



General SHAC Meeting

SHAC Activates!

Wednesday, December 7, 2022

Welcome & Mindful Moment



Allison Thummel
SHAC Chair

Getting to Know the Community Members

WHOLE SCHOOL, WHOLE COMMUNITY, WHOLE CHILD





Infectious Disease Update

Maria Johnson, BSN, RN, NCSN

WEDNESDAY, DECEMBER 7, 2022

Flu

- Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs.
- Flu season is considered October to May
- Spread through droplets that land on mouths or noses
- Symptoms may or may not include fever



Flu

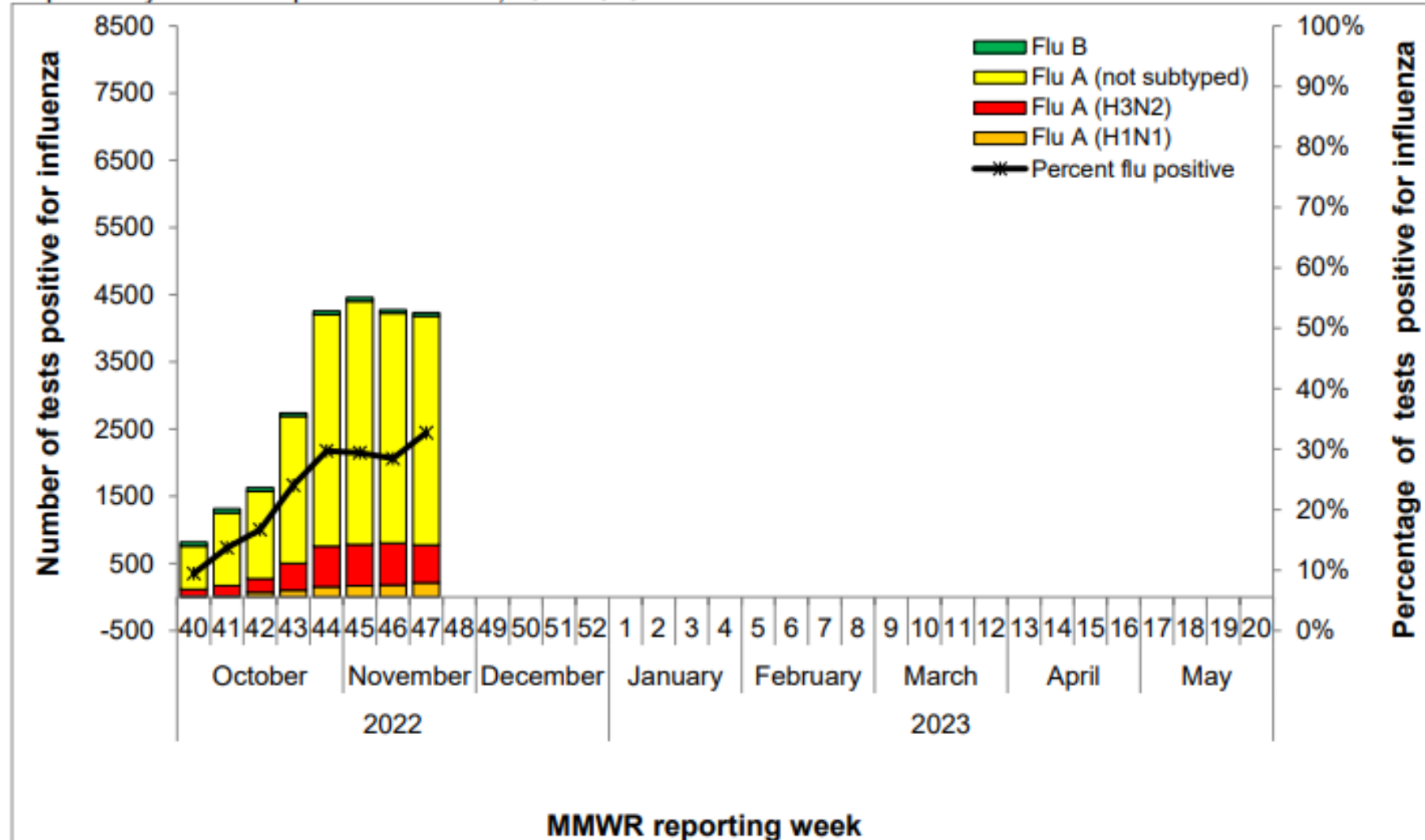
Table 1: Summary of Texas Influenza (Flu) and Influenza-like Illness (ILI) Activity for the Current Week

Texas Surveillance Component	Change from Previous Week	Current Week	Previous Week†	Page of Report
Statewide ILINet Activity Indicator assigned by CDC (intensity of influenza-like illness)	Stayed the Same	Very High	Very High	-
Percentage of specimens positive for influenza by hospital laboratories	▲4.27%	32.73%	28.46%	1
Percentage of visits due to ILI (ILINet)	▼0.81%	9.01%	9.82%	4
Number of regions reporting increased flu/ILI activity	▲4	6	2	5
Number of regions reporting decreased flu/ILI activity	▼4	2	6	5
Number of variant/novel influenza infections	No cases reported	0	0	5
Number of ILI/influenza outbreaks	Increased	7	4	5-6
Number of pediatric influenza deaths	Increased	2	0	6-7

†Data displayed have been updated since last week's flu report with any new reports received.

Flu

Figure 1: Number and Percentage of Tests (Antigen, Culture, PCR) Positive for Influenza by Type and Subtype Reported by Texas Hospital Laboratories, 2022-2023 Season



Flu

Table 6: Percentage of Visits for Influenza-like Illness Reported by Texas ILINet Providers (as of 12/1/2022 11:25 AM)

Week	Providers Reporting	Number of ILI Cases by Age Group (Years)					Total ILI (all ages)	Total Patients	% ILI
		0-4	5-24	25-49	50-64	65+			
202240	58	880	1279	268	103	57	2587	56131	4.61%
202241	61	1092	1568	397	161	66	3284	61260	5.36%
202242	59	1100	1860	445	201	78	3684	61477	5.99%
202243	61	1460	2704	573	226	106	5069	65582	7.73%
202244	61	1560	3061	692	269	125	5707	66745	8.55%
202245	59	1405	2426	567	431	130	4959	50158	9.89%
202246	48	1106	1723	429	159	142	3559	36233	9.82%
202247	53	1384	1747	984	311	193	4619	51244	9.01%

COVID-19

- COVID-19 is a respiratory disease caused by a coronavirus called SARS-CoV-2.
- Spreads through airborne respiratory droplets.
- Symptoms are similar to having the flu, but more often COVID-19 causes more severe illness in some people.



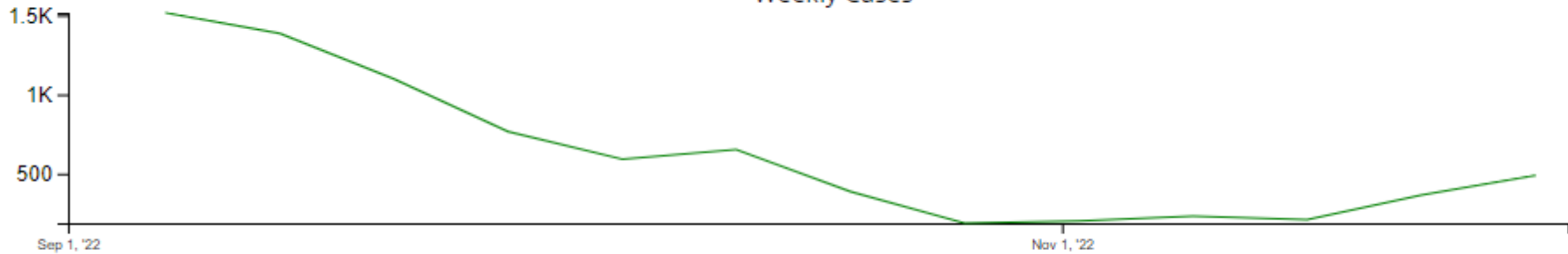
COVID-19

Thu Sep 01 2022 - Sat, Dec 3rd 2022

Use slider to update time series chart



Weekly Cases



COVID-19

COVID-19 Community Level

● Low

Recommended actions based on current level

Stay [up to date](#) with COVID-19 vaccines. [Get tested](#) if you have symptoms. Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. Wear a mask on [public transportation](#). You may choose to wear a mask at any time as an additional precaution to protect yourself and others.

