

**School Health Advisory Council
February 11, 2026**



I.	Welcome– Catalina Flores-Rau, SHAC Chair	(Time: 12:00 - 12:05pm)
A.	Brain Energizer - Kim Taylor	5 min
II.	Presentations	(Time: 12:05-12:50pm)
A.	Fuel Your Brain. Fuel Your Game. - Misty Cey, RD, LD, CPT	25 min
B.	Mental Health Supports Training for Region IV - Ashley Whitley	20 min
III.	Administration	(Time: 12:50-1:20pm)
A.	Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist	5 min
B.	Vote on Minutes from previous SHAC Meetings - Derek Craig, SHAC Secretary	5 min
C.	Board Nominations– Catalina Flores-Rau, SHAC Chair	5 min
D.	Legislative Review – Sumita Ghosh, PhD, JD, Advocacy Advisor to the SHAC	10 min
E.	Past & Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist	10 min
IV.	Meeting in Closed Session Subcommittees Convene	(Time: 1:20-1:30 pm)
V.	Meeting Closure- Catalina Flores-Rau, SHAC Chair	

Brain Energizer

Shake Down

313

224

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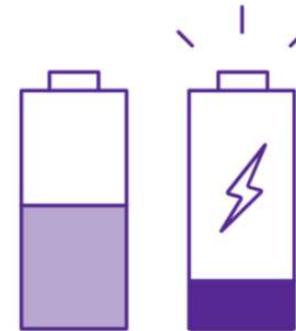
In this short and very physical energizer, the group shakes out their bodies one limb at a time. Starting with eight shakes of the right arm, then eight shakes of the left, eight shakes of the right leg, then eight shakes of the left. It continues with a round of four shakes of each limb, then two, then one, ending in a big cheer. A good energizer when time is limited and the main aim is to get people moving.

🕒 Duration: 5m - 30m

👥 Participants: 10 - 40

🕒 Difficulty: Low

HI by Hyper Island





From Mandate to Meaningful Impact

How Fort Bend ISD Meets HB3 Through S.U.P.P.O.R.T.S.



SUPPORTS

Ashley Whitley LMFT-S
Regional Coordinator-Mental Health
Special Education Department
Region 4 ESC



Why Mental & Behavioral Health Training Matters



Student mental health needs are increasing



Staff are often first responders



Consistent training improves prevention & response

Why This Matters for SHAC



HB3 compliance



Student & staff mental health



District accountability

Sustainable implementation



HB3 Mental Health Training Requirements

What Districts Are Required to Do



Select an evidence-based training



Address required content areas

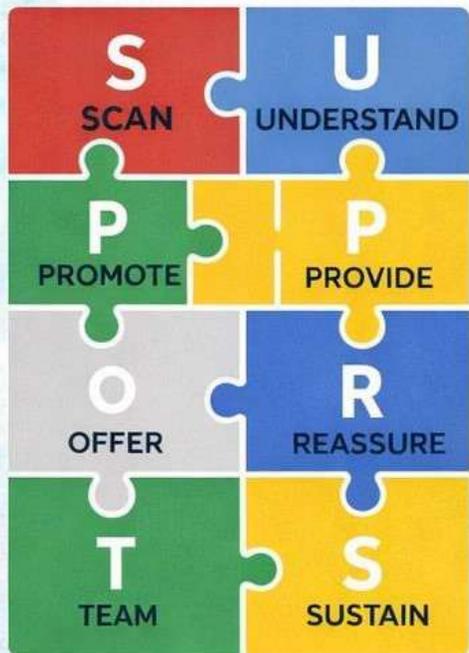


Train staff at scale

Ensure ongoing implementation



SUPPORTS as the Chosen HB3 Training



S.U.P.P.O.R.T.S.

- ✓ Evidence-based framework
- ✓ District-reviewed & approved
- ✓ Designed for school systems
- ✓ Aligned to state expectations

Awareness, Prevention & Foundations



- ✓ Mental health & substance use awareness
- ✓ Prevention & school safety strategies
- ✓ Child development, trauma, ACEs, grief
- ✓ Tiered & developmentally informed

Promotive & Protective Factors



- ✓ Protective factors
- ✓ School-based mental health promotion
- ✓ Strength-based strategies

Experiential Learning & Help-Seeking



- ✓ Experiential activities
- ✓ Crisis awareness & response
- ✓ Help-seeking & support pathways

Early Identification & Warning Signs



- ✓ Risk factors
- ✓ Warning signs
- ✓ Early identification strategies

Supporting Students in the School Setting



- ✓ Classroom-based strategies
- ✓ Teacher response tools
- ✓ Inclusive supports for diverse learners

Family Engagement



- ✓ Respectful parent notification
- ✓ Collaborative communication
- ✓ Guidance for next steps

HB3 Mental Health Training: Statutory Timeline



- ✓ 25% trained → before 2025-2026 school year
- ✓ 50% trained → before 2026-2027 school year
- ✓ 75% trained → before 2027-2028 school year
- ✓ 100% trained → before 2028-2029 school year

Fort Bend ISD Progress Toward HB3 Benchmarks



- ✓ 8,043 staff trained
- ✓ $\approx 90\%$ of applicable district employees
- ✓ Includes campus & district staff

Training Reach & Scale



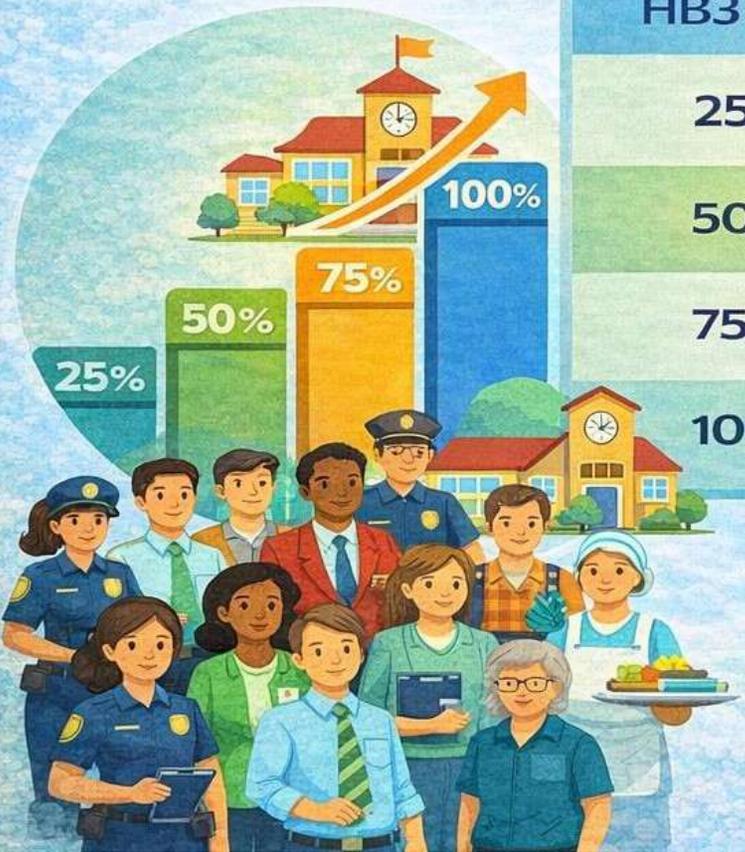
- ✓ 204 trained facilitators
- ✓ 7,284 campus staff
- ✓ 559 other district staff
- ✓ 8,043 total staff trained

