



## **FBISD SHAC 2025-2026**

### **February 11th, 2026 Meeting Agenda**

#### **Theme: Nutrition**

**#YouAreNotAlone**

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

**NEXT FBISD SHAC MEETING: April 8, 12:00 pm-1:30pm, Location: FBISD Board Room**