Weekly Metrics Used to Determine the COVID-19 Community Level

Case Rate per 100,000 population	58.52
New COVID-19 admissions per 100,000 population	7.1
% Staffed inpatient beds in use by patients with confirmed COVID-19	3.3%

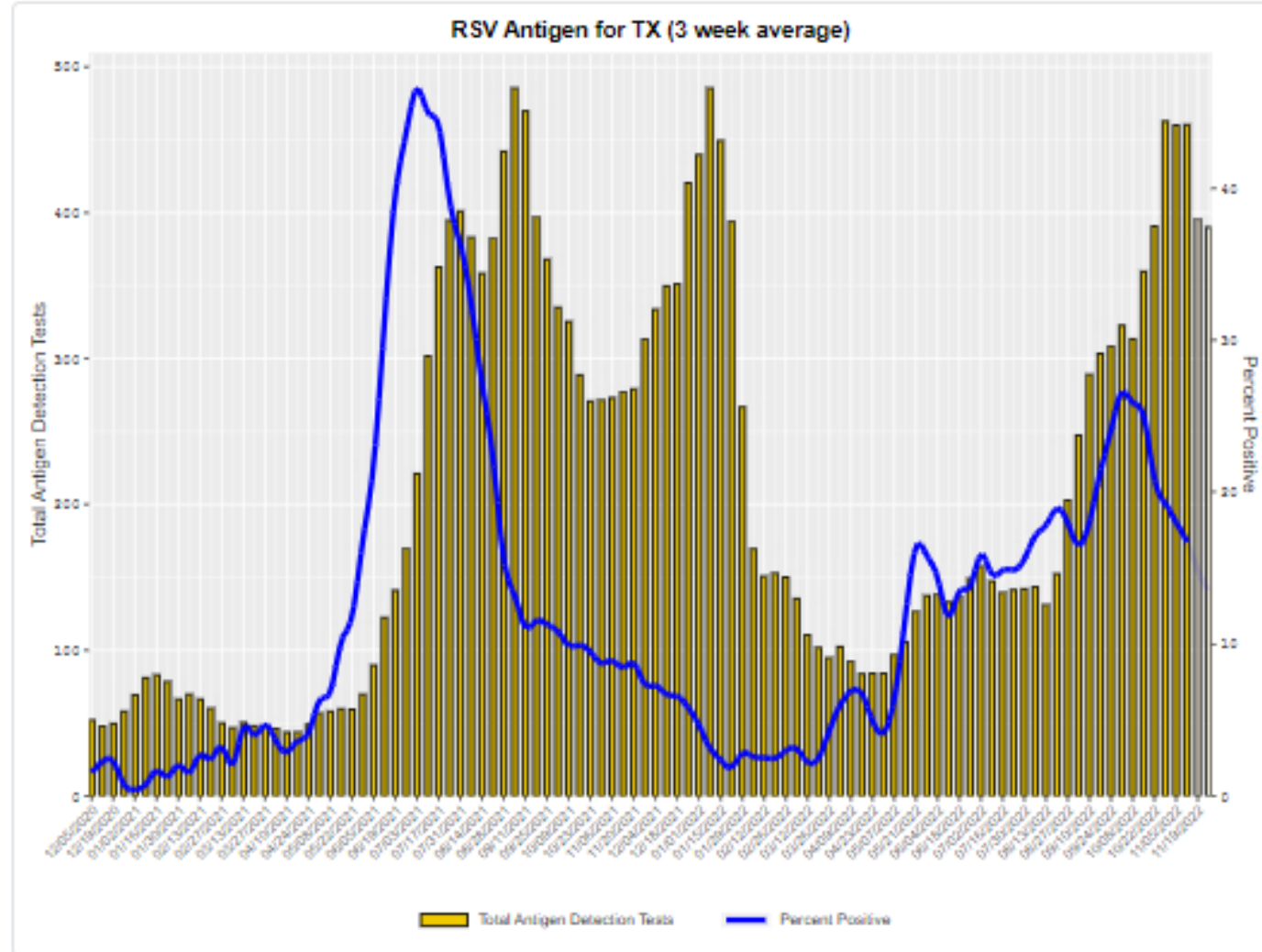
RSV

- Respiratory syncytial virus is a common respiratory virus that causes mild, cold-like symptoms.
- Can be serious for infants and older adults.
- May lead to severe infections including bronchiolitis and pneumonia.
- Spread through droplets (similar to flu).



RSV

Total Antigen Tests

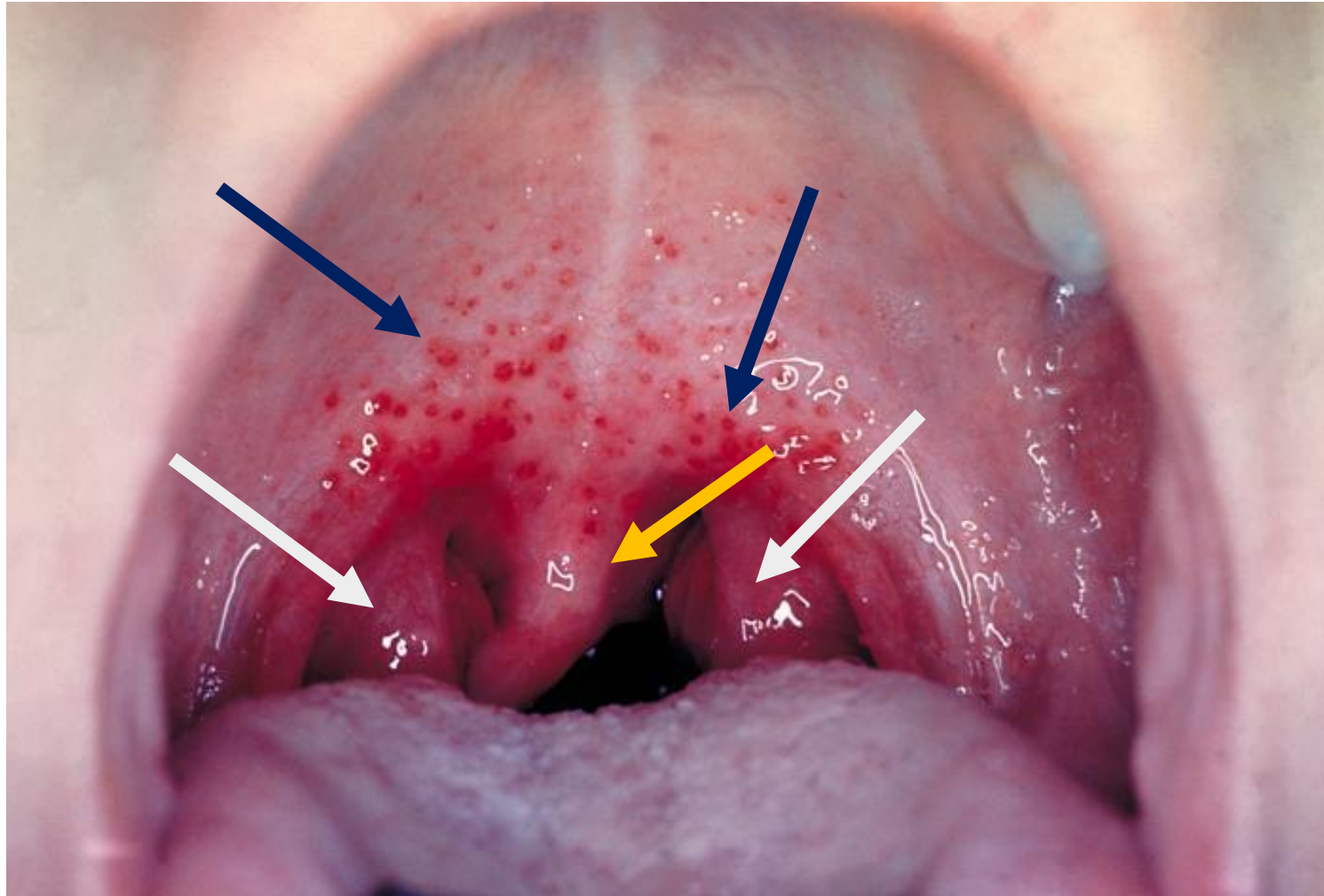


Strep throat

- Strep throat is an infection in the throat and tonsils caused by bacteria called group A *Streptococcus* (group A strep).
- Spread through respiratory droplets and direct contact.
- Pain, fever, but no cough is common.
- More common in children than adults, and most common in children 5 through 15 years old



Petechiae in Strep throat



Norovirus

- Norovirus is a very contagious virus that causes vomiting and diarrhea. People of all ages can get infected and sick with norovirus.
- Spreads very easily!
- Can cause dehydration, especially in young children, older adults, and people with other illnesses.