≈ 90% of all staff



HB3 Timeline vs. Fort Bend ISD Implementation

HB3 Requirement	Required By	FBISD Status
25% trained	2025–2026	✓ Exceeded
50% trained	2026–2027	✓ Exceeded
75% trained	2027–2028	✓ Exceeded
100% trained	2028–2029	✓ On track



Why Early Compliance Matters



- ✓ Sustainable pacing toward 100%
- ✓ Reduced implementation pressure
- ✓ Stronger staff readiness
- ✓ Consistent practices across campuses

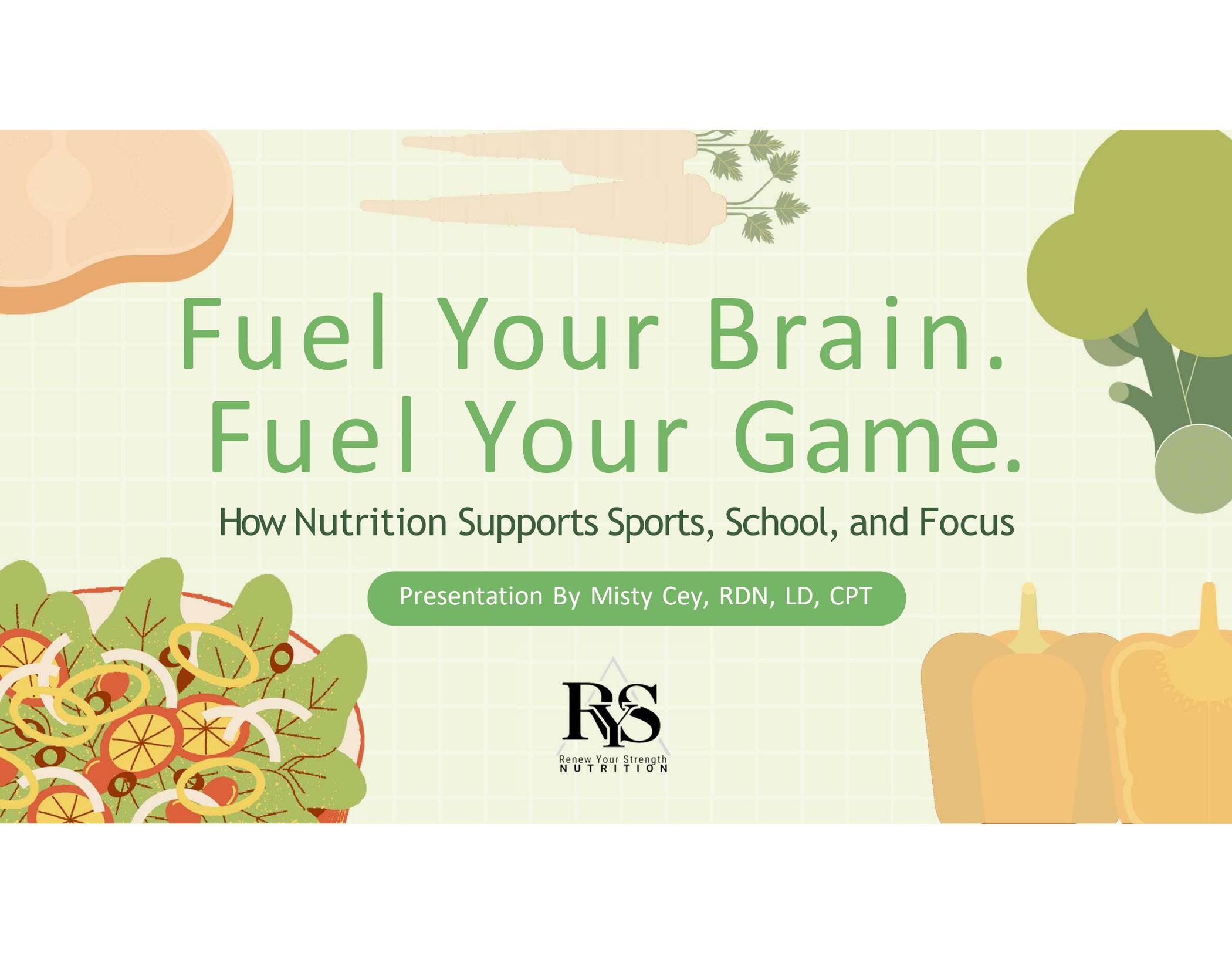
Success Beyond the Numbers



- ✓ Early compliance with HB3
- ✓ Districtwide consistency
- ✓ Embedded training model
- ✓ Success Beyond the Numbers

Any Questions?





Fuel Your Brain. Fuel Your Game.

How Nutrition Supports Sports, School, and Focus

Presentation By Misty Cey, RDN, LD, CPT





Why Nutrition Matters

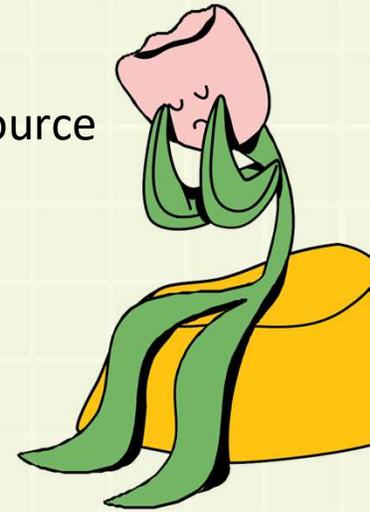
Your brain and your body both need fuel

Nutrition impacts:

- ★ Energy during practice and long school days
- ★ Focus, memory, and test performance
- ★ Recovery, sleep, and stress levels

Food = Fuel for the Brain

- The brain uses glucose (from carbs) as its main energy source
- Skipping meals or cutting carbs can lead to:
 - Brain fog
 - Trouble concentrating
 - Slower reaction time
- Eating regularly supports:
 - Learning
 - Decision-making
 - Emotional regulation



The Performance Plate



- ½ plate: fruits & vegetables → vitamins, minerals, antioxidants
- ¼ plate: protein → muscle repair, focus, steady energy
- ¼ plate: carbohydrates → fuel for sports and school
- This approach works for:
 - Student-athletes
 - AP / honors students
 - Busy teens juggling practices, homework, and activities

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies—and the greater the variety—the better. Potatoes and french fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

