could learn stuff from my mistakes and trouble.

The next day I came to class and I started to learn about writing and how I could add a part of a story to my story I was writing about. At first I started to worry that I would not be able to do it and I felt like I was going to throw up because the teacher explained many times but I could not understand that's when I realized what I learned yesterday and I concentrated and I got what the teacher was saying and I could finish my story that is when I showed resilience.



Abigail Roberts, 5th Grade
Hawk Elementary

Adopt A School Essay

Charlotte Aydelott, 5th Grade
Hawk Elementary

“Charlotte! Please come here.” Mrs. Pruett exclaimed. As I walked through the classroom, and toward Mrs. Pruett I shuddered at the thought of having to redo my whole essay. At that moment it was so silent you could hear my heart pounding. “This means trouble.” I thought. “We need to talk about your essay.” She said, almost immediately I felt a rush of red spread over my face and tears fill up my eyes. “You are going off track in your essay, and you need to fix it.” She said in a kind way. She explained all the ways I could fix my work and make it better.

I felt like I was going to burst into tears. But at the same time that talk gave me a great mindset and I got to work making my writing better. In the speed of light I knew what to do, I edited my wrong grammar, and I used checklists to add what I needed.

This moment has been an insane impact in my 5th grade year. I know how to edit and revise with charts, I know how to handle the hard assignments and I feel that this moment will make me more successful on STAAR day.

One lesson I learned from this moment was sometimes in life you have to accept your mistakes and strive. I stayed resilient even when I got corrected and you should too.



Ayah Warnick, 4th Grade
Hodge Elementary

Playing Soccer

Isabella Cinta, 4th Grade
Hodge Elementary

Have you ever been excited to be a part of something but are scared about doing it ? Well once I was scared to join my school soccer team and I wanted to leave but my mom made me go and I was not happy but when I tried it out it was fun and I wanted to play more soccer

One time I was at goal practice and we were practicing dribbling and i was doing bad and felt upset but when I went home my brother saw I was sad and he asked if I was ok and I said no because i could not dribble the ball and i need help and he said he could help so we went outside and we practice and i got better and the next time i went to goal practice i checked in with the coach and then the coach called us and we all ran so we did not get in trouble and then the coach said what we were going to do today and she said we were dribbling and i was happy because i could try again and then i saw i got better at dribbling and then the coach came to me and said i was doing good i felt so happy that i could just jump in a pool.

Never give up and take your time so you can get better at it. Like when I was mad and my brother saw me he asked if I needed help and when he helped me I got better but I took my time and got way better at it and never gave up.

¡EL STAR!

**Audrey Jamaica, 4th Grade
Hodge Elementary**

¿Alguna vez has mostrado resiliencia ? pues yo si en un examen empezó en tercero como en todos los grados tienes que aprender para pasar un examen el STAR fue sobre mi en la escuela y era importante estoy segura que ustedes también tuvieron que hacer el STAR el star es un examen en donde muestras si pasas al siguiente grado me sentía nerviosa y preocupada.

El día que llegó estaba nerviosa pero no era la única había muchos otros porque todos querían pasar .Cuando lo empezamos las preguntas no eran fáciles y me estresan mucho las preguntas me preocupaba pero no rendí porque sabía que tenía que pasar entonces empeze a ver las preguntas vei a los que terminaban y otra vez se nublo mi cabeza todos estaban terminando en mi cabeza me estaba diciendo que no lo iba a lograr pero sabía que si me apuraba tampoco lo iba a lograr empeze a solo enfocarme en las preguntas poco a poco. Empecé a terminar cheque mis respuestas cuando lo entregué estaba ansiosa después de algunos días me había olvidado del examen cuando ya se iba a acabar la escuela y me di cuenta que pues nunca me dijeron nada no dijeron que iba ir a la escuela de verano entonces me dijeron que pase me sentia increible era lo mejor .

En conclusión: si muestras resiliencia puedes pasar obstáculos o desafíos si usas resiliencia podrás llegar al éxito pasar retos difíciles además si no rindes puedes lograr tu meta y la resiliencia es algo que vas a tener que usar toda tu vida entonces aprende como usarla.



**Angel Roman, 5th Grade
Hodge Elementary**

Bold Resilience

**London Sease, 5th Grade
Hodge Elementary**

Have you ever been in a situation where you had to show resilience? Well I have.

When I was younger I was learning multiplication and I didnt understand how to do it at all. So I raised my hand and the teacher came up to me so I told the teacher “I don’t really understand how to do multiplication. Can you please help me?” But as soon as i said that my teacher said “no!” faster than a cheetah.

And the reason why she was angry is because she helped me so many times on how to do multiplication but I still failed at it.

So a couple hours later school was over and I was sitting on the cold cafeteria floor in the car line waiting for my car number to be called. A couple minutes later I heard one of the teachers call my car number 571 so I stood up and said bye to my friends and then left.

When I got in the car my mom asked “how was school?” And I responded with”good” So like ten minutes later we arrived at my house when me and my mom got inside i got a snack and went to the living room and thought about school.

The first thing that came to my mind was multiplication and so what i did was look up on youtube “how to multiply” then i watch and watched and watched and i finally found a good video to learn from so i went to my desk and sat down and copied the steps it told me to do. When I was done I was a master.

The next day at school it was math time and I was a pro at multiplication. I was the first one done with my work sheet. So I walked to the front of the class room and I put my paper in the turn in basket and then I walked back to my seat and as soon I was about to sit down.

“LONDON! Come here.” my teacher called. I was worried i didn’t know if i was in trouble or not so i walked to her desk and said “yes Mrs. Hutchinson?” And then she responded with “Since when did you get so good at multiplication?” And I responded with “i Taught myself at home because I knew it was a skill that I was struggling with and I wanted to get better” After I said that Miss Hutchinson was shocked. Then she told the whole class to go to the carpet

“Class y’all are going to learn a new way to do multiplication.” (said the teacher) Then I showed the whole class my way of doing multiplication. And this is a time where I showed resilience and did not give up. And ever since that day I felt more confident about multiplication and felt Comfortable if I did it by myself.

Adopt A School Essay

**Julia Gregorio Ramirez, 5th Grade
Hodge Elementary**

Un día cuando tuve residencia fue cuando jugué baloncesto y me hice un raspón.

Con esa experiencia yo aprendí, que a pesar de los golpes puedes seguir adelante.

Mi experiencia fue en 5to grado, en recreo. Yo estaba jugando baloncesto, y empezamos escogiendo los capitanes. Los capitanes fueron Sergio y yo, y en ese momento escogimos a los jugadores. Empezó el juego después de un tiempo íbamos 11-5 y mi equipo iba ganando. Una estrategia que use fue escoger a los más grandes después de 5 minutos yo iba a ser un pase a Nelson pero me torcí el pie y eso hizo que me cayera y me hice un raspón y me empezó a sangrar pero fui fuerte al no llorar.

Mrs Arunkumar llamó a la enfermera para que pudiera ir con ella. Me sangraba la rodilla y dejé rastros de sangre en el pasillo de 3 grado. Me tuve que echar jabón y limpiar bien y me dieron unas curitas y al rato estaba saliendo agua de la herida y me dolía mucho. En la casa me eche alcohol de medicina para que no se infectara la herida. Al día siguiente enfrente el miedo que me valía a caer e hice el tiro y no me caí y se la puede pasar el tiro a un niño. Yo fui fuerte porque temía que me cayera otra vez y me sentí muy feliz por superar el miedo.