An ounce of prevention is worth a pound of cure





Contact Information



Maria Johnson

FBISD Coordinator of Health
Services

Maria.johnson@fortbendisd.com

Action-Based Learning Presentation



FBISD Action-Based Learning Team

Tracy Johnson, Steven Buckley, John
Needem, & Celina Cobos



What is ABL?



- *Action Based Learning™* is based on the brain research that strongly supports the link between movement and learning. We know that healthy, active students, make better learners! So how do we apply this to the classroom?
- Action Based Learning! ABL provides students an advantage to learn. The focus is on creating an optimal learning environments for all students, through movement!
- Action Based Learning stations in the classroom can be used to prepare the brain for learning, reinforce academic content, and strengthening the 12 foundations of Learning Readiness.

Why ABL?

It increases focus and attention. Grades Improve. Less office referrals. Decreases behavioral issues



Action Based Learning areas are a reprieve from the traditional sedentary learning environment.



It makes learning fun, students eager to come to class.



Research tells us we can use purposeful movement to fill in and strengthen developmental gaps. We are providing students an advantage to learning.



75% of learners are kinesthetic and Tactile Learners

Pop Quiz!!!

Where is the **most** restrictive environment for learning at school?



WELCOME **TO YOUR** **ACTIVE** **CLASSROOM**

We will move. We will learn. We will succeed.



GUIDELINES:

- Embrace your fidgets and move
- Try different seating options and find what fits
- Advocate for how to learn best
- Make learning fun

THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF
NEUROCHEMICALS THAT
PROMOTE BRAIN CELL REPAIR



IMPROVES
MEMORY



LENGTHENS
ATTENTION SPAN



BOOSTS DECISION-
MAKING SKILLS

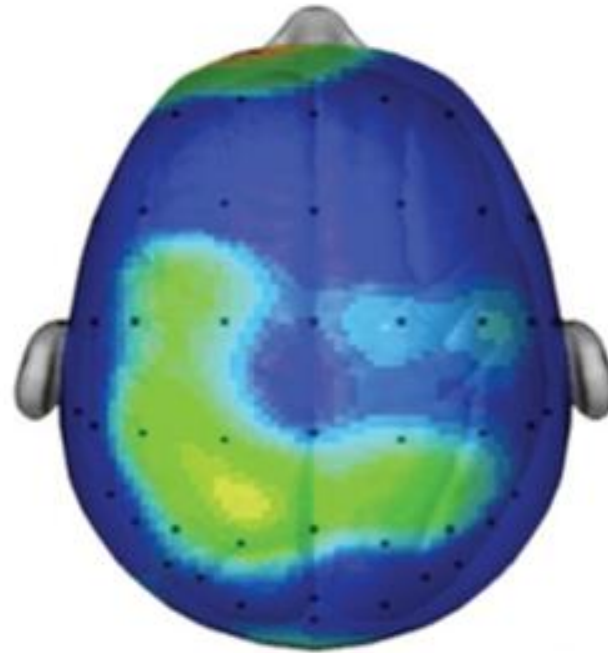


PROMPTS GROWTH OF
NEW NERVE CELLS AND
BLOOD VESSELS

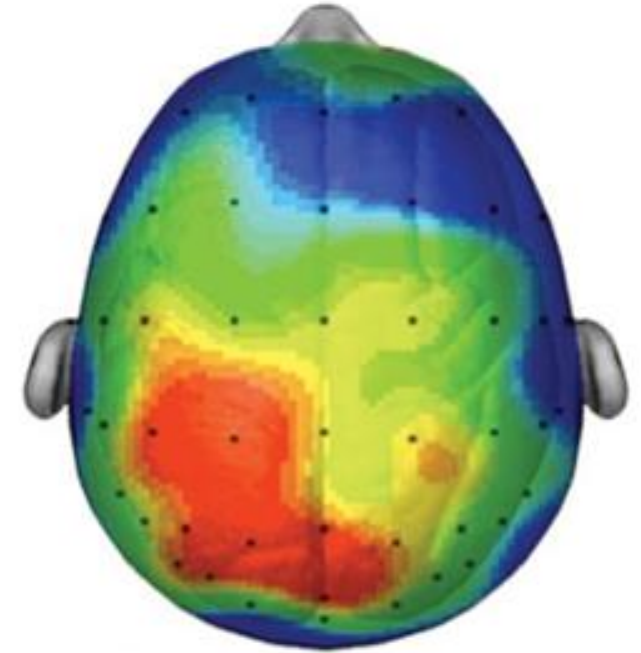


IMPROVES
MULTI-TASKING
AND PLANNING





**After 20 minutes of
sitting quietly**



**After 20 minutes of
walking**

Research/scan compliments of Dr. Chuck Hillman, University of Illinois

Exercise benefits the BRAIN first!



Exercise changes the brain at a MOLECULAR LEVEL

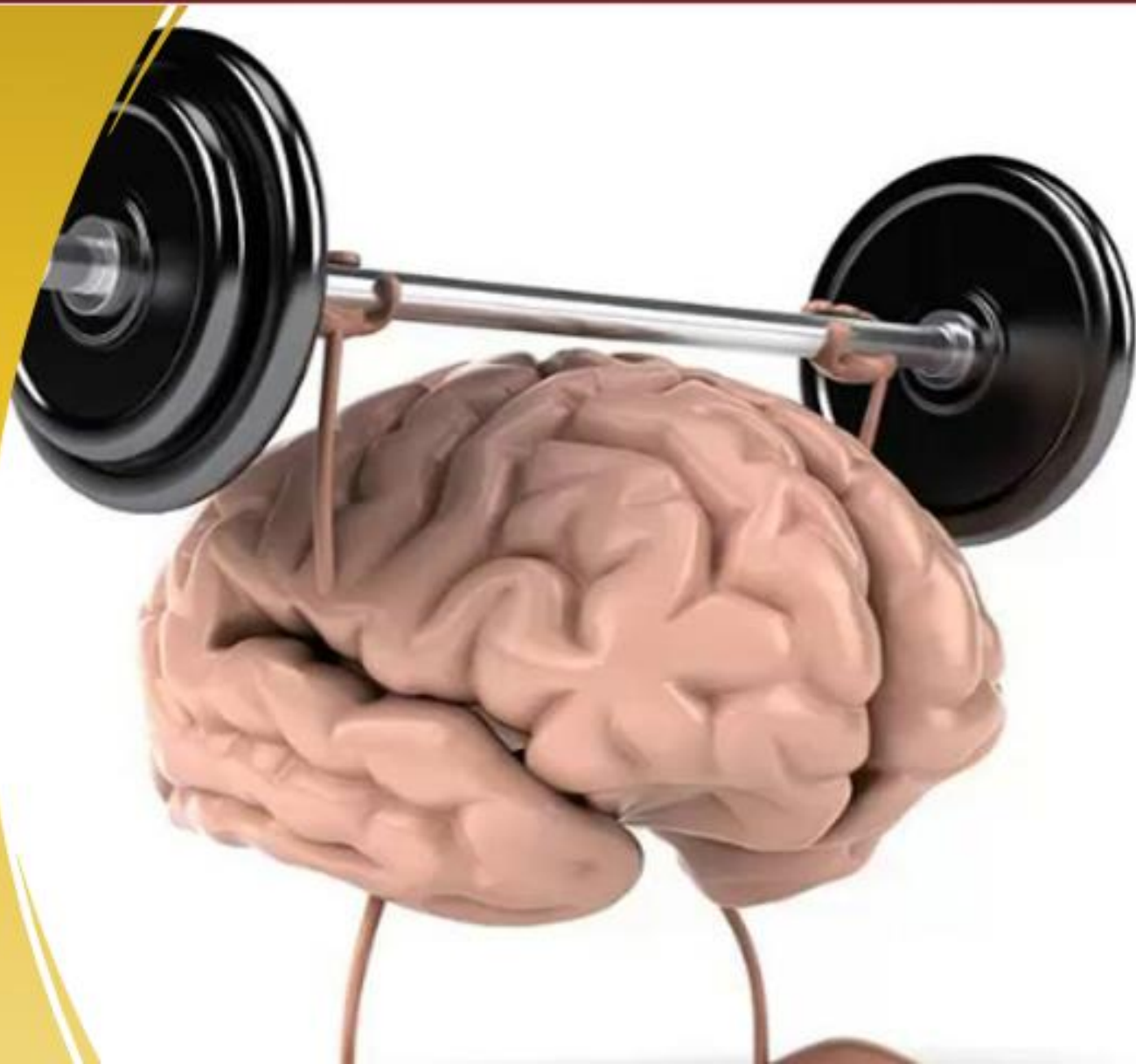
- *Brain fuel is oxygen and glucose*
- *Neurogenesis*
- *Secondary dendritic branching (memory)*
- *Neurotransmitters*
- *BDNF*