© Harvard University



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

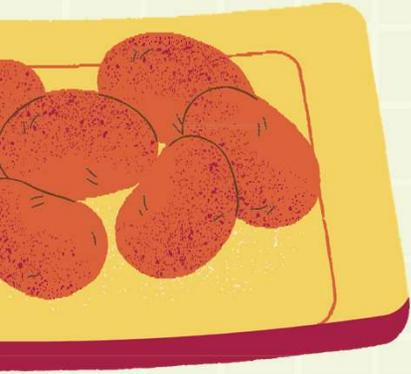
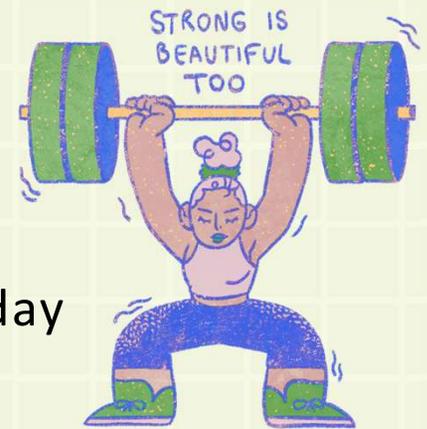
Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School
Harvard Health Publishing
www.health.harvard.edu



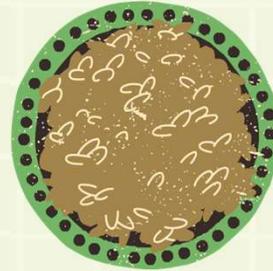
Protein —More Than Just Muscle

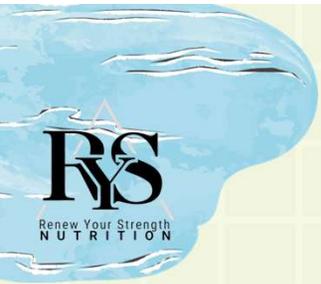
- Protein helps with:
 - Muscle repair and growth
 - Staying full between meals
 - Preventing energy crashes
- Teens often under-eat protein earlier in the day
- Aim for protein at:
 - Breakfast
 - Lunch
 - Snacks (especially before or after practice)



Carbs = Fuel

- Carbs power:
 - Muscles during practice
 - The brain during class and tests
- Low-carb often means:
 - Low energy
 - Poor focus
 - Slower recovery
- Smart carb choices:
 - Fruit, brown rice, potatoes, oats, pasta





Hydration & Brain Function

- Water should be the main drink most of the day
- Sports drinks:
 - Useful for long or intense practices
 - Not needed during class or all day
- Even mild dehydration can affect:

Focus

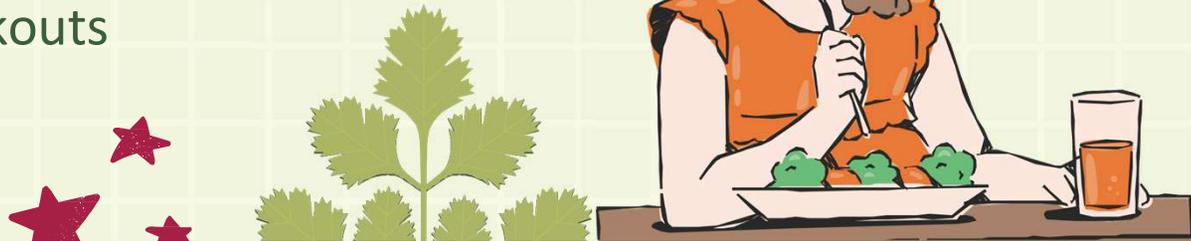
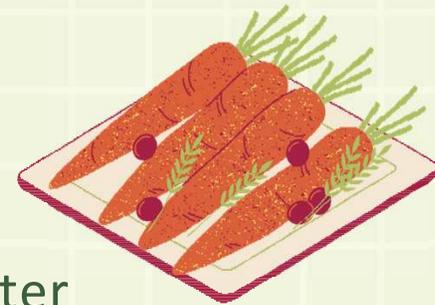
Memory

Reaction Time



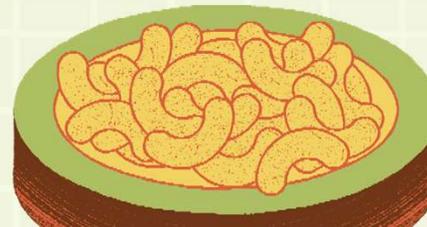
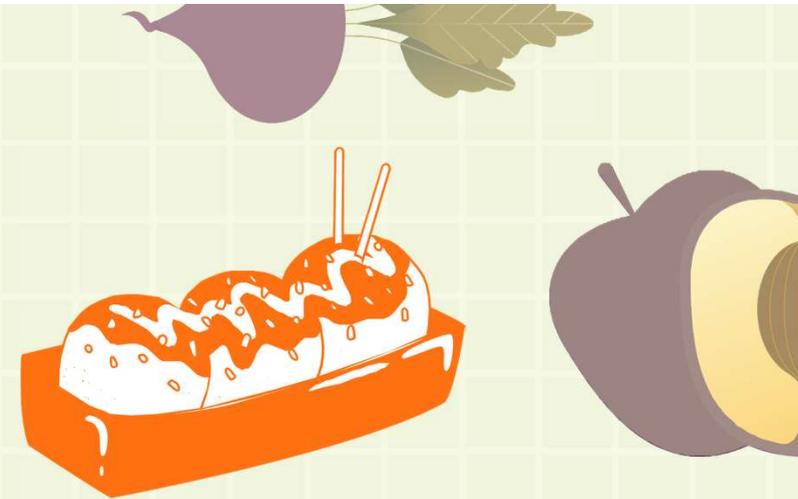
Common Myth #1 – “Skipping Meals Helps You Stay Lean or Sharp”

- Truth:
 - Skipping meals hurts performance
 - Leads to energy crashes and overeating later
- Regular meals support:
 - Stable blood sugar
 - Consistent focus
 - Better workouts



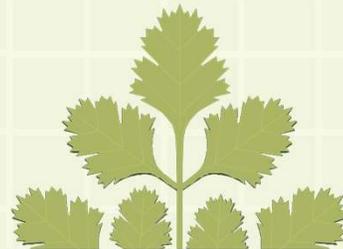
Common Myth #2 – “Carbs Make You Tired or Gain Weight”