The Paper Project

**Minha Tanzeel, 4th Grade
Houston Elementary**

One day in school, I was given a project to fold a piece of paper. But the piece of paper had to be even. I thought it was going to be smooth sailing, but when I was finished it didn't look right. In that moment I was thinking "How could I mess this up!"

I was confused and surprised.

I called my teacher to help and she said, "I believe you folded it unevenly." So me and my teacher unfolded it. I tried my best and gave it my all but then... it still didn't look right! I was starting to get annoyed. I asked my teacher for help and she did. My teacher showed me different techniques and it really helped!

Afterwards I straightened my piece of paper and tried again and didn't give up, then the paper looked right! At that moment I was feeling so proud of myself. Now when I feel down I look back to the paper project and I feel better. The moral of this story is that if you don't give up, you can do anything. Also it's ok to need help. Don't give up.



**Harper Welch, 5th Grade
Houston Elementary**

Resilience

**Lucciana Sanabria Munoz, 5th Grade
Houston Elementary**

This is my dilemma. Have you ever been in a situation where you felt uncomfortable and just wanted to be somewhere else, but you did not give up and kept going? I think it happens to everyone at some point, and it definitely happened to me.

Am I a resilient person? Maybe? I am not sure. Resilience means that even when things are tough, you do not give up. I remember a time at school when I did not have so many friends, and recess felt very hard. I would see other kids playing together and smiling, and it made me feel left out. It was tough being alone while everyone else seemed happy.

One day, I decided to change things. I started playing with my Rubik's cubes and reading books during recess. Instead of feeling sad, I found something I enjoyed doing. Over time, I realized that this was a special moment, I showed that I am resilient.

In conclusion, life can sometimes make you feel like you are alone, but if you do not give up, you can find your own way through tough situations. Remember, the pessimist sees difficulty in every opportunity, the optimist sees every difficulty as an opportunity.



**Audrey Lokken, 4th Grade
Martinez Elementary**

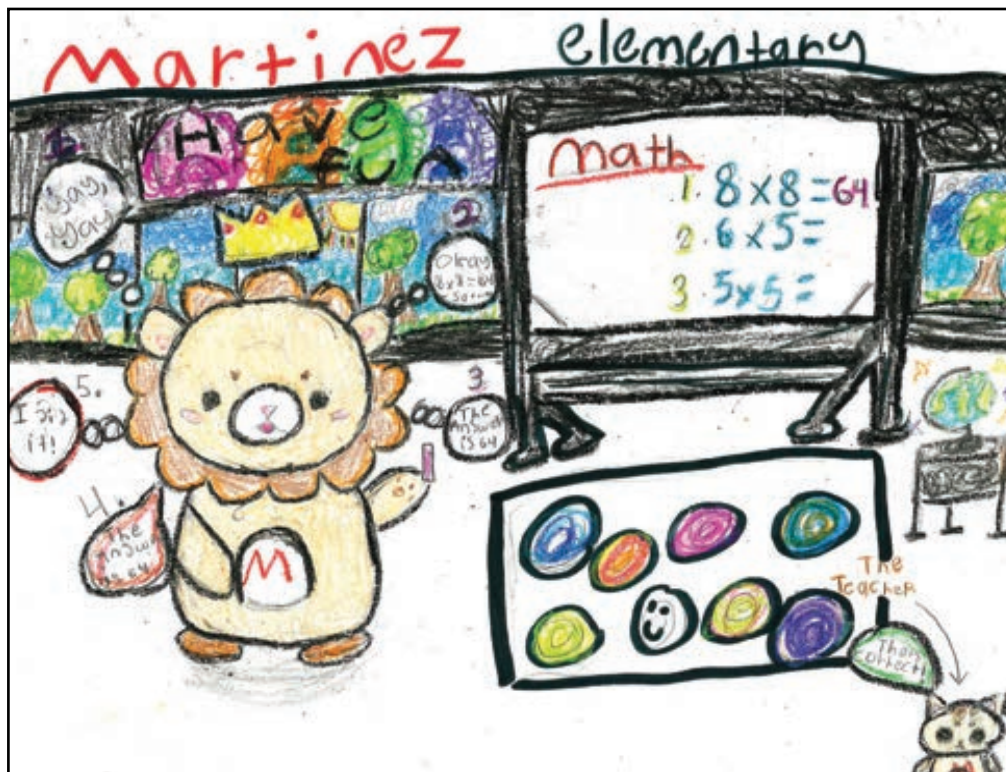
Monkeying Around

**Collins Hatcher, 4th Grade
Martinez Elementary**

Ahhh! I screamed as I fell off the monkey bars at school and landed on my arm. At that point, I knew it was broken! All these things ran through my head: OMG, my dad is going to be so mad! Will I still get to play softball? After going to two doctors, my worst fear came true—the doctor said it was broken.

I was mad at myself. It was the end of the school year and I was in sports. I decided to still play softball, participated in Field Day at school and did the Fun Run. I also made sure to stay on top of my work and not miss school, even with pain. All throughout that, I had perseverance. I was brave even though I had a cast and a broken arm. I showed resilience and did not give up!

Sure, I could've taken a break but that is not how I roll. Taking a break and not participating gets you nowhere. You have to figure out how to push through and find other ways. I learned how to bat left handed in softball, do things a little bit different than before and to stay off the monkey bars. Breaking my arm was bad but I learned some things!



**Serenity Lacey, 5th Grade
Martinez Elementary**

Resilience

**Abigail Flores, 5th Grade
Martinez Elementary**

When was a time you showed resilience in school? Is school sometimes tough? A time I showed resilience was my first STARR test because I was determined to master both math and reading, pass so I could get to the next grade, and most importantly because I wanted to learn new things.

One reason why I showed resilience was because of my STARR test because I was determined to master both math and reading. For example, I wanted to master because I wanted to get to the next grade and it just feels good to master it. On my first STARR test I really struggled. I still mastered it though. I tried my best and passed!

Last reason why I showed resilience was because I wanted to learn new things. For example, I wanted to learn new things because I wanted to get smarter. When I get smarter I can graduate, after I can go to college. When I go to college I can become a Veterinarian, a doctor, and even an engineer. After all of that hard work, I can get a job and make money! We don't rely on our parents to always give us money and take care of us for the rest of our lives. One day our parents might not even be around and we will have to make money ourselves. Some people don't say that we need school but in my opinion we really do. For example, Math they teach us Multiplication, decimals, fractions and so much more because it helps you when you get older. If you're a cashier sometimes you have to use decimals for money. One you get in high school math will be so much harder if you want to be an engineer you have to work really hard with every different subject. It has reading, science, and math.

In conclusion, I showed resilience on my first STARR test because I was determined to master both math and reading, pass so I could get to the next grade, and most importantly because I wanted to learn new things. When was a time you struggled in school or showed resilience? When I showed resilience, I struggled a lot.