What does this mean for your students?

- Grows brain cells*
- Prepares the brain for learning!*
- Strengthens memory*
- Regulates behavior*
- More focused*
- Less fidgety*
- Decreases learned helplessness*
- Promotes cooperation & communication skills*



**Let's try
it!**



Gotcha!



A little more Science..

➤ Brain Link: Crossing the midline powers up neurons!

- Left to right crossing the corpus callosum
- Front to back or back to front crossing the motor cortex
- The body has corresponding midlines that go top to bottom and left to right.

So...

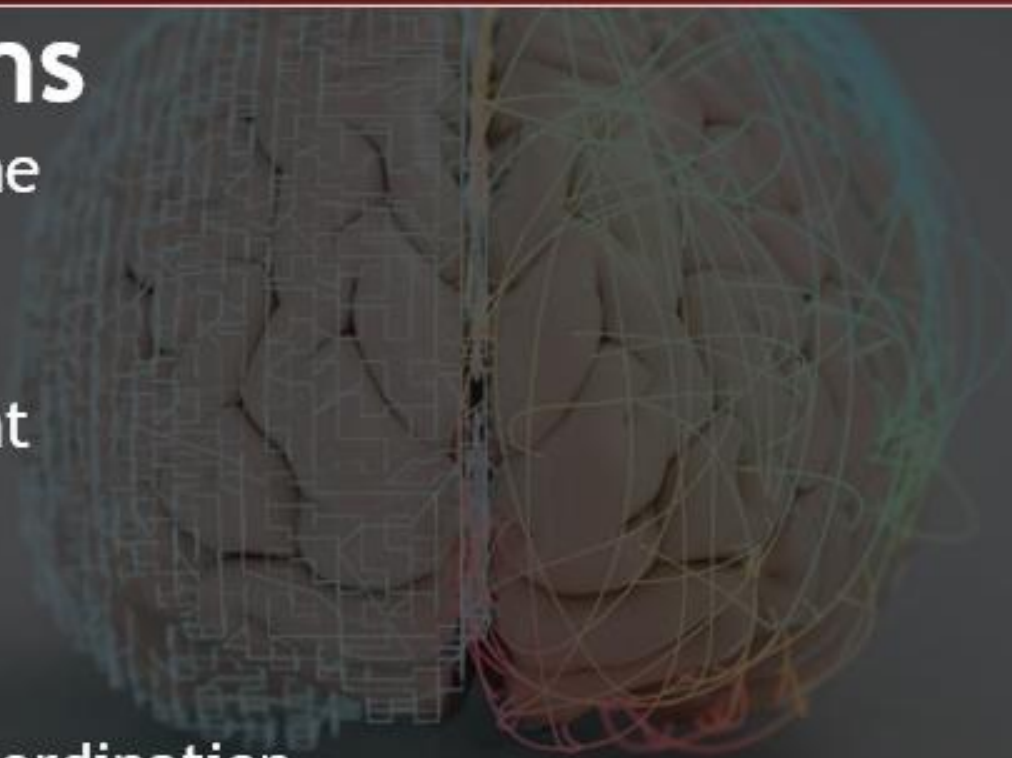
- Crossing the midlines connect the brain hemispheres and help to organize the brain.

➤ Classroom Relevancy: These concepts help aide the brain in

- Placing words on a page, reading words from left to right, writing patterns in a sequence
- Decode information coming in, get information from the brain to the paper, and move from lower to higher level thinking

12 Foundations

- Crossing the Midline
- Body in Space
- Balance
- Visual Development
- Rhythm
- Tactile Learning
- Motor Skills
- Hand/Eye/Foot Coordination
- Physical Fitness
- Cardiovascular Health
- Problem Solving
- Self Management



Action Based Learning Labs Elementary



- **Gross Motor + Fine Motor Skills**

- **Aids brain in:**

- **Following the flow of words**
- **Sequencing math & reading patterns**
- **Sorting information**
- **Discriminating sounds**
- **Writing letters in proper proportion**

Cardiovascular Fitness

- Encourages flow of BDNF
- Upper body & hand strength allows student to write for longer periods
- Using the whole body brings it back into balance
- Enhances our ability to think by increasing brain cells



Cross Lateralization:

- Information moves from left to right
- Integrates the brain hemispheres
- Organizes the brain
- Develops attention systems
- Helps the brain place words on a page
- Helps children read