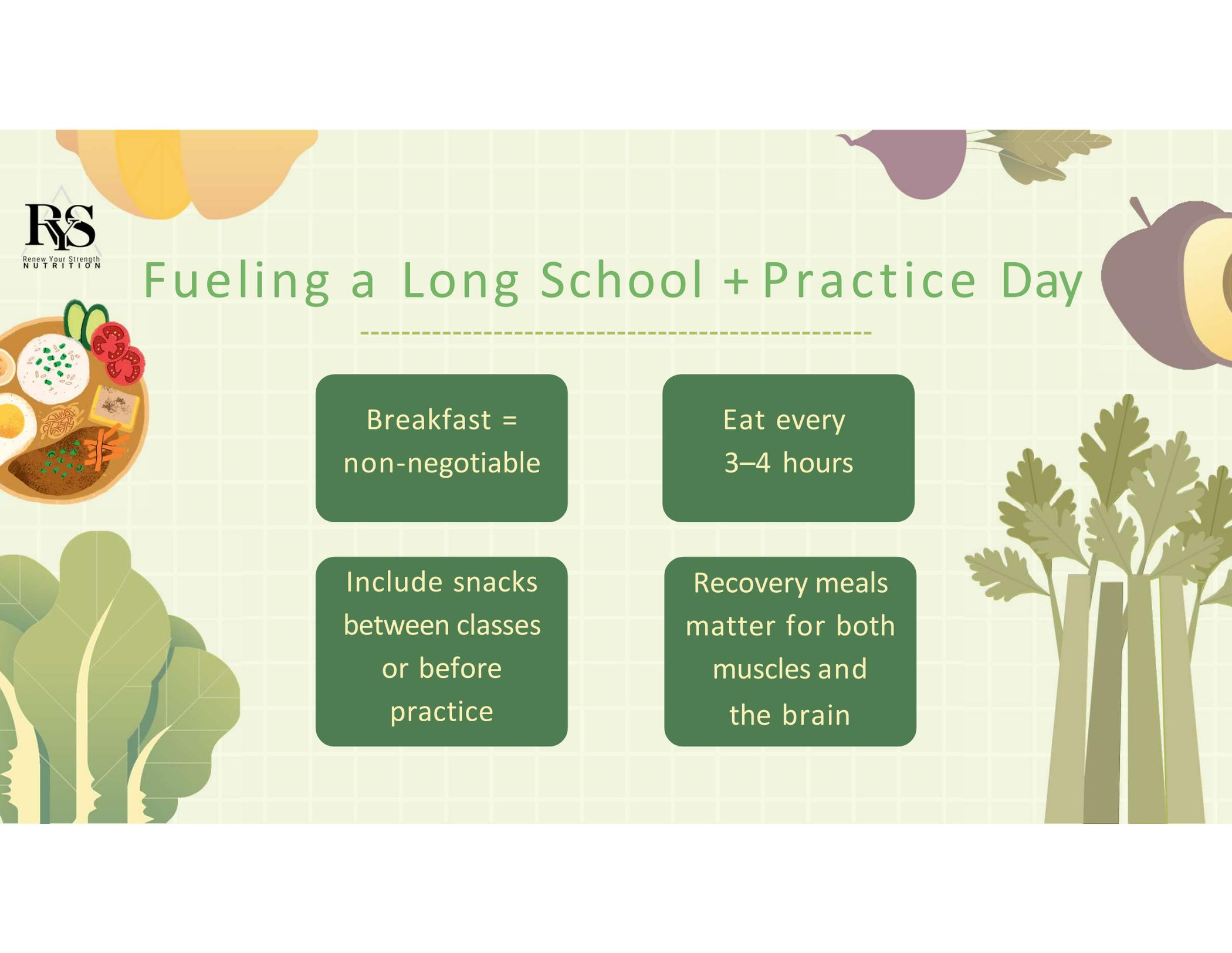
- Truth:
 - Carbs don't cause weight gain—overeating does
 - Athletes and students need carbs to perform
- Cutting carbs often leads to:
 - Poor workouts
 - Sluggish thinking
 - Increased cravings



Common Myth #3 – Supplements & Energy Drinks Are Necessary

- Truth:
 - No supplement replaces real food
 - Energy drinks can:
 - Increase anxiety
 - Disrupt sleep
 - Hurt focus the next day
- Especially risky for teens
- Sleep + food > caffeine





Fueling a Long School + Practice Day



Breakfast =
non-negotiable

Eat every
3–4 hours



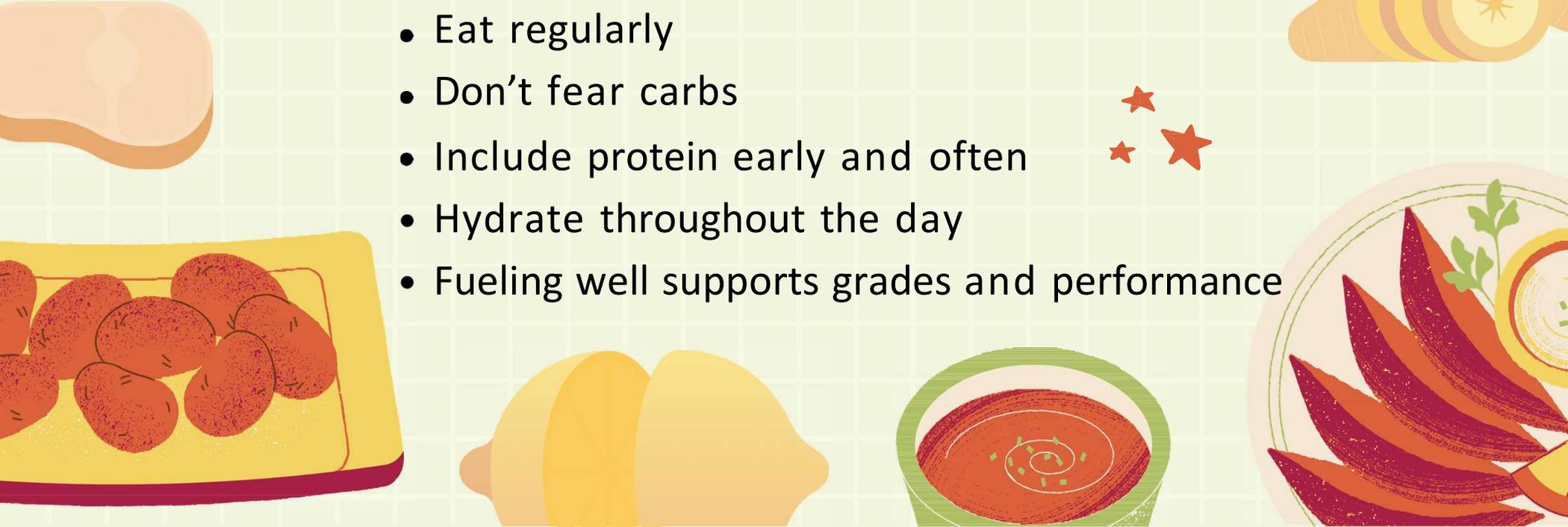
Include snacks
between classes
or before
practice



Recovery meals
matter for both
muscles and
the brain



Key Takeaways for High Performers

- Eat regularly
 - Don't fear carbs
 - Include protein early and often
 - Hydrate throughout the day
 - Fueling well supports grades and performance
- 



rysnutrition.com

THANK YOU!

I'd be happy to answer some questions.

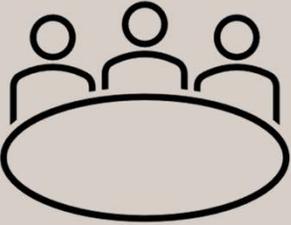
Presentation By Misty Cey, RDN, LD, CPT

 RYS Nutrition  @renew.your.strength

Brain Break

Top 10 Reasons You Know You Need a Brain Break

1. You are fidgeting instead of concentrating.
2. Your neck hurts from all of the nodding off you've been doing.
3. Your teacher just called on you and you don't know the question.
4. You have hit the ripple bumps on the side of the highway while driving.
5. You have just read the same sentence over three times.
6. You can't remember anything the speaker has just said.
7. Your work production is going way down.
8. You have been standing or sitting in one place for too long.
9. You have rewritten a sentence four times.
10. Your class or group has that glassy look in their eyes.



