

## I. Welcome

- Catalina Flores-Rau opens the meeting at 12:04pm on 5/14/25
- Mindful Moment (Jigisha Doshi, College Counselor): Gratitude meditation

## II. Presentations

- Presentation 1: FBISD Student Engagement Survey (Tiffany Unruh, Director of Strategic Planning)
  - Results shared are from 2023-24 school year. Over 30,000 students (11k elementary, 21k secondary) participated in the survey. Survey assesses behavioral engagement, emotional engagement, and cognitive engagement. All survey dimensions were at the 'high engagement' level at the elementary level and the 'moderate engagement' level among secondary.
  - Key takeaways shared:
    - Sleep/rest: 63% of students agree that they get enough sleep (up 4% from last year).
    - Healthy habits: 66% of students agreed that schools helped them engage in healthy eating habits.
    - Physical activity: 73% of students reported engaging in physical activity/movement in learning.
    - Safety: Students reported feeling safer in school (75%, up 5% from last year); a lower percentage of students reported being bullied.
  - Focus areas have been identified to improve student engagement at the elementary and secondary levels.
- Presentation 2: Kids Heart Challenge (KHC) Hands Only CPR (Ashley Avalos, American Heart Association)
  - The goal of Ms. Avalos' work is to build healthy habits with students across Houston. CPR education is a big priority for AHA. Kids Heart Challenge is free to campuses, and CPR training/education can start as early as Kindergarten or PreK. KHC is TEKS-aligned for PE and STEM teachers. There are grant opportunities for schools and scholarship opportunities for students for participating. There is an at-home component that can be done with family outside of school hours.
    - KHC impact in 2024: 25 FBISD schools (24 ES, 1 HS), ~\$21k in givebacks to schools, >3,000 students participated (mostly elementary)
- Questions:
  - There were positive changes across the board. Is this a compliment to the district or something else?
    - The district has been monitoring trends over time, but campuses are also tracking this and emphasizing things in their campus improvement plans.
  - Any insights on what proactive steps can be taken at the campus level to keep trends going in the right direction?
    - Our low areas have consistently been low, even though we are slowly making progress.
  - Is this data broken down by school or district level?
    - Its primarily presented at the district level, but some additional detail by high school, middle school, and 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade are available. However, other things are not publicly available.
  - Do we have a report on the median scores for how many campuses scored above or below the median that is publicly available? This would give a better sense of the data.
    - At this time, we do not have the info at that level, but we can take this feedback and pass it along to see if that can be made available.
  - Who does this survey, and do other districts do it or is it unique to FBISD?
    - Ms. Unruh does the survey herself. Both student surveys are based on a national survey produced by the Univ of Illinois, and not many other districts are doing this type of work.
  - Can you confirm the focus of AHA?

- Health, education, and messaging are core components of AHA community outreach. However, some schools may not find these useful given their existing resources, so we try to work with schools to be flexible to respond to their needs (e.g., mindfulness).
- With summer coming, do you provide CPR training for students going to pools and beaches?
  - Good question. There is a section on the AHA website where you can get education and training about CPR in your community, but we can bring this back to our team to see if this is something to bring to PE teachers.
- Are there practice dummies for elementary schools?
  - We're looking into it. We may be providing this to some schools soon, but we're working with FBISD to get more resources to you.
- Do FBISD students who participated in the KHC still go around to schools to help teach CPR?
  - That program has stopped because the students have since graduated.
- Note: Fort Bend Health Department is starting a health initiative tomorrow (5/15/25), working with the Sheriff's department to provide CPR training in the county this summer.
- How many districts do you work with? What's the biggest reason why schools do not participate?
  - We work with most districts in the Houston area. The donation component of KHC is probably biggest challenge because it may stop schools from wanting to participate. However, donations help AHA continue providing their programs (such as KHC) and professional development.

### III. Administration

- Vote on February and April meeting minutes (Derek Craig, SHAC Secretary)
  - Motion to approve the February minutes (school start times): Allison Thummel
    - 2<sup>nd</sup> motion to approve: Pearl Lam
    - All in favor: Yes
    - Any opposed: None
  - Motion to approve the April minutes (physical activity): Jigisha Doshi
    - 2<sup>nd</sup> motion to approve: Sandy Bristow
    - All in favor: Yes
    - Any opposed: None
- Review of 'SHAC Goals Review' presentation
  - Catalina stated that her presentation to the school board has been delayed. New date TBD.
- SHAC Meeting Dates for 2025-26 are set (All meetings will be from 12:00-1:30pm).
  - 2025
    - Sept 10<sup>th</sup>, Oct 8<sup>th</sup>, Dec 3<sup>rd</sup>
  - 2026
    - Feb 11<sup>th</sup>, April 8<sup>th</sup>, May 13<sup>th</sup>
- Upcoming events (Shannon Nash, Specialist, Health, Wellness, & Prevention)
  - 'Moving' May – National Sport and PE Month
  - District Student Coalition Wellness Event (5/15/25, Wheeler Parking Lot from 6-8pm)
- SHAC Recognitions
  - Greater Houston Nurse of the Year: Jill Gober (Ridge Point HS)
  - FBISD District Teacher of the Year: Ashley East (Blue Ridge-Briargate ES)
  - SHAC Wellness Heroes:
    - Emi Smith (Anne Sullivan ES)
    - Tracey Rich (Fort Settlement MS)
    - Susan Nayeri (FBISD Child Nutrition)
    - Pearl Lam (SHAC nutrition subcommittee, Dulles HS parent)

- Shannon Nash (FBISD, Specialist, Health, Wellness, and Nutrition)
- Lori Sartain (FBISD, Director, Behavioral Health and Wellness)

#### **IV. Closed Session**

- From 1:16-1:30pm, attendees met within their SHAC subcommittees

#### **V. Meeting Closure**

- Meeting closed by Catalina Flores-Rau at 1:31 pm.

## **Attendance**

### SHAC Members present on 5/14/25

1. Angie Hanan BOARD,
2. Nichole Brathwaite-Dingle, MD, or Kaila Williams COMMUNITY,
3. Sandy Bristow COMMUNITY,
4. Derek Craig, PhD COMMUNITY,
5. Doug Earle COMMUNITY,
6. Grayle James COMMUNITY,
7. Stephanie Brown, COMMUNITY,
8. Shannon Nash DISTRICT,
9. Lori Sartain DISTRICT,
10. Kim Taylor DISTRICT,
11. Briana Garcia DISTRICT,
12. Susan Nayeri DISTRICT,
13. Tracey Rich, M. Ed. DISTRICT,
14. Ana Catalina Flores-Rau PARENT,
15. Nicole Juracek PARENT,
16. Allison Thummel, MPH, RDN, LDN PARENT,
17. Jigisha Doshi PARENT,
18. Sumita Ghosh PARENT,
19. Ivette Castillo PARENT,
20. Anthony Collins PARENT,
21. Vanessa Gaona PARENT,
22. Pearl Lam PARENT,
23. Whitney Moody PARENT,
24. Ayesha Saleem PARENT,
25. Dana Tran PARENT,
26. Christina Brittingham PARENT

### Guests present on 5/14/25

1. Donna Whisonant
2. Emi Smith
3. Ashley East
4. Beth Garcia
5. Tiffany Ireland
6. Courtney Skiles