**Action Based
Learning Lab
Lantern Lane
Elementary
1st Grade**

**Cross the Midline
Hand/Eye
Coordination
Balance
Physical Fitness**





Action Based Learning Lab Lantern Lane Elementary 3rd Grade

Multiplication
Flash Cards
Electrical Circuits
Anchor Chart

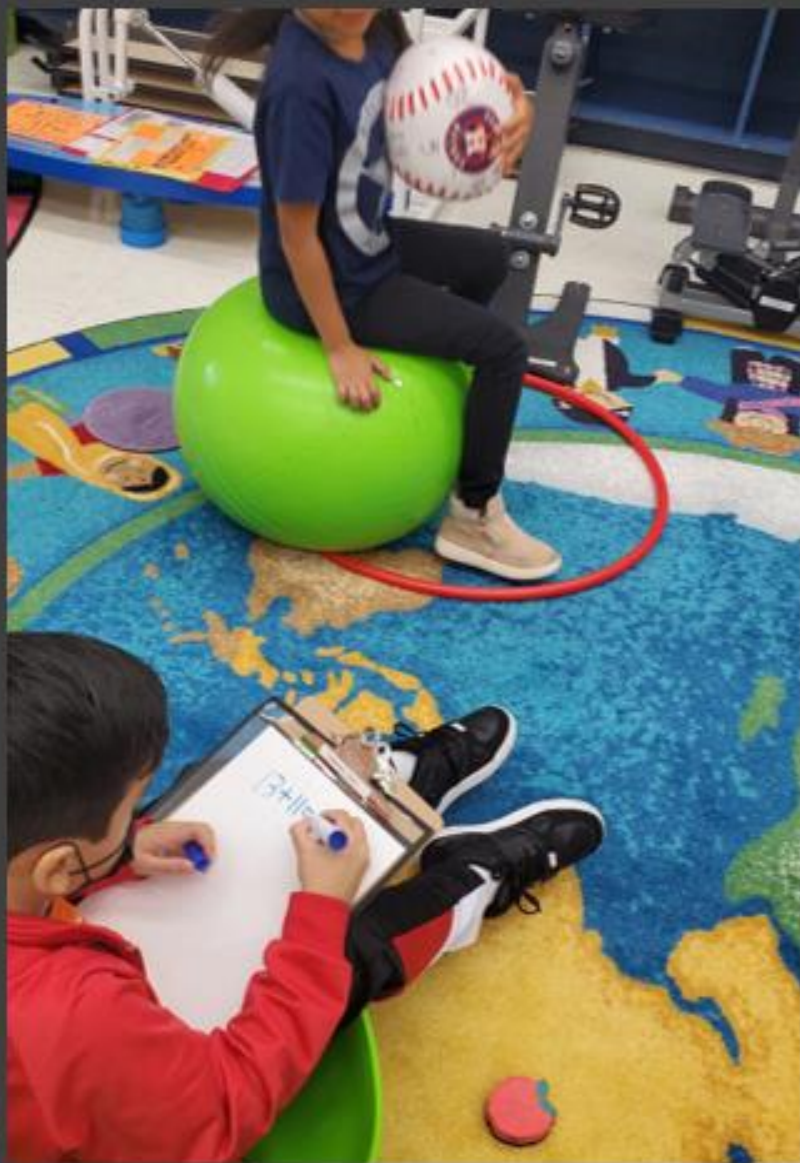


**Action Based Learning
Lab
Hunters Glen
Elementary**



**Action Based Learning
Lab
Hunters Glen
Elementary**





**Ridgegate Elementary
Coach Johnson**

**Crossing the midline
Cardiovascular and
Motor Skill
Cognitive Foundation:
Number Sense
Number patterns
Rhythm**

- ▶ **Ridgegate Elementary**
- ▶ **Coach Johnson**

- ▶ Balance and Spatial Awareness
- ▶ Body in Space
- ▶ Self Management
- ▶ Sight Word recognition and Number Sense
- ▶ Pattern Walking
- ▶ Frog Hop Counting on