Board Nominations

2025-2026

- FBISD SHAC Chair-Ana Catalina Flores-Rau
- FBISD SHAC Co-Vice Chair-Nicole Juracek
- FBISD Secretary- Derek Craig
- FBISD SHAC Ex-Officio Chair-Allison Thummel, MPH, RDN, LDN
- FBISD SHAC Membership Coordinator-Jigisha Doshi
- FBISD SHAC Parent Advocacy Lead-Sumita Ghosh

Current Nominations:

2026-2027

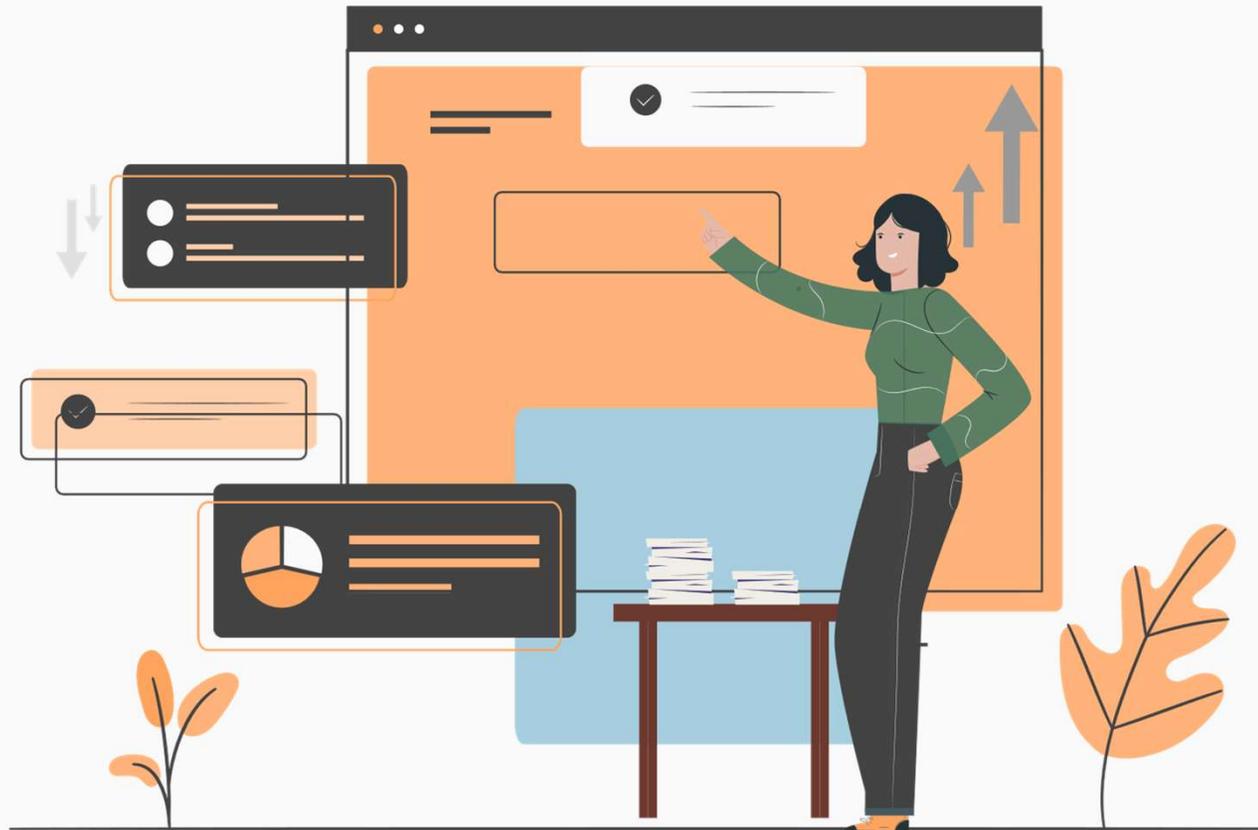
- FBISD SHAC Chair-Nicole Juracek
- FBISD SHAC Co-Vice Chair- ??
- FBISD Secretary- Derek Craig
- FBISD SHAC Ex-Officio Chair-Ana Catalina Flores-Rau
- FBISD SHAC Membership Coordinator-Jigisha Doshi or *maybe Whitney Moody*
- FBISD SHAC Parent Advocacy Lead-Sumita Ghosh

Please Share Any Additional Nominations.

WELCOME!