**Madelyn Peterson, 4th Grade
McNair Elementary**



**Charlotte Trebus, 5th Grade
McNair Elementary**

Resilience

**Harper Phillips, 5th Grade
McNair Elementary**

Have you ever felt defeated after getting an answer wrong in school? If so, you're not the only one. School can sometimes be challenging, but students like you and me have to learn to put our best foot forward and be resilient! School can teach us many life lessons and one of them is resilience.

One way that school can teach us to be resilient is when you're feeling down or frustrated you have to learn to get back up and try again just like a superhero. Every student has that one subject they are the best at and the one subject they aren't so great at. One day I was doing a social studies paper and I just couldn't figure out the answer. So I gave it my best guess and went up to my teacher. Of course I got it wrong. I felt so defeated, but as the year went on, I soon learned that discouraging yourself or not having confidence is not going to get you anywhere in life. So next time you feel defeated, give yourself some words of encouragement like, "You got this! You are smart! You can do it!" Encouragement in life can make frustrating and hard times easier.

One last way that school can teach us to be resilient is when you come across hard and challenging moments, you have to look at the bright side of things. Looking at the bright side of things means to have a good attitude and get back up when you fall down. Once I was in class about a year ago and we were learning how to do long division. But for some weird reason I was really struggling. Every time I tried I would just stare at my paper and wonder how to do it, but that did not stop me from trying! I continued to try and practice and eventually I got the hang of it. The whole time I felt frustrated or defeated I would just think in my mind, "At least I made it here. At least I'm trying!" This helped me get through the challenging times. This shows that resilience can help a lot in school and in many more things.

In conclusion, school is the place that teaches us life long lessons. School can teach us many life lessons and one of them is to be resilient. To be resilient you have to get back up after falling down, give yourself some encouragement, and look at the positive side when things are hard.

Monkey Bars

Ellen Gonzalez Artilles, 5th Grade McNair Elementary

Las barras de monos fueron una pesadilla para mí. Yo tenía 5 años y todo el mundo sabía pasar la barra de monos menos yo, pero nunca me di por vencida porque mis amigas, hermano, prima y mis papas me estuvieron apoyándome hasta que lo logré. Esto es una historia muy larga.

Hace mucho tiempo cuando estaba en primer grado siempre teníamos recreo y me enteré que todas mis amigas podían pasar la barra de monos. Cuando me tocaba a mí tenía un miedo horrible pero no podía quedarme haciendo la ridiculez entonces lo hice con valor y lo que me pasó por ser la primera vez me caí y si lo que pasó es que hice el ridículo de todas formas. El siguiente día lo volví y volví y volví pero, se acabó el recreo. Como nos portamos bien nuestro premio fue otra vez recreo y lo volví a intentar pero no me di por vencida.

Meses pasaron y no lo lograba... un dia tuve bastante suerte pero no la suficiente para llegar al final solo llegue a la mitad pero el siguiente dia lo logre y me puse muy contenta. NUNCA TE DES POR VENCIDO.



**Kennedy Dotson, 4th Grade
Nelson Elementary**

Resilience

Kennedy Dotson, 4th Grade
Nelson Elementary

A time I showed resilience was in 1st grade up until 3rd grade because I had always thought I was bad at writing so I just didn't write. I would make excuses on why I could not write and that usually worked. I would write like 3 words at writing time and I would just staple papers together and put them in my folder. When I got to second grade it all changed. My teacher (don't worry, not in Denton ISD lol), was strict and rude and she would make you walk laps at recess if you did not write. So when I did write, it was never a story, it was just a paper of questions, and that did not sit well with me. I wanted to do better but I never did because I was not taught how to do better. Over the summer I learned how to write in cursive and I thought that this would help, and we also worked on a lot of math, thanks to my mom, but unfortunately, I still avoided writing. I realized that it was not how I wrote that stumped me, but what to write. Then third grade rolled around and I still did not understand how the writing process went. I thought it was going to be a great year but then it was getting close to the end of the year and the STAAR test was coming up and I was already scared and then my teacher said we were going to have to write an essay for the test and I froze. I knew right then and there I was in for a treat. I practiced day and night and somehow I got the highest grade you could get on the reading and writing test. That was the day I showed resilience.



Michael Suarez-Villareal, 5th Grade
Nelson Elementary

Resilience

**Faarisah Alamgir, 5th Grade
Nelson Elementary**

I think that there were barely any ways I was resilient but I've had my moments. This moment in particular was when I thought I was really resilient. During that time I was in 4th grade, my homeroom teacher was Ms. Martinez and I was in my 2nd year of expo or 3rd.

Me and my friends in expo, Ryder, Robert, Kyla, Kylie, Kaiya, Lorelai, Lincoln, Gabby, Girhvan, Gabriel, Sophia, and me had to make a new, fun, and game that's never been done before. We needed to have a partner and we didn't get to pick them. So Mrs. Cooksey picked the pairs, and they were, me and Robert, Lorelai was by herself because she wanted to, Ryder partnered with Kylie, or so I think, and those are the only teams I remember so far, I'm really bad at remembering things. Anyways, it was really hard to pick a sort of game of toy since me and Robert weren't that creative meanwhile everyone else was making away. Board games could've been one, but we had no idea what sort of board game, we also had no character, no ideas, although we had a pizza box! We decided that there were many board games and it would be too basic, and settled on a sort of card game.

Though thinking of what the card game would be about, look like, and if it could draw people in was a bit hard. So, we decided to make it a game about laughs while making it a challenge. The motive of the game is that if you don't laugh at the joke or picture on the card, you keep the card. If you do laugh at the joke, the other person keeps the card, later when the cards run out you count each of your cards and whoever has the most cards wins. Since me and Robert lived in different areas, and since we only have expo every two weeks we couldn't share ideas, but we managed. The materials of the card game were index cards, crayons, colored pencils, pencils, markers, and an old, small, little box that was big enough to fit about, maybe twenty-six index cards conveniently. During expo days, those days being, tuesday, and thursday. Me and Robert switched working on the game at each of our homes. Later when it was finally time we presented and everyone cheered!

In conclusion, this story was a time I was resilient (and so was Robert).

The Monkey Bars

**Myla McFarling, 4th Grade
Newton Rayzor Elementary**

I wish I could do the monkey bars I thought in my mind. I was in first grade when I finally did the monkey bars for the first time ever. I always wanted to do the monkey bars all the way across like my big brother Liam could. I thought it was impossible because I'm really small and the monkey bars are ginormous to a first grader. I've tried to do the monkey bars before but I always just give up and jump down and this time I was determined to do it! One recess I was playing with my friends and I saw the monkey bars and I thought "I should try to do the monkey bars again", but my mind also said "you can't do it" and I thought if you think you can do it, you can do it! So I tried to hold on tightly but the monkey bars just made my hands hurt. I just was about to give up when I remembered that gymnasts do the bars with powder on their hands so their hands wouldn't hurt so I tried to do the same. I found some dirt and sprinkled some on my hands then I tried again and my hands don't hurt anymore!! But then I realized another problem. I was scared and wanted to give up. Then I realized that I was looking down instead of forward which made me nervous so I looked forward and focused even though I was scared but I kept going and when I reached the end I did it for the first time ever!! I then realized that anyone can be Captain Resilience and face their fears!



