

FBISD SHAC 2020-21

December 2, 2020 Meeting Agenda

I. Intro: Melanie Anbarci opened meeting at 12:01pm.

- **Welcomed everyone onto call**
- **Special welcome & new to SHAC:** Nick Petito (FBISD Police), Ashley Ashna (SPED) & Natalie Rivera (FBISD Communications)
- **Theme for today:** Addressing Whole Child Wellness Now and Advocating for the Future
- **Updates & New Developments:**
 - Virtual Health School (VHS)-soon be in google drive. Will send link when it's available. VHS still in Schoology now.
 - Collecting campus wellness contacts & will be sharing w/ liaisons. SHAC wants each campus to identify a wellness goal and have liaisons submit goals to Jenna Ross.
If liaisons need help, please reach out. Work together because campus can have SHAC member & liaison too.
 - Goals for subcommittees will be sent out w/ meeting minutes.
 - New sub-committee: Legislative advocacy committee.
 - Looking for person to look for grant opportunities.
 - Whole School, Whole Community, Whole Child (WSCC) & legislative advocacy: Today's program is basically WSCC Programs in place to address needs now and legislative advocacy to help address needs in the future.
- **Proposal for New Meeting time:** Might be able to hold meetings in afternoon (will send Doodle) to see if more campuses can have representatives on SHAC meetings This will be sent out soon.
- **Mindful activity:** Deep breathing and focusing on our purpose: wellness.

II. Action Based Learning - Shannon Bandish Nash, FBISD Wellness Specialist

- Provided presentation on Action Based Learning (ABL)
- ABL can help individuals combat stress and learn better
- 12 Foundations, Brain Link & Cross lateralization, Kinesthetic Learning Model, Classroom Application
- ABL had a pilot program at Ridgemont and FBISD now has ABL labs at 8 schools.
- Provided an example where all virtual participants could experience ABL
- Contact Shannon to inquire about effectiveness or for more info on FBISD & ABL.

III. Addressing Food Insecurity-Julia Jarrell, RDN, LDN

- **Child Nutrition Department (CND):**
 - Changing logistics of curbside program (Mon & Thur pickup.) Meals for M-W, Th-Saturday. Allow to have meals for Sat & fresher foods at mealtime, increase convenience. To get free meals, you don't have to apply.
 - Starting dinner program Dec. 7 & curbside pickup. Schools who qualify are eligible.

- Dinner program requires district to have enrichment activities. See FBISD CND website for different enrichment activities each day (<https://www.fortbendisd.com/CNDCalendar#calendar230/20201210/month>)
- **Collaborative Communities:**
 - Houston Food Bank Partnership (Oct, 2020-May 2021)
 - 1st Saturday: Willowridge High School
 - 2nd Saturday: Kempner High School
 - 3rd Saturday: Willowridge High School
 - For those that wish to volunteer with collaborative communities, contact Bobbie Anderson (bobbie.anderson@fortbendisd.com) or Food Bank: collaborativecommunities@fortbendisd.com.
 - Shared Harvest Initiative (designated families received Thanksgiving meal from HEB-community contributions.
 - Holiday Cheer: food baskets & holiday gifts
 - Shared Cupboard: pantry food items for Shared Dreams participants.
 - Backpack buddies: pilot campus: Progressive HS; students get backpack of food over weekends.

IV. Fighting the Flu: Maria Johnson, BSN, RN

Health Services:

- FBISD offering flu shots. First round: Marshall HS
Next one: Bush HS on 12/12 for students K-12. 9am-1pm
Flu shots recommended 6 months & older.
- Health Services Social Media:
 - https://twitter.com/FBISD_Nurses
 - <https://twitter.com/FortBendHealth>
 - <https://twitter.com/FortBendHealth/status/1334195943596584961?s=20>
- TX DSHS video: <https://youtu.be/JRIeV1gR85U>
- Flyer attached as jpg

FREE
Drive-thru
Flu Shot Clinic
(Grades K-12 Only)

December 12, 2020
9:00am - 1:00pm

George Bush High School
6707 FM 1464 Rd.,
Richmond, TX 77407

To register:
Visit www.fbchhs.org or
Call (832) 471-1373

FIGHT FLU
Get your family vaccinated against flu this season. It's the best way to protect you and your loved ones from getting the flu.

www.cdc.gov/fightflu

FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.

