

FBISD SHAC 2024-2025 December 3rd, 2025 Meeting Agenda

Theme: Mental Health

#YouAreNotAlone

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| | | (Time: 12:00 - 12:05pm) |
| I. | Welcome– Catalina Flores-Rau, SHAC Chair | |
| | A. Mindful Moment- Allison Thummel | 5 min |
| II. | Presentations | (Time: 12:05-12:45pm) |
| | A. The Power of Connection, Suicide Prevention | |
| | - Dr. Erin Forbes, Wellness, Health & Prevention Specialist, Hope Squad | 20 min |
| | B. Adolescent Brains & the Impacts of Sleep and Gaming | 20 min |
| | - Dr. Ronald J. Swatzyna, PhD, Director/Chief Scientist of Neurophysiology Research at Houston Neuroscience Brain Center | |
| III. | Administration | (Time: 12:45-1:20pm) |
| | A. Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| | B. Vote on Minutes from the September SHAC Meeting - Derek Craig, SHAC Secretary | 5 min |
| | C. Board Membership Review – 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 | (Time: 1:20-1:30 pm) |
| | Subcommittees Convened | |
| V. | Meeting Closure- Catalina Flores-Rau, SHAC Chair | |



NEXT FBISD SHAC MEETING: February 11, 12:00 pm-1:30pm, Location: FBISD Board Room