**Oliver Esteves, 4th Grade
Newton Rayzor Elementary**

Resilience

**Brenda Hoeinghaus, 5th Grade
Newton Rayzor Elementary**

We can all relate to a time when we were scared or nervous but never did anything. We all know the sadness of not being able to do anything about our problem or someone else's. I can too, but one time I was able to build myself up again and do my best.

It was a nice cloudy morning with a cool breeze, my favorite weather. When I woke up I was feeling ready for the day. I went downstairs after taking care of my morning routine and woke up my parents. "Time for school!" I said in my happy voice. My mom woke up startled and I calmed her down with a long loving hug. "I can't believe you want to go to school." responded my mom after I let go.

"Why wouldn't I want to?" I asked, afraid of the answer. "Today is the STAAR test." my mom said while getting out of bed and heading to the kitchen. A chill went down my spine. The STAAR test, today! I raced to my backpack hoping I wouldn't see what my mom had prepared the day before. I quickly unzipped my backpack, closed my eyes for a quick second then I saw it. Right there in front of me was the adorable crochet bee wishing me good luck. No. No. Not again. I thought, staring at the big black cold eyes in the bee's head.

I arrived at school with the same annoyed frown from when I had opened my backpack at my house. No one was happy, everyone was wearing that same frown. That one frown that changed everyone's mindset, that same frown that made me not want to go to school.

As I walked into the classroom I wanted to do what I typically do when I arrive. Unstack chairs, get my snack, find my folders and journals hidden in the crevices of my backpack but all I could do was sit down and wait. No one to talk to, no one to listen to, nothing to do except dread what the next half hour would bring.

The time that I had dreaded the entire year had come. Before the STAAR test my teacher had said that if I was nervous I could always take a deep breath and count to 10. I did. I still felt as if all the cereal I ate was coming back up. I looked at the inspirational poster saying "you can do anything you put your mind to", then I remembered how happy I was this morning and how my score last year was amazing. I remembered the bee in my backpack and how mom put in so much love and care into turning two strands of yarn into the most adorable bee ever. Suddenly I felt confident, I felt like if I tried my personal best I could ace this thing. I felt resilient. I felt that I could do anything. I could do this.

A while later I got my test results. I thought about how confident I was and how I felt ready and like I could do anything. My mom went up to me and said "You got a 93% in both reading and math." I did it.

Because of this event I have always felt more confident in being my geek self and being able to do anything I set my mind to. Now in my 5th grade STAAR I am going to remember how good I felt when I got that score and how my parents and friends and teachers will love me no matter what score I get. I will remember that poster and how I am one of the smartest people I know. I will remember that I love myself and all who have helped me in my educational journey.

Thank you for reading my story. I hope this lesson brings you confidence in your hard times.

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Resilience

**Camille Cronk, 4th Grade
Paloma Creek Elementary**

A time in school when I showed resilience was when I went to EXPO and we had to learn about ourselves and do a presentation about what we had learned. There were also questions and we had to include the answers. It was hard to think about what the answers were, and being able to explain and organize the presentation. After thinking for a while and trying different ideas, I was able to find a good answer. After writing the presentation, we had to present it. I didn't really want to present, but I pushed forward and spoke loudly. When I got my scores back I did really well! I was glad I worked hard and did not give up!

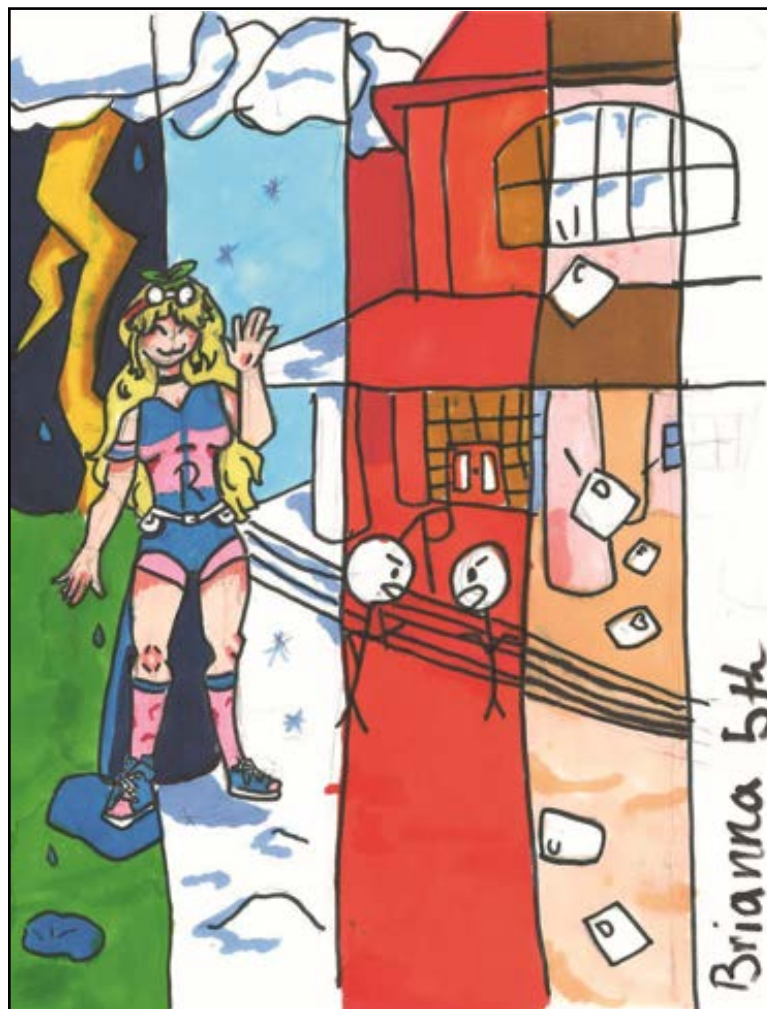


**Bryce Gasper, 4th Grade
Paloma Creek Elementary**

Resilience

**Carter Nguyen, 5th Grade
Paloma Creek Elementary**

During my 5th grade Science test - it sure was one pretty difficult test! We had about 3 days to complete it and I finished it at the last minute. I remember sitting there, hating every second I was in there. It took me 2 days to finally realize that my brain is in control of everything I do. So, I decided to quit wasting my time and show some resilience. After realizing this, I decided to not give up and put some effort into my test. I used every minute of my time wisely. In the end I completed my test as one of the last people, but I was still proud of myself for showing resilience and putting in effort. A few weeks later my teacher shared my results with me, and surprisingly I got a perfect score! Showing resilience during those times can be hard, but there is one key sentence to success...believe in yourself and put in effort!



**Brianna Barth, 5th Grade
Paloma Creek Elementary**



**Mehtab Singh, 4th Grade
Pecan Creek Elementary**



**Levi Pfullmann, 5th Grade
Pecan Creek Elementary**

A Time I Showed Resilience

**Oscar Antonio, 5th Grade
Pecan Creek Elementary**

The following information shows how I am resilient in school. I am resilient by showing my coaches that a captain has sportsmanship, skill, and leadership.

