

I. Welcome

- Catalina Flores-Rau opens the meeting at 12:07pm on 12/3/25
- Mindful Moment: Holiday Reflections Mindfulness Activity (Allison Thummel)

II. Presentations

- Presentation 1: Adolescent Brains & the Impacts of Sleep and Gaming (Dr. Ronald J. Swatzyna, Houston Neuroscience Brain Center)
 - Key info and takeaways:
 - Teens average 7.7 hrs/day of screen time; 4-10% of children meet clinical threshold for addiction; >2hrs of screen use leads to 2x poor sleep
 - Heavy gaming can activate the dopaminergic system, requiring a heavy dopamine response, which leads to sleep issues and/or missed sleep and risk of addiction
 - Screens post-concussion delay recovery by over-stimulating the visual cortex (goal: limit screen usage in first 48-72 hours after injury)
 - Warning signs of screen overuse: irritability when restricted, fatigue or refusal to sleep, secrecy around device usage, academic and social withdrawal
 - Tools for parents: screen curfews (1 hour before bed), screen detox on weekends, parental control apps, reward systems, blue light filters
 - Tools for teachers: track student screen usage vs. productivity, behavior journals, device-free spaces, parent-teacher screen diaries
 - When to refer: severe behavioral withdrawal, co-morbid ADHD/anxiety symptoms, major academic/sleep decline
 - Summary: 1) Chronic screen exposure alters brain and behavior. 2) Sleep and learning suffer from screen overuse. 3) Tools + boundaries = neuroprotection.
 - Q&A
 - FBISD provides students with laptops, so they are forced to be in front of a screen. What recommendations do you have?
 - Wear blue light glasses, install software to reduce/remove blue light. And limit screen usage after school to 2 hours.
 - What impact does blue light have on the brain?
 - Brain not designed to stare at light. Blue light is a low-frequency light that penetrates the brain circuitry and can impact sleep.
 - How do we make this info more digestible for a lay audience?
 - Need to find a way to speak to key stakeholders (i.e., parents) first, then tailor presentations for them. School newsletters. "What until 8th" pledge. FBISD Sound Bites.
 - Additional resources: www.healthychildren.org, Surgeon General report/advisory on social media use and impacts on children
- Presentation 2: The Power of Connection, Suicide Prevention (Dr. Erin Forbes, Hope Squad; eforbes@hopesquad.com)
 - Key info and takeaways:
 - In 2023, suicide was the 2nd leading cause of death for young people ages 10-34; studies show that 1 in 10 students, on average, have attempted suicide, and 3 out of 20 students reported having experienced suicidal thoughts and sadness
 - Hope Squad – a group of kind, trustworthy students who are trained to recognize warning signs and connect struggling peers to adults. More than 2,000 Hope Squads at schools around the US, and around 300 in Texas schools. 1.25 million students impacted by Hope Squad across the US in 2023-24.
 - There is an active Hope Squad at Ridge Point High School.

- Why does it work?
 - Research shows that students are more likely to confide in a peer than an adult.
 - More connected students can lead to higher grades, better attendance, and decreased substance use, among other things.
- How does it work?
 - Train advisors (teachers/counselors), students are nominated by their peers and trained by the advisors. Members regularly meet with advisors for training and support. Training includes core objectives, skill building on relevant topics, warning signs to watch for, and how to connect them with trusted adults.
- Hope Squads really thrive when they have full community buy-in
- Q&A
 - Is Hope Squad part of a company that are willing to come to schools and start up the program
 - Hope Squad is a company and the program is a product delivered, but it is delivered to adults because it needs to be someone who understands what's going on within the school and community. The adults need to know how to train other adults and students. Training costs for adults is \$600-800 per person and they are 'trained' for life.
 - Ridge Point splits costs – half PTA, half campus
 - What methods do you use to get adults on board?
 - Start with the right people as advisors. Students are also asked to help identify trusted adults. More of a grassroots approach.
 - This is a big and tough topic for kids. How do you talk about it?
 - Kids are already talking about this with their peers. We help kids develop their 'identity' as helpers. Internal data collected suggests that students involved are satisfied and compassion for their contributions.
 - Is there a spiritual component to the training?
 - No. But supplementing can happen, if appropriate. We operate in private and tribal schools so we're familiar with the boundaries. Physical, spiritual, and mental health are mentioned in some trainings but it does not go to deep.

III. Administration

- Brain Break (Shannon Nash, FBISD Wellness, Health & Prevention Specialist)
- Vote on May & September meeting minutes (Derek Craig, SHAC Secretary)
 - Did not have quorum, so a vote on meeting minutes was postponed
- Board Membership Review (Catalina Flores-Rau, SHAC Chair)
 - Contact Catalina if interested in serving on the SHAC Executive Team for 2026-27 school year
 - Encouraged attendees to complete membership pledge (if they haven't already)
 - Group will be reviewing how to engage with Campus Wellness Committees and how we might recruit additional parent/community members to SHAC
- Legislative Review
 - New advisory role: Sumita Ghosh
 - Help SHAC to understand what is written into laws and what is coming soon
 - Plan is to provide 5-10 min overview at each meeting
- Past & Upcoming Events (Shannon Nash, Specialist, Health, Wellness, & Prevention)
 - National diabetes awareness month (Nov 2025)
 - Holiday meals at campuses
 - Handwashing awareness month (Dec 2025)
 - National Wear Red Day (Feb 2026)
 - National School Counseling Week (Feb 2-6, 2026)

- One week to save a life event (Feb 23-27, 2026)
- District Student Wellness Coalition Think Tank Recap (Nov 19, 2025)

IV. Meeting Closure

- Meeting closed by Catalina Flores-Rau at 1:35 pm.

SHAC Members present on 12/3/25

1. Nichole Brathwaite-Dingle, MD, COMMUNITY Fort Bend County Health,
2. Sandy Bristow COMMUNITY Oliver Foundation, Program Director,
3. Derek Craig, PhD COMMUNITY UT Health Houston,
4. Doug Earle COMMUNITY The First Tee,
5. Alfred James DISTRICT Executive Director of Secondary Schools,
6. Framy Diaz DISTRICT Executive Director of Elementary Schools,
7. Shannon Nash DISTRICT FBISD Health, Wellness & Prevention Specialist,
8. Lori Sartain DISTRICT Director of Behavioral Health & Wellness,
9. Kim Taylor DISTRICT Coordinator of Health, PE and Wellness,
10. Briana Garcia DISTRICT Child Nutrition Marketing Coordinator,
11. Susan Nayeri DISTRICT Child Nutrition Dietitian,
12. Ana Catalina Flores-Rau PARENT Student at First Colony MS, Clements HS,
13. Nicole Juracek PARENT Students at Neill ES,
14. Allison Thummel, MPH, RDN, LDN PARENT Students at Elkins HS,
15. Jigisha Doshi PARENT Student at Clements HS,
16. Sumita Ghosh PARENT Students at Commonwealth ES and Fort Settlement MS,
17. Vanessa Gaona PARENT Student at Lakeview ES,
18. Whitney Moody PARENT Student at Settlers Way ES, First Colony MS,
19. Christina Brittingham PARENT students at Sullivan ES

Guests present on 12/3/25

1. Beth Garcia
2. Tiffany Ireland
3. Eral Everson
4. Amy Grant
5. Ron Swatzyna
6. Erin Forbes