

## **FBISD SHAC 2022-2023**

### **December 7, 2022 Meeting Minutes**

#### **I. Welcome & Mindful Moment – Allison Thummel, SHAC Chair**

\*Allison called the meeting to order at 12:04 pm and started with an activity

##### **A. Getting to Know the Community Members**

\*Community members in attendance introduced themselves.

#### **II. Presentations**

##### **A. Handwashing- Maria Johnson, FBISD Coordinator of Health Services**

\*Gave an overview of disease trends in Fort Bend County (flu, COVID, RSV, strep throat, norovirus)

\*Went over correct hand washing techniques

##### **B. Action-Based Learning Presentation- Kim Taylor, FBISD Coordinator of Wellness, Health & PE Tracy Johnson, Steven Buckley, & John Needem, Action-Based Learning**

\*Presentation by action-based learning (ABL) teachers in FBISD

\*Overview of ABL, how it is applied to the classroom, why it is used, benefits (see slides)

\*Examples of how ABL is used in classrooms in FBISD –ABL labs reinforce what teachers are teaching by using movement

\*ABL has positive feedback from teachers & students

\*Ridgemont principal Diaz spoke to how ABL is working positively at his school—discipline referrals have declined since this school started using ABL

##### **C. Student Wellness Coalition Think Tank Presentation- Laine Skelton, FBISD Coordinator of HS Programs**

\*Laine is in charge of Student Wellness Coalitions

\*hosted a Think Tank competition-student groups identified an issue or dilemma on their campus related to student wellness -student groups developed an action plan and presented it to a panel of community stakeholders—winning teams receive grant funds to put their projects into action

\* Hightower (1<sup>st</sup> place), Ridge Point (2<sup>nd</sup> place) and Kempner (3<sup>rd</sup> place) were winners of Think Tank contest recently held

\*working on getting grant for next year to expand the Think Tank competition

#### **III. Administration**

##### **A. Vote Minutes October 19, 2022, SHAC Meeting Cathy Hunter, SHAC Secretary**

Melanie Anbarci motion and Pearl Lam seconded

All in favor-motion passed

##### **B. Brain Break – Tracy Johnson, Steven Buckley, & John Needem**

**NEXT FBISD SHAC MEETING: February 15, 12:00 pm-2pm, Location: FBISD Board Room**

## **FBISD SHAC 2022-2023**

- C. Ask for volunteers for prevention support material curriculum- Lori Sartain,**  
**FBISD Assistant Director of**  
**Health & Wellness**

\*volunteers to review prevention support material curriculum—need more SHAC volunteers—contact Lori if interested (see timeline on presentation slide)

- D. Past Events - FBISD LaDonna Green, Wellness, Health & Prevention Specialist**

\*outdoor facilities available for public use (see slide for details)

- E. Upcoming Events**

\*Jan. 18 parent webinar on current drug trends and what parents need to know

\*Whole Child Health Wellness Fair-March 30 at Wheeler Fieldhouse

\*\$10,000 team challenge-12 week weight loss challenge

- F. Next Subcommittee meetings**

\*see slide

- IV. Meeting Closure      1:18 pm**

**Allison Thummel, SHAC Chair**

- V. Subcommittees are encouraged to meet**

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## FBISD SHAC 2022-2023

### SHAC members in attendance

Sandy Bristow COMMUNITY  
Doug Earle COMMUNITY  
Shama Tajani COMMUNITY  
Pilar Westbrook, Ed.D DISTRICT  
Jennifer Chadwick DISTRICT  
Lori Sartain DISTRICT  
LaDonna Green DISTRICT  
Sierra Bell DISTRICT  
Sharyl Aaron DISTRICT  
Nick Petito DISTRICT  
Priti Avantsa DISTRICT  
Payal Pandit Talati, MPH DISTRICT  
Natalie Bostic, RN DISTRICT  
Framy Diaz DISTRICT  
Janet Singleton DISTRICT  
Allison Thummel, MPH, RDN, LDN PARENT  
Dana Tran, OD PARENT  
Cathy Hunter PARENT  
Melanie Anbarci PARENT  
Jigisha Doshi PARENT  
Rocaille Roberts PARENT  
Tyenise Blackmon PARENT  
Ivette Castillo PARENT  
Melanie Eckert PARENT  
Pearl Lam PARENT

### Visitor Log - 12/7/22

First Name	Last Name
Tracy	Johnson
John	Needem
Ruth	Martinez
Steve	Buckley
Tiffany	Unnh
Veronica	Reyes
Vanessa	Gaona
Janet	Singleton

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