Mr. Jimenez is a good coach. I did have to practice a lot, but now I'm a captain for G.O.A.L and I'm really proud of myself. I always wanted to be noticed since I was six years old. I really HATE losing, but losing is what it is and at least we tried. Now, I'm eleven and I am captain. I show sportsmanship when I give a penalty to one of my teammates when they miss. I say "Hey it's okay you will make the other one. You miss some and you make some! You got this!" That's what Coach Jimenez looks for in a captain. My teammates look up to me. They might say "I wanna be like you one day". I motivate my teammates and say "practice till your legs and arms get tired. You'll see improvement."

In conclusion, I really give all the credit to Mr. Jimenez. I am resilient to show him I am thankful. I learned that quitters don't win and winners don't quit. I did not run away from my goal. I wanted to be captain and I did it.

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A Time I Showed Resilience in School

Brynnleigh Matthews, 5th Grade
Pecan Creek Elementary

This is a story of the time when I realized, in school, that I had resilience. It all started at ESD, on the playground, when I was in second grade. “Puh-LEASE!” I begged. “No, I’m not lifting you up. That’s the last time I’m going to say it. If you want to get up there, figure it out yourself.” the teacher said. I stomped my foot in rage as the teacher walked away. Her words echoed in my head. “Figure it out yourself.” I looked up at the red bar. It looked as if it was miles away. I looked down at Sammy, my stuffed polar bear, in my hand. Fury filled my body. I stuffed Sammy in my mouth and marched toward the ladder. I climbed my way up and moved to the top of the horizontal pole that held the red spinning things. I inched my way across and gradually reached the connecting point. Now comes the tricky part. I lifted one of my legs over and onto the red bar. I gripped so tightly to the bar that my knuckles started to turn red. I was trembling so hard from the fear of slipping and falling. I tried my best to look at Sammy in my mouth. It was as if she was whispering, “You can do it, Brynnleigh”. I, slowly, but surely, lifted my other leg onto the red bar. I pulled the rest of my body onto the red bar. I had done it. Not only had I completed my mission and faced my fear, but I had shown resilience. That was the moment that I realized that I had resilience. Then, taking Sammy out of my mouth, I raised my hands in triumph. “Hi, Suzy!” I called down to my friend. “Hi, Brynnleigh! You did it! I knew you could!” She called back. I smiled so hard it felt like it was shining as bright as the Sun. I hugged Sammy so hard. She was still a little wet from my saliva, but I didn’t care. “Without you, I’d probably still be on the ground staring up at the bar and crying.” I whispered to her. “You comforted me. Thank you.”



Christian Blalock, 4th Grade
Providence Elementary

The Expo Test

**Kristina Clark, 4th Grade
Providence Elementary**

Resilience, resilience is determination, grit, toughness and many more things. But this story is going to be about the time I had to take a test so I could be in EXPO. The EXPO test was REALLY hard but I didn't give up and I made it into EXPO. If you were wondering what EXPO stands for, it stands for extra potential. Do you want to be in EXPO, or are you already in EXPO? Let's talk about it!

I took the test for expo in second grade. I even had to take one more test because I was right on the line so I had to take that test so my EXPO teacher Mrs. Wood could tell if I was over the line or under the line. What do you know I got in! That is just one reason I had to keep calm and carry on!

I had a lot of friends testing in the same room. I was tempted to talk to my friends. And I also had one of my friends sitting at the same table as me for most of the tests. Her name was Kinsley. Also the test was SUPER hard so I was very tempted to ask what my friend put in. But I persevered and didn't ask and I think I ended up getting the questions right that I didn't know. Another reason I kept calm and carried on!

Whenever I was taking the last test or so I thought it was the last test I was thinking about. .. "yes! After this test I am free!" Then two days passed and I got pulled from my class from Mrs. Wood, my EXPO teacher. And she brought me to her room and she said I have to do one more test. "Aw man!" I said. The room was very quiet and lonely but good news! I wasn't tempted to talk or ask somebody for the answers. The last reason I had to keep calm and carry on!

But in the end it all paid off. Because I made it into EXPO and I have been happily doing it for roughly one year and a quarter. I am always excited to ditch class especially when we are doing something REALLY boring but that usually doesn't happen. And recently my EXPO teacher Mrs. Wood has been bringing her son's Guinea Pig to school and her son named it Rex. And just yesterday 8/21/24 I got to feed her Guinea Pig a carrot. And I got to brush it with a little comb and I also gave it a mohawk.



**Riley Robinson, 5th Grade
Providence Elementary**

Adopt-A-School Essay

**Brandon Lynch, 5th Grade
Providence Elementary**

When I was playing football I was up against the Saints for the second time and it was ten times harder than the first time but not only that but it was ten times more intense than the first time too. The first game we barely beat them but now we were ready to beat them and we did that good, and after the second quarter they started playing really dirty. Not only that but number 7 on their team made the time to go to our home stadium, just to make a video of him dancing and he was saying how he was going to beat us.

So when it was time to start the game we chuck hands flipped the coin you know that normal stuff before a football game then we started off on kickoff and that is when you kick the ball to the other team know, the ball is in the air and they catch the ball and they ran the ball to the 40 yard line and our coach was telling us “that’s too many yards don’t let that happen next time.” then after that that’s when I come in on defense of guard and the first play of the game I take a sack and that is when you tackle the quarterback behind the line of scrimmage. so I sack him then it is now second down and now they only get three more tries but yet I get three more sacks and it was now turnover on downs.

now it’s offense and I am playing at tide end and a tide end is a receiver that catches and blocks a lot and that is exactly what I did and at one point the entire crowd was cheering for me and I am not even lying I am one of the best players.



**Anisa Hayas, 4th Grade
Riverside Elementary**

Resilience

Elizabeth Vu, 4th Grade
Rivera Elementary

A time when I was resilient is when I was jumping on a bouncy castle, and someone pushed me off the slide and I fell backwards. It was painful because I twisted my leg when the person pushed me off. I cried a little bit, and I made my way to a bench and sat down. I didn't move because I felt better if I didn't. After a few minutes, it really hurt! Then, I was all hyper again. I ran up the ramp, jumped on the trampoline, and swung on the bars. I was finally feeling better! We were heading home from the party, and I was all tired out. My leg still hurt, but I didn't care that much anymore. I just wanted to get home and sleep. We finally got home at 5pm. It was the afternoon, but for me it felt like midnight. I ran to my bed and tucked myself into the blanket and fell asleep. The next morning, I woke up and almost forgot that I twisted my leg yesterday. I was proud of myself for recovering that quickly and not crying. At that moment, I knew I was being resilient. That's a moment I showed resilience.

El día del examen

Emily Matute, 4th Grade
Rivera Elementary

Un día me levanté a las 6:20 am para ir a la escuela pero cuando llegué a la clase me acordé que teníamos un star test yo me sentía nerviosa y pensaba que iba a sacar malas notas. Hasta que llegó una maestra con audifonos mrs. tierrafría mi maestra empezó a darnos instrucciones, abrimos las computadoras y nos metimos al examen. Empezamos y estaba difícil no le entendía pero trate y trate hasta que termine yo pensaba que iba a sacar malas notas. Pasaron y pasaron los días hasta que llegaron las notas y saque buenas notas. Después me quitaron de los grupos.

Yo me sentía muy feliz porque pude pasar de grado.

Lo que aprendí fue que puedes practicar un día antes que sea el examen y puedes tener buenas notas y así pasas el examen y de grado.