GRATIS
Clinica de
Vacunación contra
la gripe - Servicio
en Auto
(Grados K-12
solamente)

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COMBATA LA INFLUENZA
Vacune a su familia contra la influenza esta temporada. Es la mejor manera de protegerse y proteger a sus seres queridos contra esta enfermedad.

www.cdc.gov/fightflu

FORTBEND
HEALTH & HUMAN SERVICES
Prevent. Promote. Protect.

V. Brain Break: Stephanie Kellam, MS, CPT

Game: Eat, play it, language to learn.

VI. Approve Minutes/Vote- Allison Thummel

Motion to accept the October 14, 2020 SHAC meeting minutes: made by Pearl Lam, seconded by: Mary Baumann. **Approved with majority vote.**

VII. FBISD Board Update - Grayle James, Trustee

- **FFA Wellness Policy** is on December BOT agenda. Available for review by community when board posts on Friday & board will discuss it on Monday.
- **Action For Healthy Kids Panel:** Grayle recently represented FBISD.
 - *Discussed: FBISD & Covid learning, strategies feeding students, physical/mental health & well-being.
 - *FBISD had # of students were used on videos & telling stories.
- **District & Campus improvement plans**
 - *Board will review in Jan.
 - * Plans always have wellness goal/effort.
 - *Members of campus SHAC, or CBLT (campus-based lead team) weigh in on wellness goals before Board reviews in Jan.

VIII. Legislative update

Kara Ihedigbo, MPH, Harris County Public Health, Healthy Living Matters

- Culture of health within school district & how district operate.
- Houston Harris County collaborative: reduce childhood obesity in region, through policy change, mobilization, strengthening alliances.
- Youth Advocacy Video Challenge: students: submit video now-Dec. 28th.
(www.healthylivingmatters.net and go to Youth Advocacy Video Challenge)



Mandi Sheridan Kimball, Director of Public Policy & Gov't Affairs, Children at Risk

- Participate w/ school health initiatives & take it to policy level.
- Texas legislature has 900 bills already.
- March 12 is deadline for bills to be filed.

IX. New Legislative Advocacy Committee - Rocaille Roberts

***Please contact her to join committee.**

*** Email: fortbendisshacadvocy@gmail.com**

*** Suggested watching Texas Tribune next week: discuss the top legislative priorities for members of the House and Senate and the state's political and economic future (<https://apreviewofthe2021legislature.splashthat.com/>) -watch this!!!**

X. Upcoming Events & Info: Stephanie Kellum

- **TITLE: Mental Health & Coping during COVID-19**
- **AUDIENCE:** Staff, Teachers, and Parents
- **DATE/TIME:** 12/2/2020; 6-7 PM
- **REGISTRATION LINK:** <https://zoom.us/meeting/register/tJcuc-GvrzgtEtCtceprJfZvFo5jUJ5WGoH->
- **DESCRIPTION:** During this presentation we will review current statistics and trends regarding the impact the COVID-19 Pandemic has had on our mental health and wellness. A few of the core components of mental health and wellness are stability, certainty, and a sense of control. Recognizing we are missing those core components, it is more than important now than ever, to take some time to focus on our mental health and wellness. We will be discussing some ways to make self-care a normal part of our daily routine, just as we do with the preventative measures we have put in place in combating COVID-19.

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ALLIANCE RESOURCES



- **Pro Athlete Fitness Break Videos:** Short activity breaks to energize and alleviate stress
- **Quick, Healthy Lunches:** Tasty, nutritious, and affordable ideas for filling snacks and main dishes
- **Conversation Starters for Social-Emotional Health:** Communication strategies to deepen connections with kids and teens
- **Healthy Hydration during COVID-19:** Flexible ways to make drinking water more accessible in schools

WEBINARS



- **Exploring Social Emotional Learning through Movement:**
https://actionforhealthykids.zoom.us/rec/play/jMPHOeQkaUbl8blM1wV1Z8qTOGhZnoT9zAEAkUhVyHCmJr1VJBOIGE-K81F5TXmwr3MGZjB5PMTSLZc3.D44T3VdRjAnG03WU?startTime=1581451394000& x zm_rtaid=U0qLhFbaQcmi8qusQpjEbQ.1605280450941.1008ae5b8e9d5daac50bc771ab3e2216& x zm_rhtaid=353
- **Parents and School Nutrition:**
https://actionforhealthykids.zoom.us/rec/play/0x6grRpI0qguTHtd2Ns t9lyxIM_DNfNN2m9dDhobles0b6XMXWuXld1wTwtFS19MavyE-LPuMr6khC4l.GINWIIIMAdF flx1E?startTime=1584561831000& x zm_rtaid=U0qLhFbaQcmi8qusQpjEbQ.1605280450941.1008ae5b8e9d5daac50bc771ab3e2216& x zm_rhtaid=353
- **Supporting our Children's Mental Health: Community Conversations:**
https://www.youtube.com/watch?v=WcRFxd4kl_s&feature=youtu.be