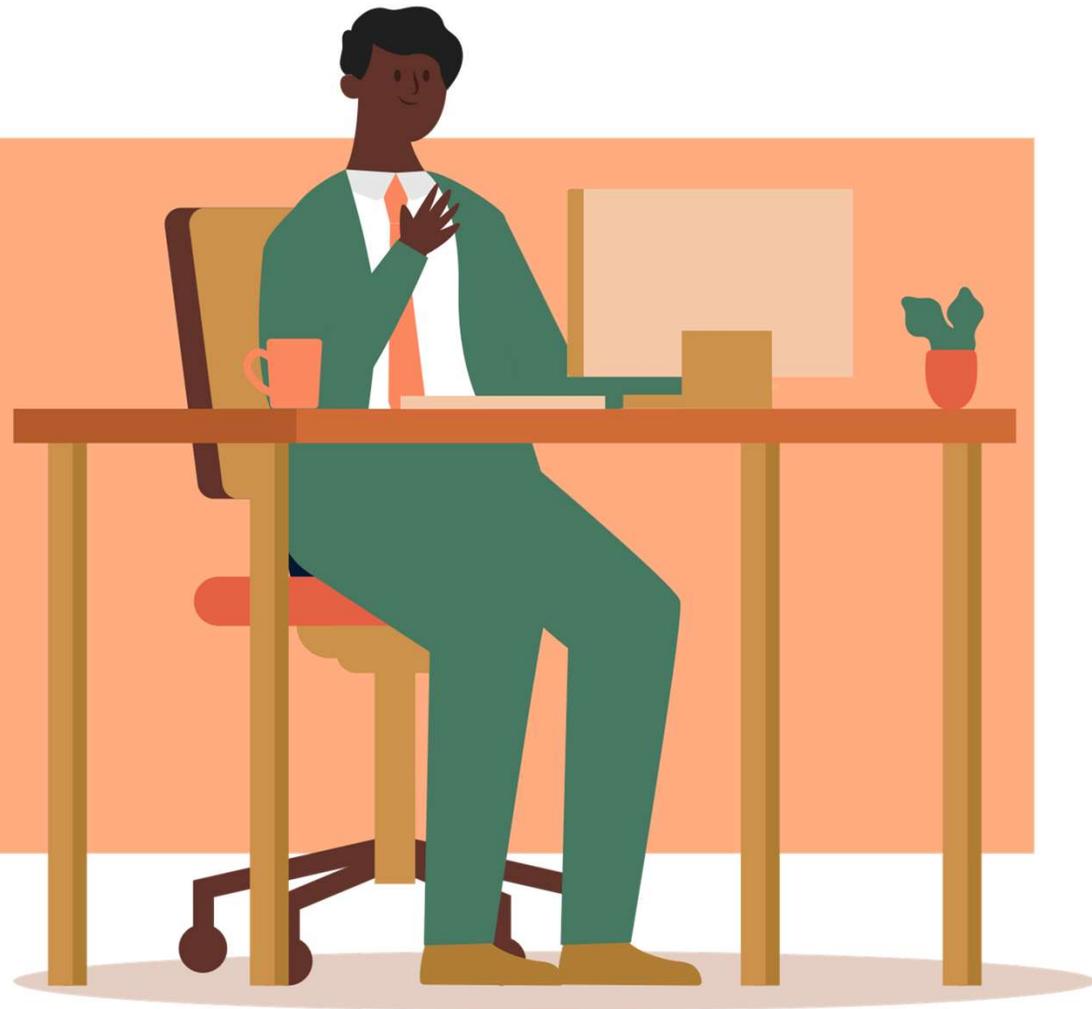
SUMITA GHOSH

SUMITAGHOSHTX@GMAIL.COM



TEXAS LEGISLATIVE OVERVIEW IOI

What does advocacy look like?
What's the legislature do? When
are we in session? Who's who?
How do laws get passed? How
do you read a bill? What are the
impacts?



INTRODUCTION



Representative Gene Wu

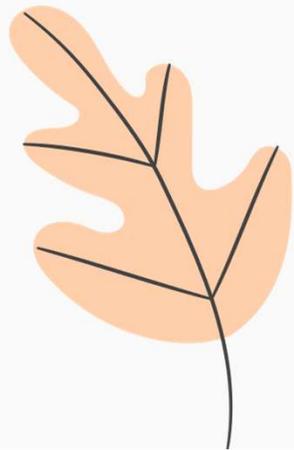
TexasStateRepresentative - HouseDistrict 137

- **Elected to represent SW Houston in 2012. Policy Areas: Juvenile Justice, CPS Reform,**
- **Education, and Public Safety HD 137 encompasses areas such as Gulfton, Sharpstown, Asiatown and Mid-West.**

“AN INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE.” – MLK JR.

**THE TEXAS LEGISLATURE HAS FILED HUNDREDS OF BILLS THAT
AFFECT EVERY ASPECT OF OUR LIVES, INCLUDING FBISD**

[HTTPS://LEGISCAN.COM/TX](https://legiscan.com/TX)



ADVOCACY IN ACTION



When the Texas Legislature is in session (every ODD year- 2027), anyone can go to the Texas Capitol in Austin to observe and advocate. Many organizations have “Advocacy Days”.

So, what DOES the Texas Legislature DO?

“The state legislature has
but one bill to pass
& that’s the budget.”

—OL’ TEXAS PROVERB (VERY SACRED, PROBABLY IN THE TEXAS CONSTITUTION)

IMPORTANT LEGE DATES

NOVEMBER
2026

9

Bill filing began

JANUARY 2027

12

First day of session

MARCH 2027

10

“60th
Last Day” to file bills

MAY 2027

31

Sine Die = last day of session, unless the Governor declares special session

September 2027

1

Effective date of bills/laws passed and not vetoed by Governor

Other Deadlines: <https://lr1.texas.gov/sessions/sessionDeadlines.cfm>



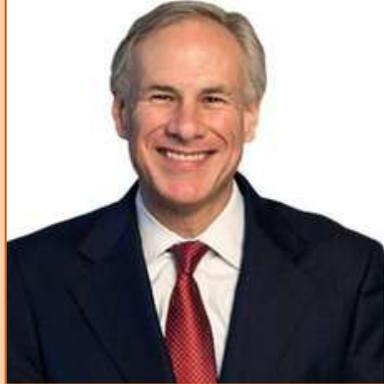
HOW OFTEN DOES THE LEGISLATURE MEET?

90TH BIENNIAL LEGISLATURE	Odd years	The Texas Legislature operates under an every-other year system, and convenes its regular sessions on the 2nd Tuesday in January of odd-numbered years. The upcoming session will be the 90th Legislative Session.
DURATION OF LEGISLATURE	140 days	The maximum duration of a regular session is 140 days. A
SPECIAL SESSIONS	+30 days max	special session is an extra period of lawmaking, called at the discretion of the Governor only. Legislative activity works similarly to the regular session, but the pace is much faster. There are no limits on how many special sessions the Governor can call.

Source: [Legislative Reference Library \[Special Sessions\]](#)



THE 'BIG THREE' OF THE TEXAS LEGISLATURE



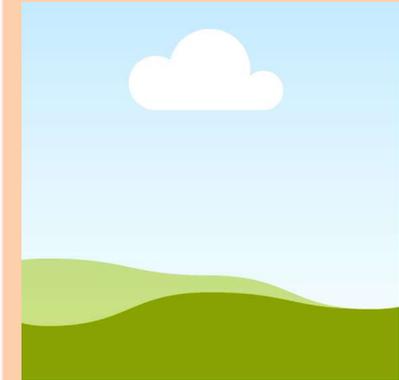
GOVERNOR

Greg Abbott



LT.

Dan Patrick
GOVERNOR



HOUSE SPEAKER

TBD

House vs. Senate

HOUSE

- 150 Members / Reps House members
- serve 2-year terms and represent a smaller number of constituents.
 - Thus, House members are able to remain more closely in tune to their constituents. This is why the state constitution requires that all bills increasing taxes/raising revenue for use by the state **originate** in the **House of Representatives**.
- **The House has 36 standing committees**

SENATE

- 31 Members / Senators Senators serve
- 4-year terms & represent a relatively larger number of constituents. **The Senate has 18 standing committees**
-



WHERE DO BILL IDEAS COME FROM?

- Legislative Agendas (any Representative or Senator)
- Advocacy Groups (ex: Moms Demand Action)
- State agencies and reports
- Interested citizens who want to enact change. (that's YOU!!)
- Interim Committee Reports
- Taskforce
- Media reports
- Sunset Process (aka previous filed bills with an expiration date)

HOW DOES A BILL MOVE THROUGH THE LEGISLATURE?



Thanks again, Rep. Wu

THE LEGE PROCESS FOR A SENATE BILL

This is when you can read the bill for the first time!

A bill gets filed + receives a bill number

Bill number and caption are Read for the first time and referred to committee by the Lt. Gov. (1st Reading)

First time you can SEE the bill changes!

Committee Chairman sets bill for a public hearing.

This is where you testify and the first time a bill changes!

Bill is reported favorably. (majority vote)

Bill is never called up for a vote AKA - Left Pending.

Bill gets voted down by committee.

Substitute or Amendmen

Second time a bill can change!

Bill is Dead!

The bill is either recommended to Local Calendar or needs to be put on the Notice of Intent for General State Calendar.