Switching Seats

**Jordan Alexander, 5th Grade
Rivera Elementary**

Have you ever had a difficult time being next to someone? I have. It was a Monday in fourth grade. My teacher had moved me next to a boy I was not too fond of. He would yell out and was very distracting. When I sat down at my new seat I felt really annoyed. He started making funny faces at me and I couldn't focus on my essay. I wanted to give up. I wanted to yell, but I didn't. I decided it was best to push through and get my work done. When I thought to myself, "It's okay, just ignore him and get your work done!" I was determined to get my essay finished. I was determined to push through.

When the boy noticed I wasn't paying any attention to him anymore he paused. His demeanor changed. He stopped his antics and focused on his own work. When I had finished my essay, I turned it in. The boy was not finished messing with me. When I went back to my seat he started making really annoying noises and sounds. I asked him, "Can you stop?" But he didn't. Again, you might be wondering if I yelled. No, I didn't yell. I was determined to push through and not give him a reaction. It was really hard to focus and I felt a little annoyed. Still I kept pushing through. I told the teacher my problem, she thanked me and sent me off. She did something about it and he finally stopped. The problem was fixed!

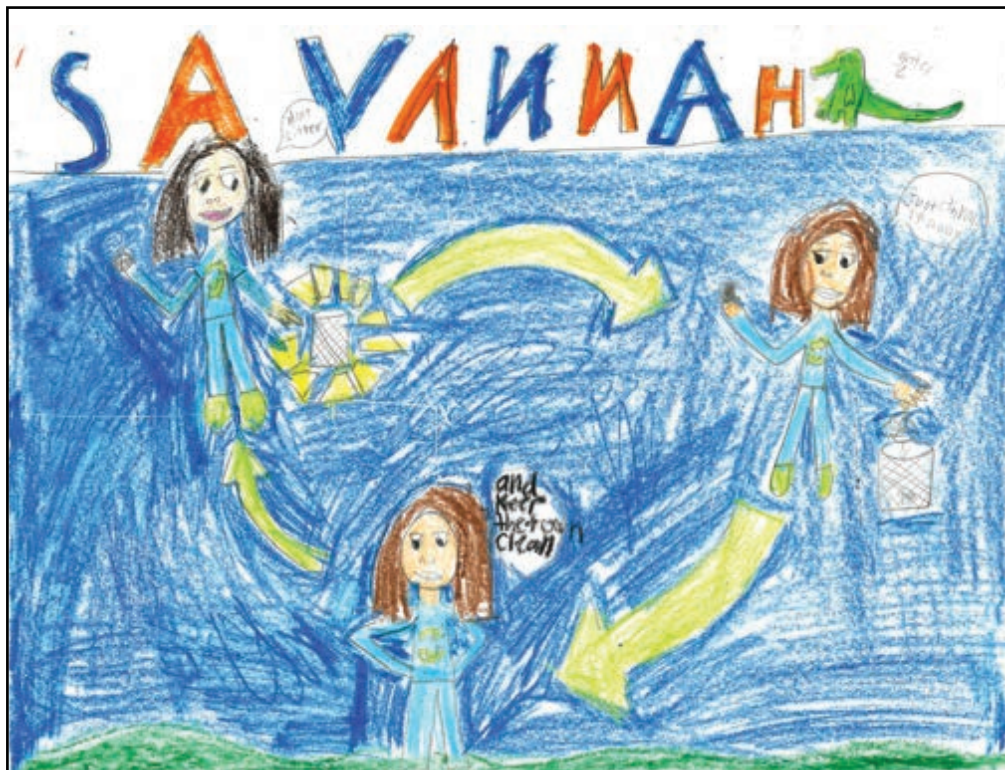


**Jackson Sanchez, 5th Grade
Rivera Elementary**

Resilience

**Emmitt Schulz, 4th Grade
Savannah Elementary**

In third grade I always used to play soccer and we weren't very organized. For example, we had no referee, we had no out of bounds, and lots of people would come and ruin our games. How would they do this you ask? Every time except for one of our games, someone would come, pick the ball up, and run away with it. That one game someone that was just playing in the goals, decided to save one of the slow moving shots that our team kicked. So anyway, our teams would usually be like this, our team had Bryce, Lincoln, Me, Johan, and some of the people that randomly decided to be on our team. Their team usually had Jayden, Ellis, Sebastian, Zoey, Witten, and also a lot of people that annoy me. Oh yah, in case you were wondering, about eighty-one percent of the time they had more people than us. So one time when we were playing, they got the ball first, they dribbled it up, shot, we didn't have a goalie so it went in. We got the ball, when we passed it they intercepted it, shot and scored. We were getting frustrated. We got the ball again, worked our way up field, shoot, and they saved it. They dribble up the field, shoot, then it bounces off the post. But when we least expected it they got the rebound and scored. I was our team's leader, so I was the one who had to make this work. We were down three to nothing (Which was by the way not a very high score considering what usually happens) so I changed the game plan. Here's some advice, when you're changing a game plan, change how your players pass, their position, and change the formation. Because this is exactly what I did. We worked our way up field a couple minutes later Johan took an angle shot, and somehow it went in. Not to lie though, still to this day I wonder how it went in. They got the ball, dribbled it, we stole it. This was about ten minutes later. We dribbled, I crossed it to Lincoln, and he scored. Two to three now, we were all celebrating, "Guys, let's go, come on!" I repeated. They were already halfway up the field. A couple minutes later we got the ball, booted it up field, Bryce got it, he took the shot and it went in. Three to three now and it was still anyone's game. There was probably about six minutes left of recess. We had the ball, well, I had the ball. I made my way up the field, I left my defenders behind, I took a shot, goal! It had gone in. Not to lie it was the moment after that when the teachers blew the whistle.



**Addalin Tesar, 4th Grade
Savannah Elementary**



**Madison Wellard, 5th Grade
Savannah Elementary**

Denton ISD Resilience Essay Contest

**Andi Russell, 5th Grade
Savannah Elementary**

Have you ever shown resilience in your life? Well, I have and this is how the story goes. I've shown resilience by not giving up when someone in my life said I could not do something when I sprained my foot doing a dance in first grade, and the last reason was my first-ever STAAR test.

One way I show resilience (courage) is by NOT GIVING UP! Even when it seems scary, and it will be scary sometimes, but what we have to do is not give up. Someone once said I could not do something because I was a girl. I was disappointed to hear that, but I never gave up. I kept going. After that day I was able to do anything I wanted and that is because I never gave up even when it was hard. Resilience is a way of showing that you are capable of not giving up and always having bravery and courage.

Another time that I showed resilience was when I injured my foot in the first grade and I had been dancing while doing it and I had done a spin and twisted my legs together and tripped and fell. It hurt really badly. I went to the hospital where they took x-rays of my foot and I sprained it. I was really sad, and mad and had a whole lot of different emotions. The good thing is that after it was half healed I was able to dance again. I only was able to do the things that I was able to do and it healed in only four weeks.

The last reason I showed resilience was when I was taking my first ever STAAR test. It was HARD! I studied and studied and I was serious about getting the highest score. Even though I didn't I was still proud of myself for working hard and trying to achieve an awesome goal. Honestly the math one was harder for me especially since I'm not that good at math. We all can do anything if we have resilience and never give up.