- **Stephens Family YMCA with Larkin's Place How to Keep Your Kids Active Under Stay-at-Home Order:**
<https://www.youtube.com/watch?v=7cqrgw8PreY>
- **The Importance of Physical Activity & Reducing Sedentary Behavior While Safer Home:** <https://www.youtube.com/watch?v=UBWV-ZrKvo0>
- **Your Child's Brain. What is going on in there?:**
https://actionforhealthykids.zoom.us/rec/play/vMYtdLj9qG43EoXG5QSDAfQtW43oequsgXId-sJmE2xAHIFYALyMLdBM8_QbBm_hfO95QTpeWtbEns?continueMode=true

XI. **Wrap-up - Melanie Anbarci**

*Next meeting February 17, 2021, 12-2pm.

*Thank you for your attendance and participation in today's SHAC meeting.

*Well-wishes and happy holidays!

XII. **Attachments:**

*Sub committee goals

*Flu shots (Eng & Span.)

ATTENDANCE:

1. Rocaille Roberts, Parent Member
2. Andrea Beckert FBISD WBE Parent Educator
3. Melanie Anbarci, SHAC Chair
4. Stephanie Kellam, Community Member
5. Jigisha Doshi , Parent member
6. Sandy Bristow, Oliver Foundation
7. Tyenise Blackmon, Collaborative Communities
8. Nomita Bajwa, Texas SHAC parent rep
9. Mary Hooper SWE School Nurse
10. Emily Paul, American Heart Association
11. Allison Thummel, Parent Member
12. Theresa Chiang, parent, EHS,
13. Kara Ihedigbo - Healthy Living Matters
14. Tyenise Blackmon, FBISD Collaborative Communities
15. Krista Patlovich, SHAC Vice Chair
16. Doug Earle, Community Member
17. Pearl N. Lam, Parent QVMS & DHS
18. Michelle O'Rourke, parent member
19. Deepali Patel, Yoga Teacher and community member
20. Sonya Copeland, OCE School Nurse
21. Toni Scott CWE school nurse
22. Ami Dharia, Parent Sartartia
23. Karla Vargas -FBISD Collaborative Communities, AFE
24. Mandi Kimball, parent member and CHILDREN AT RISK
25. Sharon Seiler community partner with Common Threads
26. rosa baker-holley Elementary
27. Carla Jones, Nurse/counselor/ccc assistant
28. Erin Weaver, PE, School Nurse

29. Janelle Johnson, Parent Educator, WHS
30. Payal Patani, Fort Bend Community Prevention Coalition
31. Carla Jones-HRE
32. Julia Jarrell, CND District Member
33. John Puder - Baylor Univ (Texas Hunger Initiative)
34. Nicola Matthews Parent Educator HRE
35. Cathy Hunter, Parent RPHS
36. Pilar Westbrook Executive Director of SEL & Comprehensive Health
37. Reba Cook, Collaborative Communities
38. Steve Shiels, Director of Behavioral Health and Wellness
39. Sandra Castro, Dairy MAX/Fuel Up to Play 60 program, community member
40. Dana Tran, membership
41. Kathie Harper Marshall High Campus Assessment Coordinator
42. Monyca Desselle LOMS VIPS Coordinator
43. Maria Johnson, Coordinator of Health Services
44. Kim Taylor Coordinator Health, PE and Wellness
45. Grayle James, Trustee
46. Douglas Turner Heritage Rose Elementary PE Teacher
47. Terry Clements Mission West Elementary School Nurse
48. Michelle Hall, Christ Church Sugar Land, Texas
49. Leandra Henderson, Fort Bend Regional Council
50. Carlete MetoyerSEL
51. Shannon Bandish Nash, FBISD Wellness Specialist
52. Carmen Maciel
53. Aubrey Pettit Jan Schiff Elementary
54. Jennifer Setera, Fort Settlement Middle School nurse
55. Courtney Skiles, fbisd Wellness coordinator
56. Farah Rahman, Parent member Austin High School
57. Carmen Maciel HRE Elementary.
58. Lakshmi Koppolu, Sartartia Middle School
59. Mary Baumann - DrumFIT, Corporate and Community Relations
60. Doug Earle, Community Member
61. Jamila Steen, Assistant Principal, James Patterson Elementary
62. stephanie brown Marshall High School
63. Imraan Husain, Director Rosary Dental, KHS Parent
64. Gary Hajdasz FBISD staff wellness
65. LeKeya Weir. Guest-Sienna Crossing Elementary Parent
66. Marianne Vinklarek, FBISD, MBE
67. Natalie Bostic RN- James Reese CTC
68. Shaneka Richardson-Armstrong Elementary