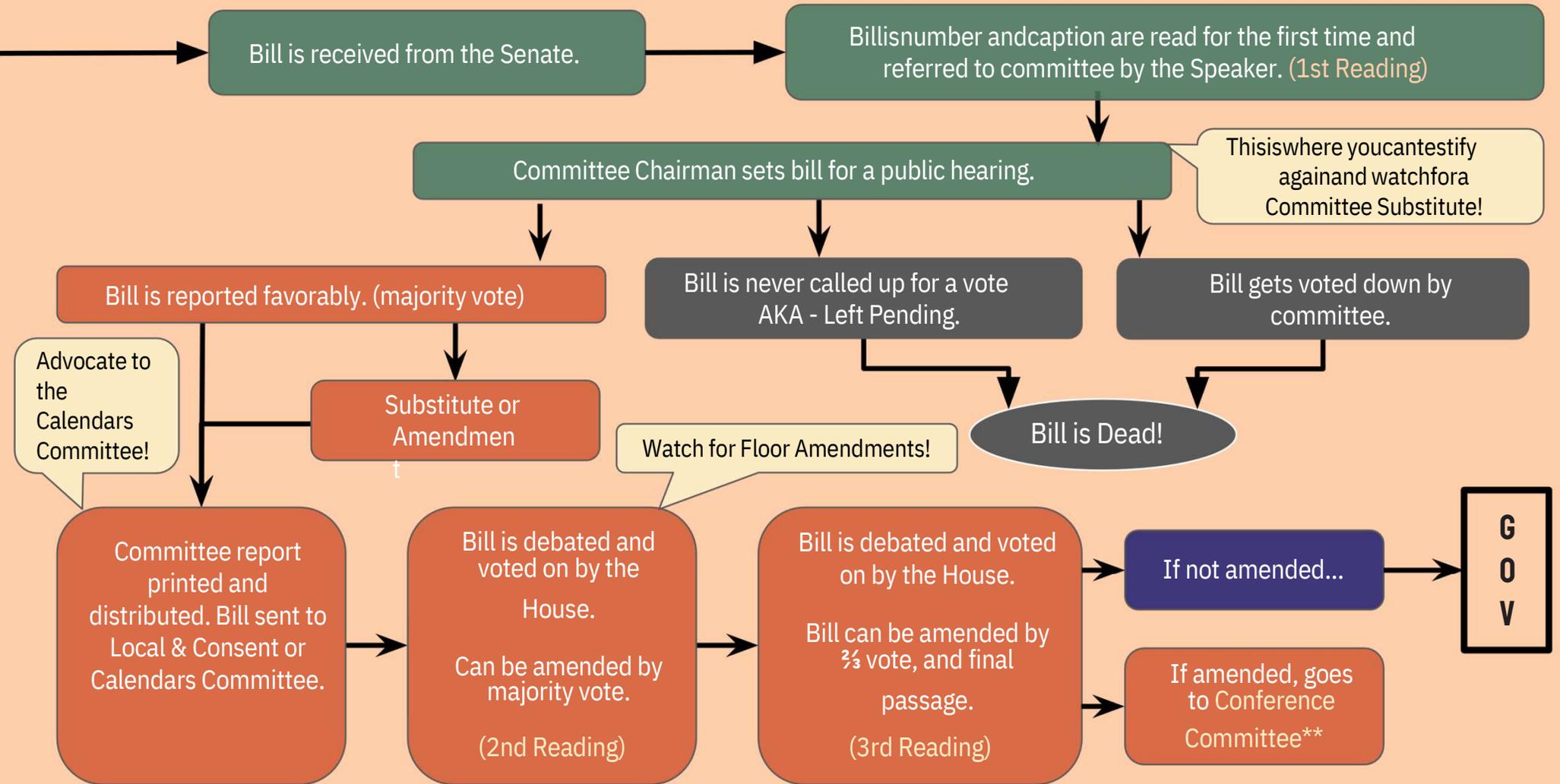
Lt. Gov can suspend the regular order of business. - $\frac{3}{5}$ of members present (19 votes)

Bill is debated and voted on by the full Senate.
Can be amended by majority vote.
(2nd Reading)

Bill is debated and voted on by the full Senate.
If passed, bill is engrossed, and bill sent to the House to start process over.
(3rd Reading)

H
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SENATE BILL PROCESS IN THE HOUSE



WHAT TO KNOW WHEN READING A BILL

- 1) **Bill Number:** Bills receive receive bill numbers to identify the legislation throughout the process. The number will be assigned in the order of filing, with a few exceptions. It will read 'House Bill ##' or 'Senate Bill ##'. If the bill is changed in committee, the bill name changes to: '*Committee Substitute House Bill (CSHB) ##*' or '*Committee Substitute Senate Bill (CSSB) ##*'
- 2) **Line Numbers:** Each line of the bill is numbered. Amendments are referenced by page and line.
- 3) **Addition of new language:** Underscore is used when proposing to add new language to an existing statute. It will also be used in the case of new statute creation.
- 4) **Repeal of existing Language:** A ~~strikethrough~~ is used when language is deleted from an existing statute.

Please refer to page 3 of hand-out



Search Texas laws, statutes, and the state constitution for free primarily through the official Texas Constitution and Statutes website (statutes.capitol.texas.gov), which allows searching by keyword, code, or phrase.

<https://statutes.capitol.texas.gov/>

For bills, legislative history, and active sessions, use Texas Legislature Online (capitol.texas.gov)

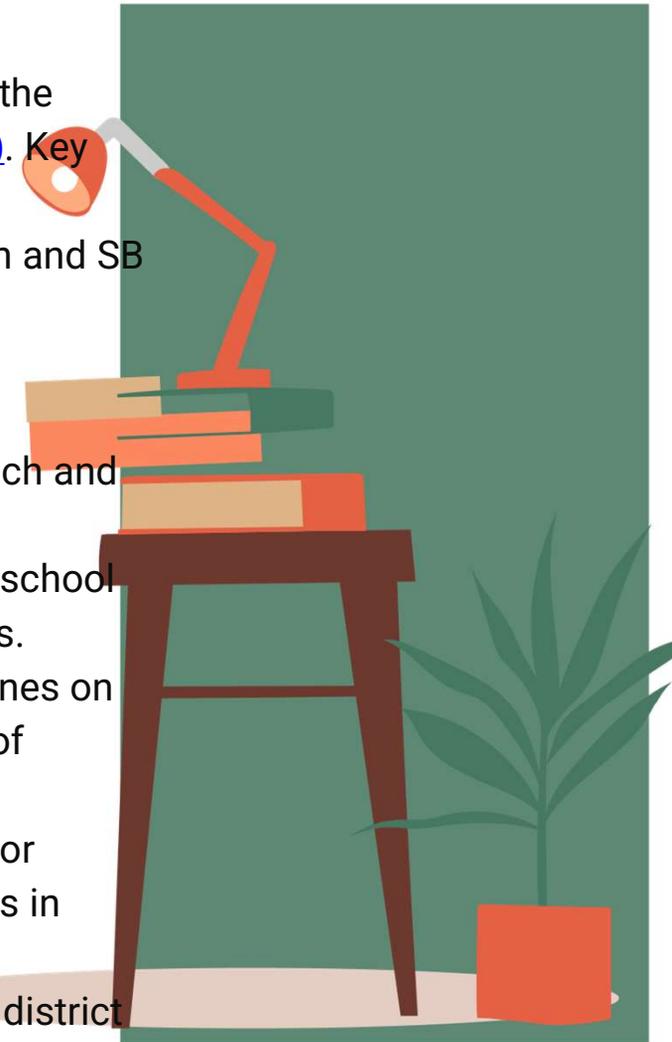
<https://capitol.texas.gov/>

For getting updates on pending legislation:

<https://legiscan.com/TX>

Texas laws on school nutrition are primarily found through the Texas Department of Agriculture (TDA) SquareMeals website, which manages the National School Lunch Program, and the [Texas Education Agency \(TEA\)](#). Key regulations include the Texas Public School Nutrition Policy, which sets fat/sugar limits, and recent laws like SB 25 (2025) for nutrition education and SB 314 regarding additive bans.

- [SquareMeals \(TDA\)](#): The primary source for policy updates, program handbooks, and compliance information for the National School Lunch and Breakfast Programs in Texas.
- [Texas Education Code \(Title 2, Chapter 33\)](#): Look for laws regarding school breakfast programs (e.g., Section 33.901) and general health policies.
- [Texas Department of State Health Services \(DSHS\)](#): Provides guidelines on school fundraising and nutritional standards for foods sold outside of meals.
- [Texas Legislature Online](#): Search for specific bills like SB 25 (2025) for nutrition education requirements and SB 314 (2025) for additive bans in school food.
- School District Policies: Local school board policies (often found on district websites) must comply with both TDA guidelines and Texas law regarding snacks, vending machines, and meal requirements.

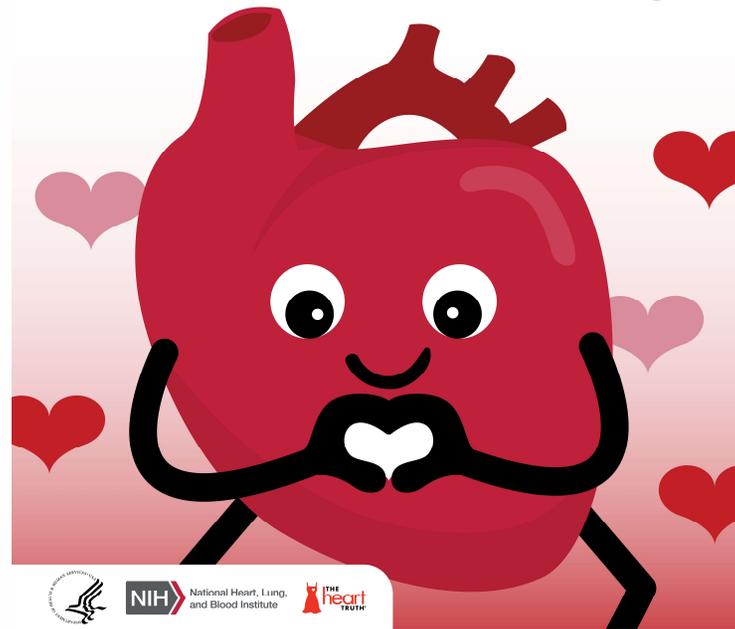


WCH District Initiatives & Events

FEBRUARY 2026
National Wear Red Day – Friday, 2/6
National School Counseling Week 2/1-2/7
One Week to Save a Life 2/23-2/27
MARCH 2026
National Nutrition Month
WATCH Week 3/9-3/13
National School Breakfast Week 3/2-3/6
National Social Work Week 3/1-3/7
National Drug Facts Week – 3/20-3/26

National Wear Red Day
February 6, 2026

National **Wear Red Day**[®]





One Week to Save a Life February 23-27, 2026



District of Lifesavers Challenge

57



National Nutrition Month

58

National Social Work Week March 1-7, 2026

The School Social Work Association of America is proud to promote National School Social Work Week, held the first full calendar week of March (Sunday - Saturday).

SSWAA collects and shares resources to help you celebrate and promote School Social Work Week.

We hope you will make some great plans to celebrate as well as receive much-deserved recognition for the vital role that you provide to students, administrators, teachers, educators, parents, and the community!



#SSWAA

59



the quest for SCHOOL BREAKFAST

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 2-6, 2026

MONDAY
WIZARD WAFFLES

menu

Dutch Waffle • Strawberry Compote • Whipped Topping

TUESDAY
JESTER TRIX DONUT

menu

Whole-Grain Donut • Whole Grain Trix Cereal Topping

WEDNESDAY
PRINCESS PEACH PARFAIT

menu

Diced Peaches • Low-fat Yogurt Parfait • Whole Grain French Toast Sticks • Whipped Cream Topping

THURSDAY
KNIGHT'S BREAKFAST BOWL

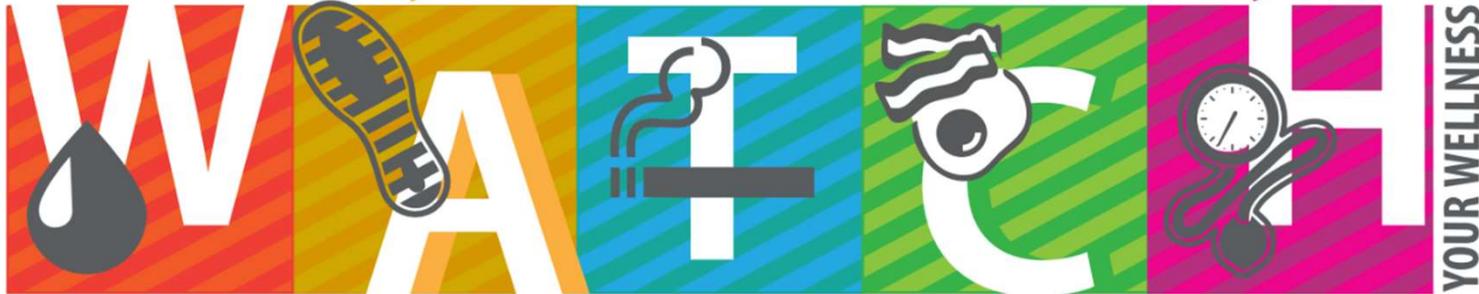
menu

Hashbrown Rounds • Scrambled Eggs • Popcorn Chicken • Shredded cheese

WATCH WEEK

March 9-13, 2026

water • activity • tobacco • calories • healthy habits



[#whatsyourhealthy?](#)

National Drug Facts Week 3/20-3/26





Meeting in Closed Session: Subcommittees Convene

Announcements

Next SHAC Meeting: April 8, 2025



12:00 pm -1:30 pm
Fort Bend ISD
Administration Building: Board Room

<https://www.fortbendisd.com/Page/1129>- WATCH Recorded Meetings Here!