



## FBISD SHAC 2025-2026

### February 11th, 2026 Meeting Agenda

#### Theme: Nutrition

#YouAreNotAlone

		(Time: 12:00 - 12:05pm)
I.	Welcome— Catalina Flores-Rau, SHAC Chair A. Brain Energizer - Kim Taylor	5 min
II.	Presentations A. Fuel Your Brain. Fuel Your Game. - Misty Cey, RD, LD, CPT B. Mental Health Supports Training for Region IV - Ashley Whitley	(Time: 12:05-12:50pm) 25 min 20 min
III.	Administration A. Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist B. Vote on Minutes from previous SHAC Meetings - Derek Craig, SHAC Secretary C. Board Nominations— Catalina Flores-Rau, SHAC Chair D. Legislative Review – Sumita Ghosh, PhD, JD, Advocacy Advisor to the SHAC E. Past & Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist	(Time: 12:50-1:20pm) 5 min 5 min 5 min 10 min 10 min
IV.	Meeting in Closed Session Subcommittees Convene	(Time: 1:20-1:30 pm)
V.	Meeting Closure- Catalina Flores-Rau, SHAC Chair	