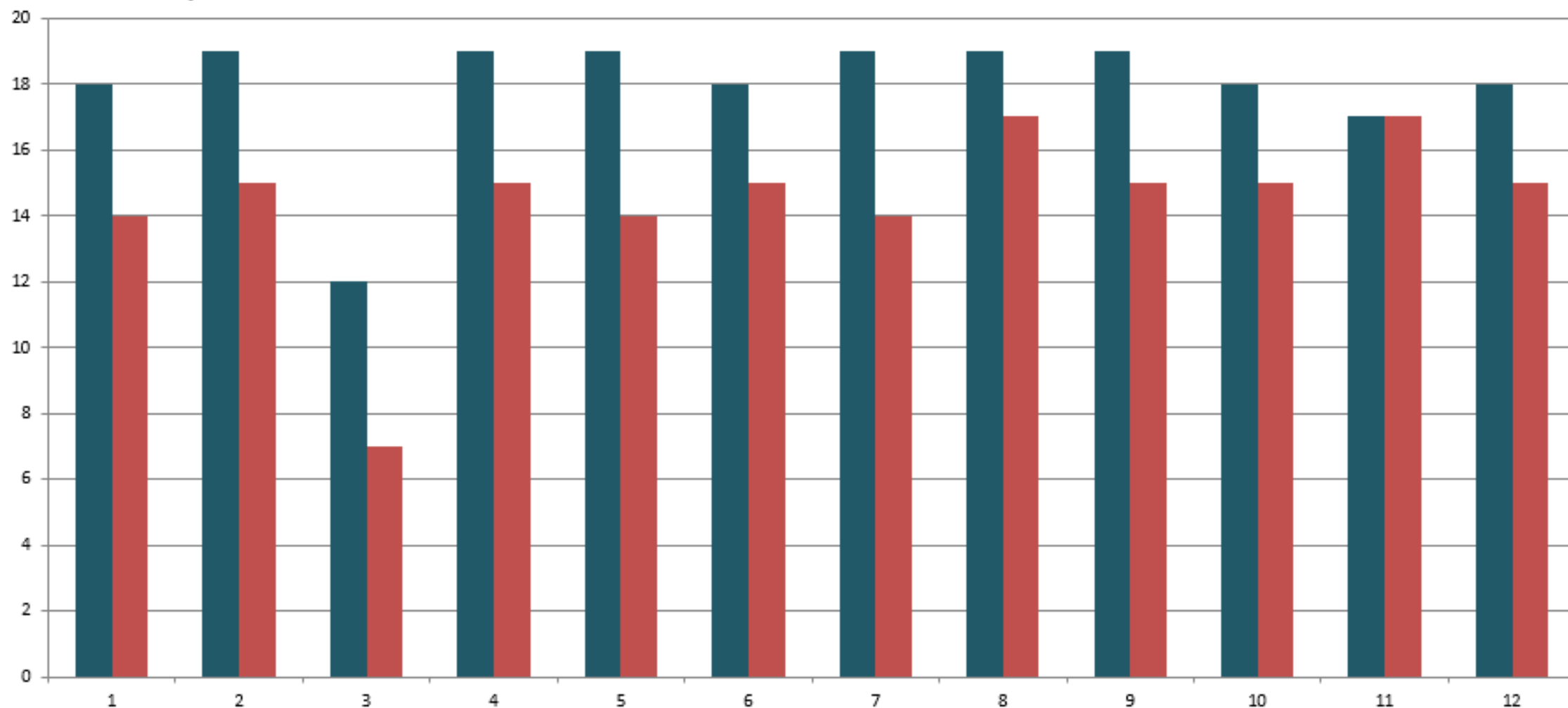
Sight Words

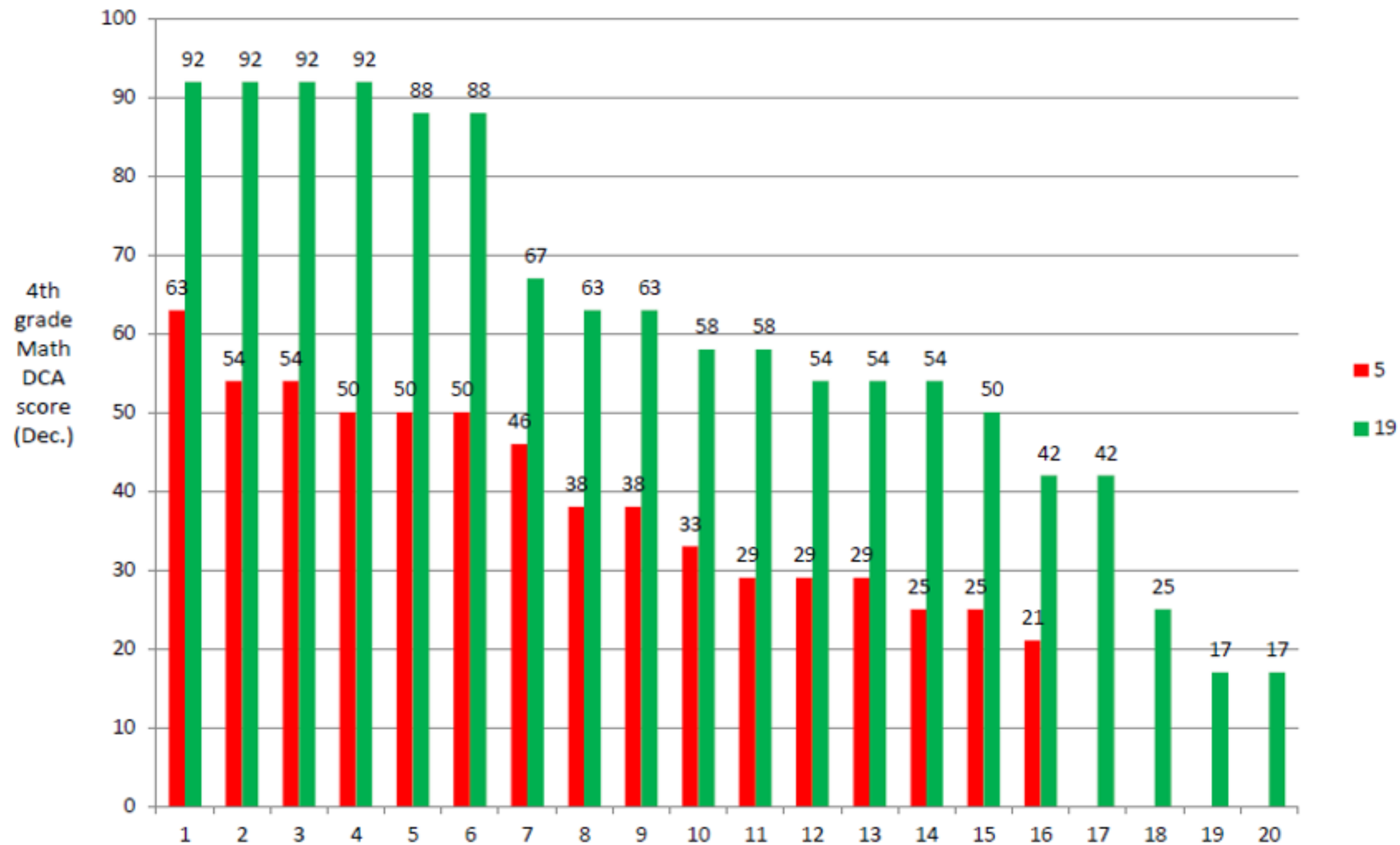
Class with ABL

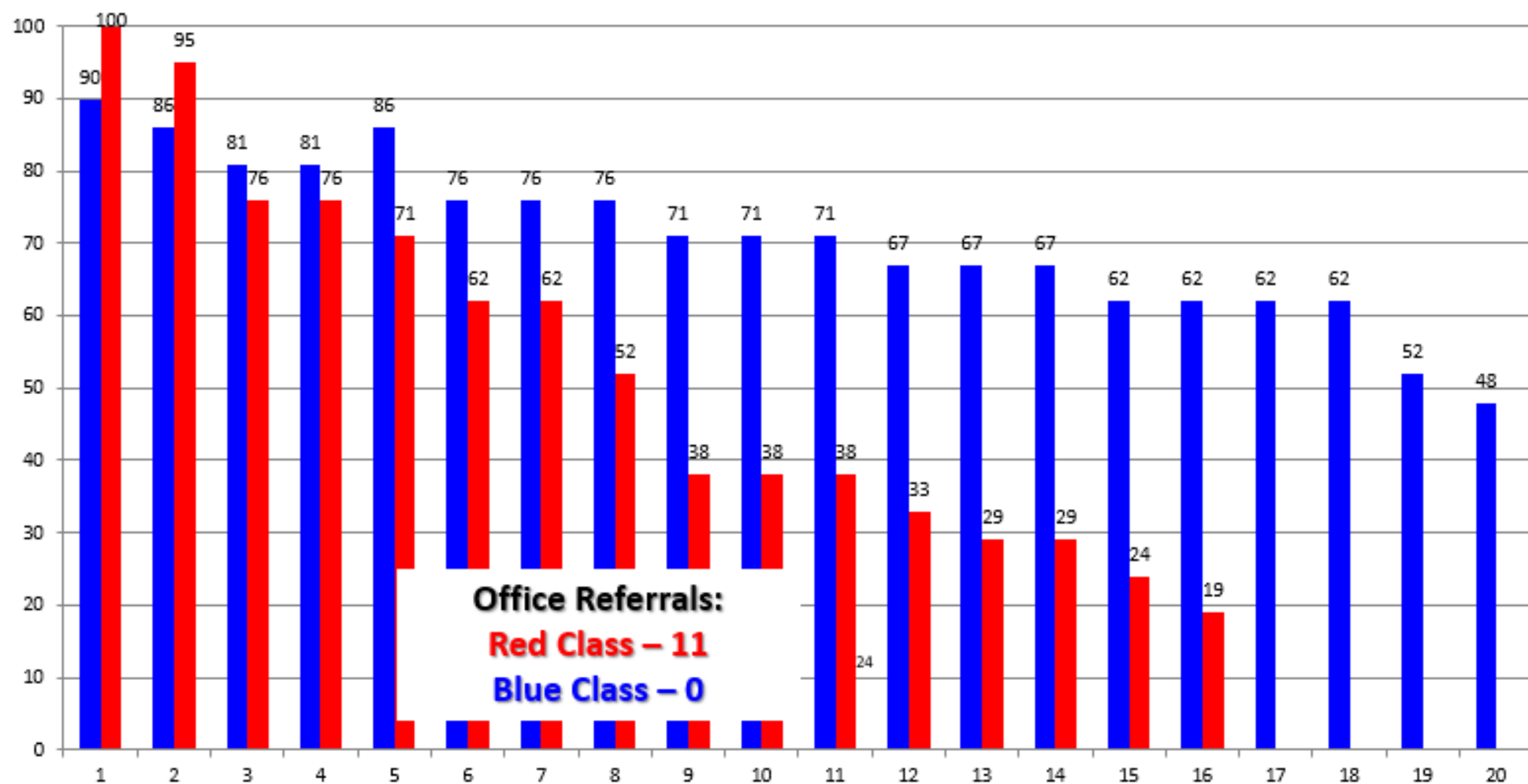
Class without ABL

(# of students who knew the words)

19 students per class and 12 words







December Math DCA – 2nd grade

Blue Class – teacher uses ABL as part of the daily routine including regular lab attendance.

Red Class – minimal ABL is used within the daily routine & no regular lab attendance.

What can
this look like
on a
campus?



Labs

- K-2nd Labs
- 3-5th Labs
- Combo Labs K-5th
- 6th-12th Labs



Classrooms

- **The Collaborative** Flexible Seating/Kinesthetic Desks/Brain Breaks Mix
- **The Kinesthetic** Variety of fully kinesthetic desks. Tends to show the most immediate improvements in academic achievement and student behavior
- **The ABL** The best of both worlds! ABL Stations work on strengthening the 12 foundations of learning: preparing the brain to learn. Kinesthetic desks improve student alertness, ability to retain and retrieve information more efficiently, and ultimately shows the most drastic improvements in long term learning.