Overall all these hard times paid off and I learned my lesson to always have resilience even through hard times.

i-Ready Diagnostic

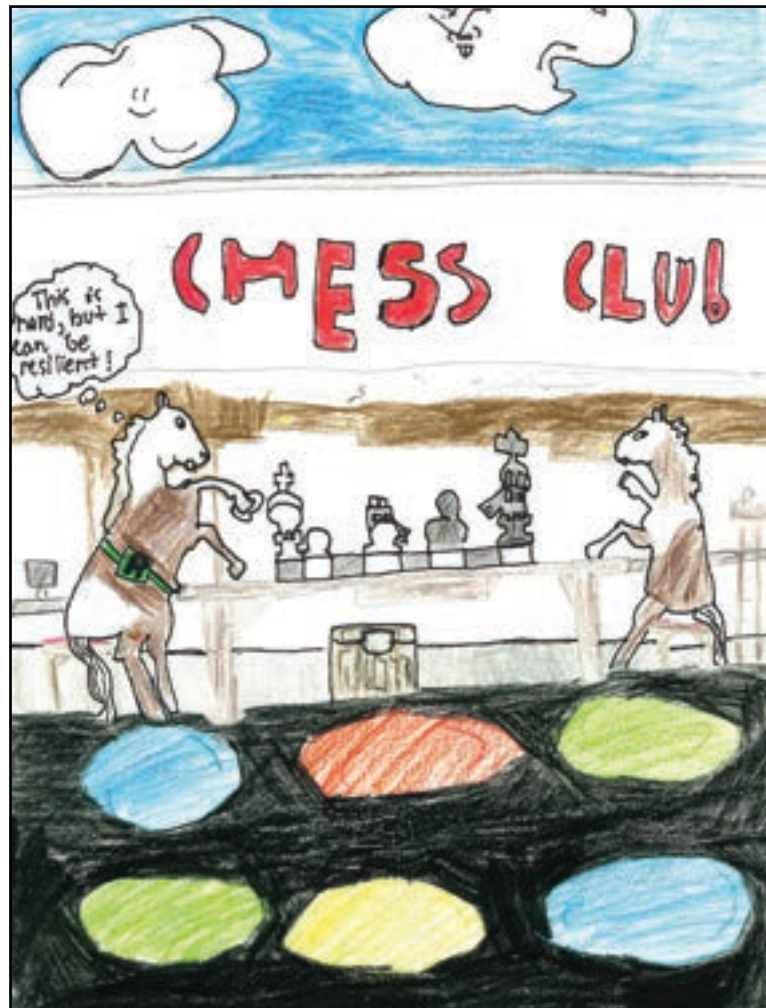
**Finnley Hodgkiss, 4th Grade
Shultz Elementary**

What is a way that you have shown resilience? One way that I had to show resilience is on the i-Ready diagnostic. Read with me if you want to know how hard I think the i-Ready diagnostic is and how I showed resilience.

One way I had to show resilience is because there were 60 questions! Even though there were so many questions, I never gave up. I had to push through the learning pit. The learning pit is when you are doing something that you think is hard. When you are in the learning pit, you usually go from “I don’t understand” to “I understand.” I did want to give up, but I kept trying. I knew I was in the learning pit.

Another reason I had to show resilience is because there were fractions on the diagnostic. Not fractions from second grade, but adding fractions! It was hard, but I showed effort. I found snakes and chose a smart answer. Snakes are a way of showing wrong answers. What I mean is, if you are answering a question that has multiple choices, instead of x-ing out the wrong answer, you can use snakes instead. What snakes look like is a little squiggle.

Even though it got hard, I kept trying. I tried my best to finish. I showed tenacity, because I never gave up. Even though it felt like a fifth grade test, I kept going. I have learned not to give up. Resilience has pushed me through to the top of the learning pit!



**Justin Carney, 5th Grade
Shultz Elementary**

A Beautiful Skill To Have

**Etta Hepker, 5th Grade
Shultz Elementary**

Being resilient means a lot of things, and in my case, it means believing in myself and learning I’m capable of more than I know. Resilience is a crucial part of life, steering us through hard times while acquiring a new skill along the way. I am new to school this year, as I have been homeschooled my whole life and it’s taking me a while to find my groove. But with the help of my teachers, parents and newly found friends, I know the day I do is not far off.

My teachers have supported me from the very beginning. From gluing in my homework to letting me take homework I didn’t have time for. However, I miss class because of EXPO and find myself with piles of paperwork. And to top that, some of them I don’t even know how to do. The rest of the class watched slideshows and got instructions, and though my teacher pulled me aside, I just couldn’t understand. I’m allowed to take my work home, but it doesn’t leave a lot of time for fun. I often stress out, only making the time longer. Resilience is a useful skill to have in situations, big or small. Especially when you have trouble calming down or staying focused. Sometimes tuning in can be hard, and it might not be the most enjoyable bit of learning. But when I focus, I find I can get work done easily.

Of course, I was not alone in my somewhat silent suffering. My parents were supportive, and they could always focus on me, because I am an only child. They helped me space my time between working and brain breaks like reading, taking a short walk or other activities. When I feel I have a lot of work to do, I often get unrealistically nervous, and it helps me to have support in areas I feel I need it. My parents helped me realize that I was spending too much time stressing about things I could get done in half the time I spent worrying about if I actually worked.

And I had support inside the classroom as well. My friends, though new, had helped me release the worked up feeling inside my stomach, though only for a little while. Sometimes when I get nervous, I can think really negative thoughts about myself, and I was helped by both friends old and new. We talked and played and learned, all side by side, but when it’s about grades, sometimes it can be hard to relate. Sometimes people with higher grades than others can’t understand what is so hard for their peers. Or the students with lower grades don’t understand why others worry. Whatever the case, sometimes resilience is one of the harder traits to achieve. But then again, sometimes it helps us grow.

All in all, resilience is always a great way to power through something, or to dig deep and keep trying, time and time again. It can be hard to acquire and even harder to maintain. But it can be helpful and wonderful, a beautiful skill to have. Something to cherish over time and problems in any situation, whether that’s late homework, stressing about tests or any other situation you might find yourself in. My experience may be different from yours, but all of us will use resilience at some point in our lives. Building this tool can be tricky, though not so hard when you have teachers, family and friends to guide you along the way. Without these vital resources, resilience would be extremely hard to come by. So take a bow! It’s ok to be last, because with resilience, you won’t be the least.

EXPO

**Jason Roman-Acevedo, 5th Grade
Shultz Elementary**

Najera me dice yo pase y estoy muy feliz, la conclusión de esto es nunca te rindas.

Un día yo estaba pasando mi día normal en 4to grado y mi maestra que se llama Ms. Najera me dice Jason ¿tu estas en Expo? y yo le digo que no. Pues me dice que tu eres inteligente y debes ir a Expo. Si no saben qué es Expo, Expo es una clase aparte de las otras clases normales, pero hacen cosas más divertidas y que debes pensar más, para pasar los juegos de Expo. M.s Najera me dice que si me puede asignar para ver si puedo pasar el examen de Expo, para entrar en Expo. Yo le digo a M.s Najera que le voy a preguntar a mis padres si puedo decirle que si me asigne.