Membership attendance - 12/02/2020

Grayle James BOARD,
 Doug Earle COMMUNITY,
 Kara Ihedigbo Community,
 Mary Baumann COMMUNITY,
 Sandy Bristow COMMUNITY,
 Sandra Castro Community,
 Stephanie Kellam COMMUNITY,
 Carlete Metoyer District,
 Courtney Skiles DISTRICT,

Julia Jarrell DISTRICT,
Kim Taylor District,
Lori Sartain DISTRICT,
Maria Johnson DISTRICT,
Pilar Westbrook District,
Steve Shiels District,
Tyenise Blackmon DISTRICT,
Allison Thummel PARENT,
Cathy Hunter PARENT,
Dana Tran PARENT,
Farah Rahman PARENT,
Jenna Ross PARENT,
Jigisha Doshi PARENT,
Krista Patlovich PARENT,
Melanie Anbarci PARENT,
Pearl Lam PARENT,
Rocaille Roberts PARENT,
Theresa Chiang PARENT

CHAT:

12:23:24 Tyenise Blackmon : Great ideas!

12:33:47 Stephanie Kellam : Great job Shannon!!

12:34:46 Mary Baumann : Agree! Excellent content and flow for understanding the need and process.

12:34:54 Nomita Bajwa : Thanks Shannon, this is a great program! glad to see that we are spreading it through the district!

12:35:15 Sandy Bristow : Great job!! Shannon, you are the ABL Champion!!

12:35:31 Nomita Bajwa : Q: Is there anything similar at the middle or high school level?

12:35:52 Mary Hooper : Does every school have a lab? I have not heard of this at my school?

12:36:34 Sandra Castro : Great job Shannon, way to reach a variety of children with different learning styles

12:38:0 Andrea Beckert : Thank you, great info!

12:40:29 Farah Moin : Where do they apply to get these free meals

12:47:23 Jamila Steen : Some people have expressed interest in volunteering. How do they volunteer to help?

12:52:43 Nomita Bajwa : Can we share the flyer on social media?

12:53:18 Rosa Baker : is there a flyer that we can send to parents through our web newsletter or email.

13:02:43 Mary Baumann : Here is a good link to share on vaccine information the CDC:

<https://www.cdc.gov/flu/prevent/vaccinations.htm>

13:04:28 Karla Vargas : I received the Flu Shot Drive Thru email FBISD yesterday. Includes a link to register.

13:05:11 Nomita Bajwa : That is awesome! Thanks for supporting SHAC and wellness on TAHK!

13:21:42 Maria Johnson, BSN RN : Thank you Mandi for the shout out to our FBISD Nurses :) They are all amazing!

13:28:04 Nomita Bajwa : Have you heard of any bills allowing schools to bill for medical services?

13:32:10 Stephanie Kellam : THANK YOU LADIES!

13:35:24 Nomita Bajwa : Thanks Kara and Mandi, and Rocaille, this is great! Thank you for taking on the role. So important!

13:38:05 Grayle James : Yes! Advocacy is a great tool; we need to advocate to change state policy in a way that supports FBISD. Parents and students are powerful advocates as are citizens, elected officials, and our SHAC. I am happy to support the effort.

13:39:48 Allison Thummel,RDN : Can you send the link where we can watch next week?

13:40:00 Kara Ihedigbo : IT's AMAZING!!!

13:41:07 Mary Baumann : Good to hear on the health advocacy!

13:41:5 Rosa Baker : thank you

13:44:45 Andrea Beckert : Parent Educators will share info!!!

13:45:22 Melanie Anbarci : Our Liaisons can share as well

13:47:26 Dana Tran : Great meeting!!! Thank you all for all the information!