Student Wellness Coalition



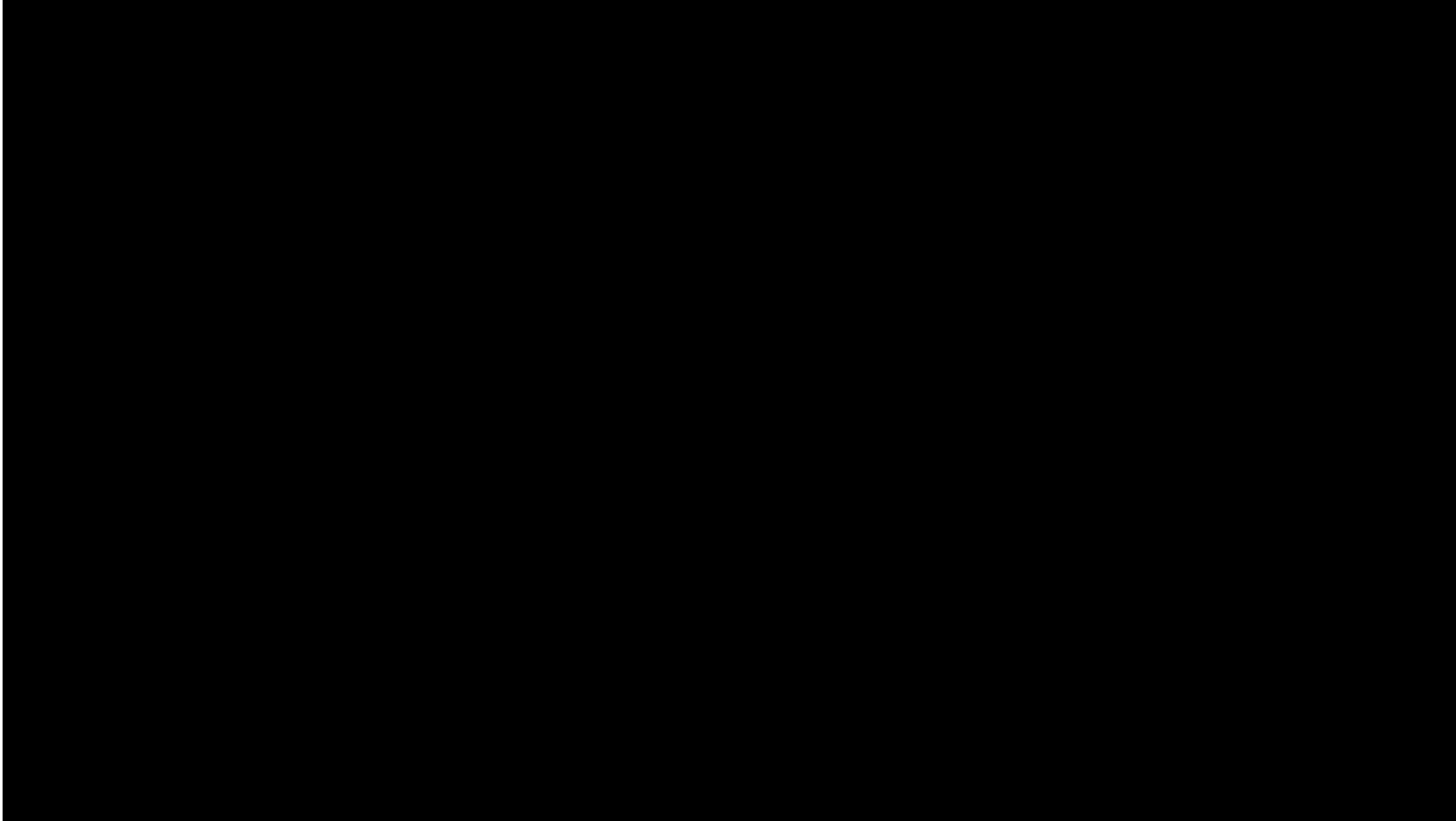
SWC Think Tank Competition

Laine Skelton

Coordinator of HS Programs

Fort Bend Independent School District

SWC Think Tank Video



<https://www.wevideo.com/view/2886655997>

SWC Think Tank Winners

Congratulations
**STUDENT WELLNESS COALITION
THINK TANK COMPETITION
GRANT WINNERS!**

1st

Hightower High School

2nd

Ridge Point High School

3rd

Kempner High School

Approve Minutes-October 17, 2022



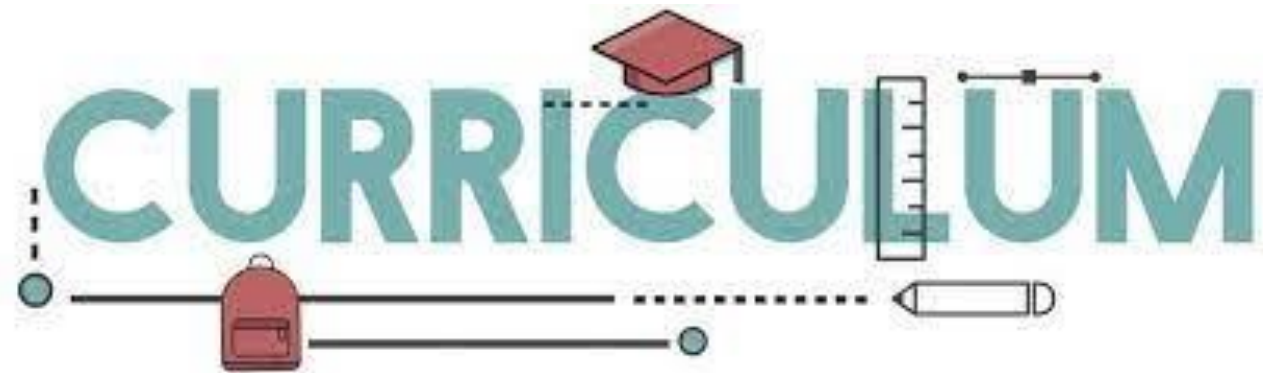
Cathy Hunter
SHAC Secretary

Brain Break



FBISD Action-Based Learning Team

Tracy Johnson, Steven Buckley, John Needem, &
Celina Cobos



Volunteers For Prevention Support Materials Curriculum

Lori Sartain

FFBISD Assistant Director of Health & Wellness

Senate Bill 9 Prevention Instructional Materials

Child Abuse

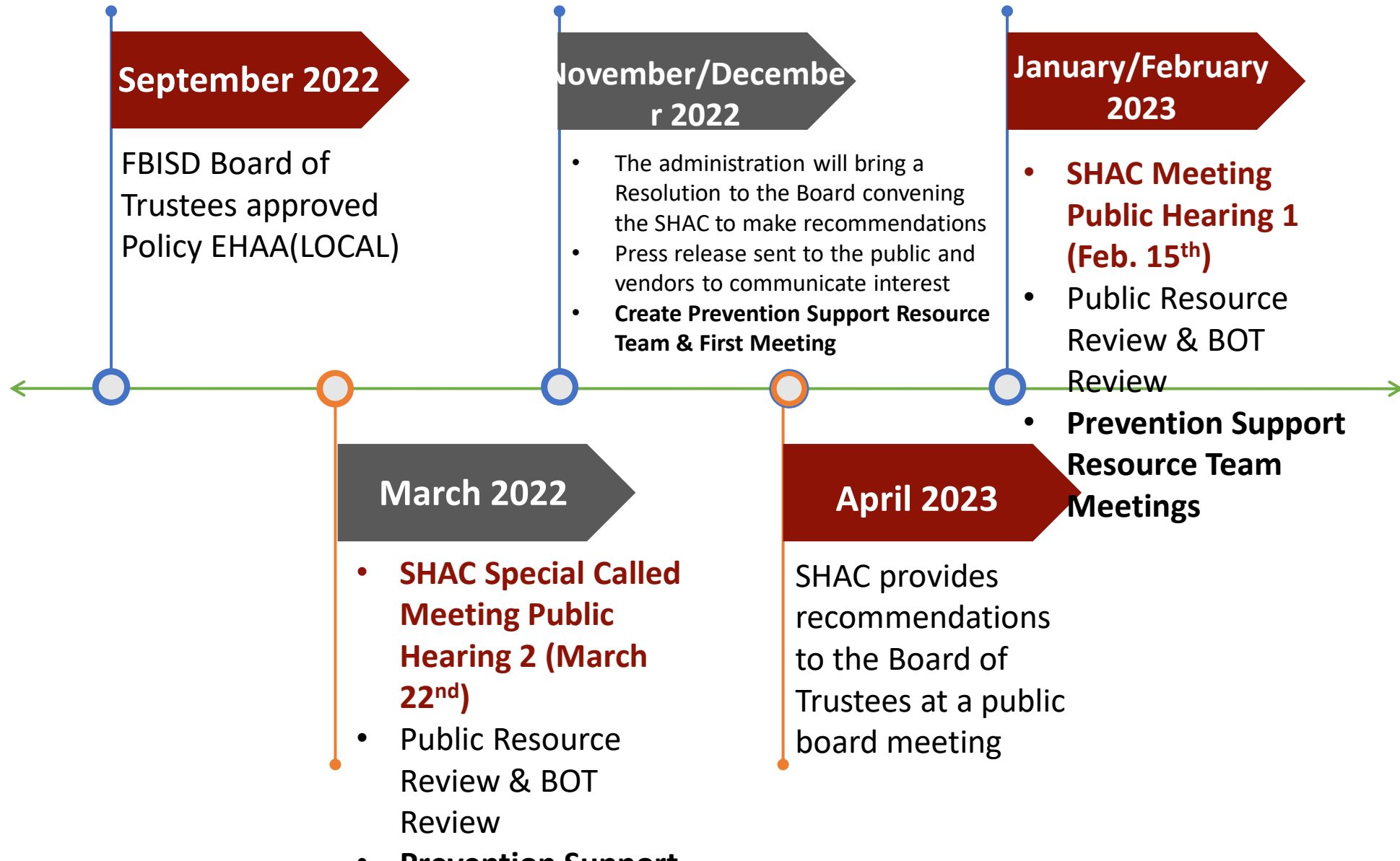
Family Violence

Dating Violence

Sex Trafficking



Prevention Support Materials Timeline



Campuses With Community Physical Activity Options

Outdoor Facilities Available for Public Use

Facilities are closed to community use during paid rentals

	Tennis Courts		Tracks	Football Fields	
West Zone	<u>January – June</u> <ul style="list-style-type: none"> Travis HS Crockett MS Sartartia MS 	<u>July – December</u> <ul style="list-style-type: none"> Bowie MS Hodges Bend MS Garcia MS 	<u>January – June</u> <ul style="list-style-type: none"> Austin HS Sartartia MS <u>July – December</u> <ul style="list-style-type: none"> Bush HS Garcia MS 	<u>January – June</u> <ul style="list-style-type: none"> Austin HS Crockett MS Sartartia MS 	<u>July – December</u> <ul style="list-style-type: none"> Bush HS Crockett MS Garcia MS
Central Zone	<u>January – June</u> <ul style="list-style-type: none"> Clements HS First Colony MS Quail Valley MS Dulles MS 	<u>July – December</u> <ul style="list-style-type: none"> Fort Settlement MS Sugar Land MS 	<u>Year round</u> <ul style="list-style-type: none"> Old Kempner Stadium 	<u>Year round</u> <ul style="list-style-type: none"> Old Kempner Stadium <u>January – June</u> <ul style="list-style-type: none"> First Colony MS 	<u>July – December</u> <ul style="list-style-type: none"> Fort Settlement MS
East Zone	<u>January – June</u> <ul style="list-style-type: none"> Elkins HS Marshall HS Willowridge HS Thornton MS 	<u>July – December</u> <ul style="list-style-type: none"> Baines MS Lake Olympia MS Missouri City MS McAuliffe MS 	<u>Year Round</u> <ul style="list-style-type: none"> Dulles HS (<i>Auxiliary field located by tennis courts</i>) 	<u>January – June</u> <ul style="list-style-type: none"> Elkins HS Missouri City MS 	<u>July – December</u> <ul style="list-style-type: none"> Lake Olympia MS McAuliffe MS
Elementary Schools – All Zones	Playgrounds, open fields, walking tracks/trails and courts at our elementary schools are open to community use this summer. If the District determines that it needs to close access to any elementary areas, it will post signage at specific locations indicating closure.				

Any of these locations are subject for closure due to Bond work during the 2022-23 school year without prior notice.

Upcoming Events



FBISD SHAC to step up and *help volunteer* with two schools that are hosting Brighter Bites. Brighter Bites is a non-profit organization that delivers fresh fruits and vegetables to families to build communities focused on healthy eating habits and nutritional education.

FBISD needs volunteers (inside the buildings) to pack food bags and distribute them to the participants. All volunteers must be 16+ years old. Those older than 18 must fill out an FBISD background check provided

here: <https://www.fortbendisd.com//site/Default.aspx?PageID=828>.

Dates:

Ridgemont Elementary School: Fridays: Oct 21, Nov 4 & 18, Dec 9
(8:15-10am & 2-3:30pm)

Goodman Elementary School: Thursdays: Oct 6 & 20, Nov 17, Dec 8
(8:15-10am & 3:50-4:50pm)

Please see the following links for the signup, times, and more information:

[Brighter Bites Volunteers: Brighter Bites Volunteers at Ridgemont Elementary \(signupgenius.com\)](#)