Cuando yo llego a mi casa después de cenar yo le pregunto a mis padres si yo puedo decirle a mi maestra que “si pueden asignarse” y ellos dicen que si pero yo no me esperaba lo que me tocaría hacer, entonces yo duermo y cuando me despierto estoy emocionado porque yo probablemente puedo entrar a Expo pues cuando llego a mi clase yo le digo “te acuerdas de lo que me estabas hablando sobre Expo” ella dice que si, y yo le digo “si puedo, mis padres dijeron que si” entonces como 2 meses después hay una mujer que dice me puedo llevar a Jason y a dos niñas más y mi maestra dice si. Yo voy con esa maestra y le digo que vamos hacer y ella dice el examen de Expo.

Cuando yo llego a el salon veo un espacio pequeño y me siento en una silla abrimos unas computadoras y es donde hice el examen pero ese examen era de completarlo en diez minutos, pues yo hago el examen en la computadora y era tan difícil y me estreso mucho pero lo que no me dijeron era que había 5 exámenes mas y cuando yo complete los cinco exámenes yo pensé que no iba a pasar. Cuando falta poco para summer Ms. Najera me dice yo pase y estoy muy feliz, la conclusión de esto es nunca te rindas.

Resilience Story

**Aaliyah Whitlock, 4th Grade
Stephens Elementary**

I showed resilience at school during the STAAR test. When I got to school, I was already having a rough day because I hadn't slept well the night before. I struggled to stay awake and stay focused. The test seemed like it was never going to end.

I asked to use the restroom to stretch my legs and get a sip of water. When I returned to my desk I felt more confident that I could do this. I began reading my first passage to the beat of my favorite song. Somehow this technique got me through the passage quickly.

Once I got to the questions this part was easy for me because that was usually my favorite part. I read the passage again just to double-check my answers. By this time I've convinced myself that I could get through this before you knew it I was on the last section of the test.

Despite these minor challenges I faced at the start of the STAAR test I overcame them and ended up doing really well. I have learnt that you shouldn't give up when things seem hard and that you can achieve anything if you show resilience like I did.



**Zhuri Peralta, 4th Grade
Stephens Elementary**

Resilience

**Rowan McCollum, 5th Grade
Stephens Elementary**

Have you ever had to do something challenging, but you do your best anyway? I am going to tell you how I showed resilience during the I-ready diagnostic. It was super long, very hard and most of all it was a lot of reading. Keep reading to find out more!

The first reason is because it was super long. It was all day long.. Yeah I know, crazy right?! I finished in 1 hour, which means I had to sit there for 4 hours. When we were done all we could do was read or put our head down.

The second reason is because it was hard. There were some things I had not learned yet in the school year. I had to take my best guess on those questions. I had to read and remember long stories and answer all the questions about them.

The last reason is because it was a lot of reading. Reading makes me feel tired and drained. Even after all that reading I had to read on the test, my only choices were to read a book or sleep when I was finished. A whole day of reading made me exhausted.

I showed resilience during the I-ready diagnostic. It was super long, very hard, and it was a lot of reading. Do you have something that was challenging, but you got through it anyway?



**Marko Hansen, 5th Grade
Stephens Elementary**



Aayaat Sumon, 4th Grade
Union Park Elementary

The STAAR Test

Samayah Irven, 4th Grade
Union Park Elementary

The day of the star test was so scary. Once it was finally time to do it I was so nervous. But it was just everything I already knew so I tried, but I started to give up . The STAAR test was just so scary, and I was very very very nervous. I didn't want to be the last one. It would be so embarrassing, and everybody would get mad at me. But I started to tell myself some encouraging words, and I started to believe in myself. But I was still scared and I had to finish it. My teacher told me to take a break.

Once my break was over, I told myself something my cheer coach told me. I was trying to get my backhandspring right, and he told me, "If you can't do it confidently, then you have to do it scared." So I did the star test. Now it's out of my centroll. Now it's time for me to party with my friends! And if I get a bad score, so what. I will do better next time.

The message of my story ... It is that you need to believe in yourself. It doesn't matter what other people think, you just need to believe in yourself, tell yourself some encouraging words or take a break. Whatever works for you best. Good luck to all you future STAAR test takers. I already know you will score higher than the grade you got last year.

Your friend,
Samayah Irven



**Zoe-Savannah Elimian, 5th Grade
Union Park Elementary**

Resilience

**Jade Davis, 5th Grade
Union Park Elementary**

Hi, I'm Jade. On the first week of school I had emotional anxiety. It was hard for me to do things in school. I didn't want to go outside, and I didn't want to eat with people. Every day was such a struggle. I would always cry, I couldn't help it. My teachers would always help. I talked to the counselor and she told me some ways I can help myself be great. Some days later I found some confidence in myself. I didn't let my emotional anxiety get in my head. I tried things I like, and I talked to people. After that I started seating at tables with others, and I started going outside normally. I got better every day. Every time I had anxiety I brushed it off. I keep trying to keep myself on my positive side instead of my negative side. Now I feel normally, I feel like I have friends again. and Yes, sometimes I have emotional anxiety, But I brush it off.

Resilience

Silvia Mendoza, 4th Grade
WS Ryan Elementary

Adopt a School Essay 2024 - "Write about a time in school where you showed resilience and did not give up."

The world is going to tell you that you're not enough, your job is to ignore those things. A time when I showed resilience was in 2nd grade.

I showed resilience in 2nd grade when I had just moved schools. I overcame that people were calling me small, I cared at first and then I didn't. When a person first said I was small, I was hurt and dreaded hearing it. My dad told me that he was the same way and to ignore it.

I got through being small and embraced it. I loved myself and I don't care what bad things others think about me.

I was resilient when I listened to my dad and never gave up and believed I could be small but still do big things.



Thomas Celaya, 4th Grade
WS Ryan Elementary

Learning a New Language

Alexa Perez Estrada, 5th Grade
WS Ryan Elementary

Have you ever found a language hard that you had to learn? I had when I was learning English. I only knew Spanish but not English but I practiced so I could be better. I had to also prove to my mom that I knew English so I could have a better education and learn 2 languages or more. I wanted to also set a goal and to not give up.

I only learned Spanish at that time. My mom told me I needed to learn English for a better education. I had to learn English for very good reasons but my big sister has told me that I had to also prove it and learn how to speak English, write, and read. I always practiced at school but sometimes there was no time. I then wanted to learn English so I set up a goal so I could learn English for the first time.

At first I didn't know what to do but when I came to specials I didn't understand. In p.e, music, art, library were all in English, so that was a reason why. When I come back from specials I always grab a Spanish book but I took an English one and gave it a go! I wasn't used to this but I kept going and also tried to read it out loud. Until Finally I learned English! Even though it took a while I never gave up on it. Now I had a completed goal so that I could prove it to my Family and friends.

I didn't give up on learning English. Even though it was hard for me to learn English, I finally knew english probably not as perfect to speak or sometimes write but I still kept going on learning a new language. I am so proud of myself that I practiced and took patience on learning a new language. Also I am grateful to learn this language and my suggestion is to not give up sometimes on what you do that can probably change your life.



Ariadne Hall, 5th Grade
WS Ryan Elementary

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INDEPENDENT SCHOOL DISTRICT