[Community Volunteers: Brighter Bites at Goodman Elementary \(signupgenius.com\)](#)

Upcoming Events



Parent Webinars

2022-2023

Time: 6pm

January 18th, 2023

**Current Drug Trends
and What Parents Need
to Know**

Parents will be provided information on current drug trends to help them be aware of what to look for and how to best support their children.

**Get involved.
Get help.
Get healthy.**

For information about our
resources, please scan here.
[www.fortbendisd.com/
wholechildhealth](http://www.fortbendisd.com/wholechildhealth)



Upcoming Events



Whole Child Health Wellness Fair

Date: March 30, 2023

Time: 5:30 pm-7:30 pm

Location: Wheeler Fieldhouse

16403 Lexington Blvd

Sugar Land TX 77479

The Whole Child Health Wellness Fair will provide families with information on the **mental & behavioral health resources** that the district has available to support and develop the mental, behavioral, social, emotional, and physical health of all students in FBISD.

Guest Speakers



Heather Lambert
Clearhope Counseling
Center



Naomi Chargois-Edwards, MS, NCC
Behavioral Health Youth
Advocate Programs Inc.



Andrea Ortiz
Westpark Springs
Hospital

Upcoming Events

\$10,000 Team Challenge

- 12-week weight loss challenge
- Teams of 5

SIGN UP
Online or on HealthyWage's mobile app

CREATE
Team's of 5. Don't have a team? No problem - HealthyWage helps!

GET ACTIVE
Connect with teammates, gain healthy tips, and check stats and standings on our mobile app!

WIN BIG!!!
\$10,000 for 1st place!
2nd place wins \$5,000
3rd place wins \$3,000.

Questions? info@healthywage.com or 888.636.3832

The Healthy Wage **\$10,000 School Team Challenge** that kicks off on January 27th, 2023!

- 12-week challenge were teams of 5 compete against other teams from districts around the area on who can lose the highest percentage using their entire teams average weight loss to win \$10,000 to divide up among the members of that team.
- The team is only required to have at least ONE member who is an FBISD employee.
- Friends and family may participate.
- Cost is \$75 per person or \$375 per team.
- If Fort Bend ISD can get a minimum of 50 people signed up which is only 10 teams then the district will be in their own challenge. Meaning no outside school districts will be competing. This will only be Fort Bend ISD teams competing against themselves.
- Even if the \$10,000 winner doesn't come from Fort Bend ISD, the team with the highest percentage of weight loss will receive a \$1500 prize.
- This challenge does not only focus on weight loss but sustained weight loss as well. If your team does not do well in the challenge, then if you personally lose at least 10% of your starting weight and you are able to keep it off 9 months from the day the challenge ends. You will receive 100% of your entry fee back.
- You can do your weigh-ins virtually. Meaning you can have someone record the scale you're using, then back up to show you standing on the scale. Then the person filming just has to walk up and show the weight that is displayed on the scale. The other option is to designate someone from your school or department to be an official weigher and they can enter your weight via the Healthy Wage site.

Important Dates and Updates:

- Challenge Start Date: January 27th, 2023
- Last Day to Register for challenge: February 10th, 2023
- Challenge End Date: April 21st, 2023
- Participation Goal: 50 in order to guarantee \$1,500 top team prize
- Who is eligible to participate? Employees, Family & Friends
- Mid-Challenge Update due: Week of 3/13/23
- Result Call Update due: Week of 5/1/23

Upcoming SHAC Subcommittee Meetings

- Health & Safety Subcommittee: January 10, 2023, 10 am- 11 am
- Staff Wellness Subcommittee: January 11, 2023, 10 am- 11 am
- SEL & Mental Health Subcommittee: January 19, 2023, 9 am- 10 am
- Health & PE Subcommittee: January 25, 2023, 1:30 pm- 2:30 pm
- Advocacy Subcommittee: TBD
- SHAC Action Subcommittee: TBD
- Nutrition Subcommittee: TBD

Meeting Closure



Next General SHAC Meeting

February 15, 2023

12 pm-2 pm

Fort Bend ISD Board Room