

FBISD



# May Meeting:

SCHOOL HEALTH ADVISORY COUNCIL

May 14<sup>th</sup>, 2025



**Lead**  
THE PAC



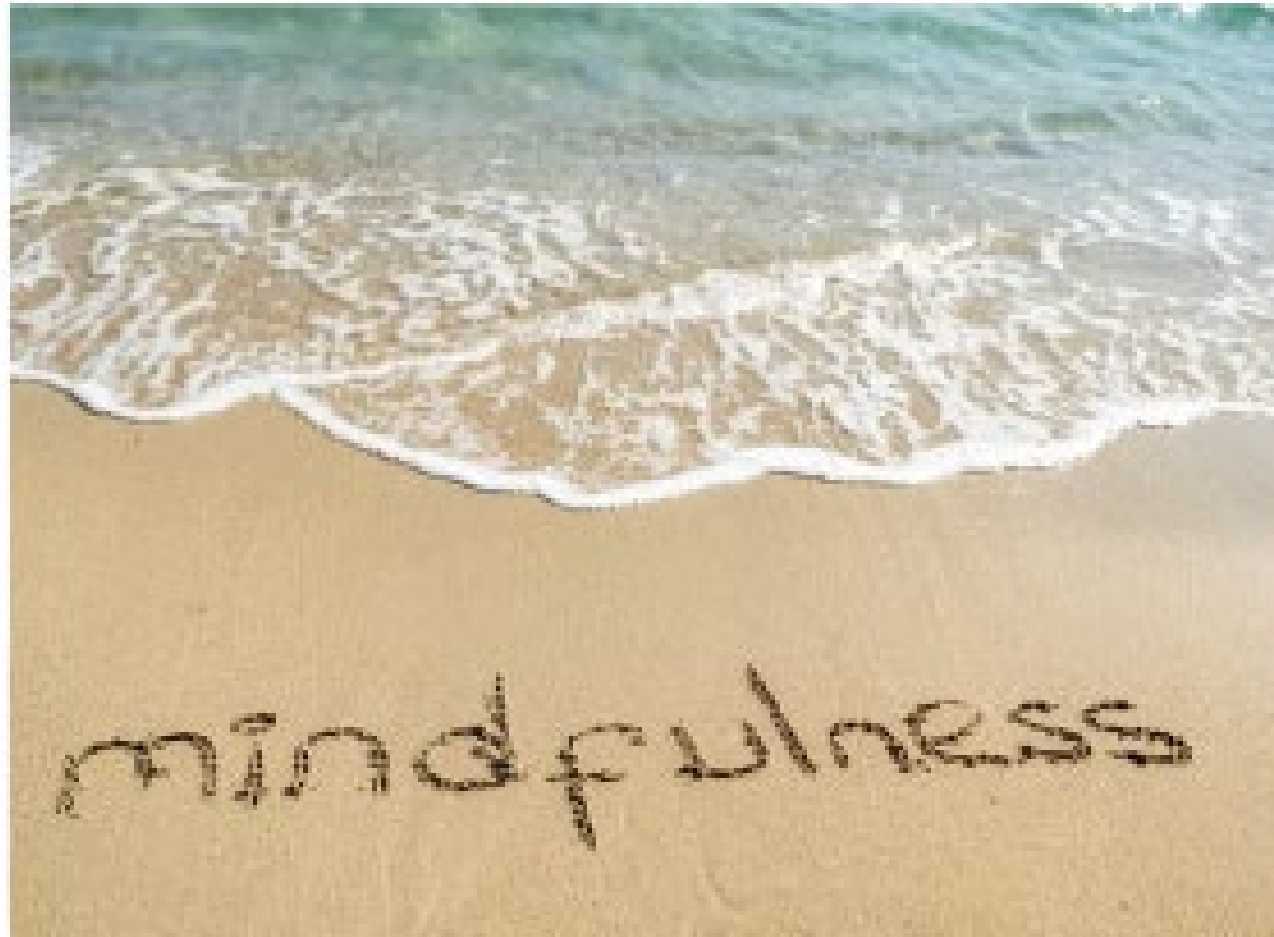
## FBISD SHAC 2024-2025 May 14th, 2025 Meeting Agenda

### Theme: SHAC Celebrates

#YouAreNotAlone

- |      |  |                              |
|------|--|------------------------------|
| I.   | <b>Welcome– Catalina Flores-Rau, SHAC Chair</b>  | (Time: 12:00 - 12:05pm)      |
| A.   | Mindful Moment- Jigisha Doshi, College Counselor   | 5 min                        |
| II.  | <b>Presentations</b>   | <u>(Time: 12:05-12:45pm)</u> |
| A.   | FBISD Student Engagement Survey  |                              |
|      | - Tiffany Unruh, Director of Strategic Planning  | 20 min                       |
| B.   | Kids Heart Challenge Hands Only CPR  | 20 min                       |
|      | - Ashley Avalos, American Heart Association (AHA): Kids Heart Challenge                              |                              |
| III. | <b>Administration</b>  | <u>(Time: 12:45-1:20pm)</u>  |
| A.   | Vote on Minutes from the April SHAC Meeting-Derek Craig, SHAC Secretary                              | 5 min                        |
| B.   | SHAC Goals Review – Catalina Flores-Rau, SHAC Chair  | 10 min                       |
| C.   | Meeting Dates for 2025-26 School Year, Catalina Flores-Rau   | 3 min                        |
| D.   | Past & Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist                       | 7 min                        |
| E.   | SHAC Recognitions  | 20 min                       |
|      | - Greater Houston Nurse of the Year, Jill Gober - Maria Johnson, Coordinator of Health Services      |                              |
|      | - FBISD Teacher of the Year, Ashley East – Shannon Bandish, Wellness, Health & Prevention Specialist |                              |
|      | - Wellness Heroes nominated by the SHAC – Catalina Flores-Rau  |                              |
| IV.  | <b>Meeting in Closed Session<br/>Subcommittees Conven</b>  | <u>(Time: 1:20-1:30 pm)</u>  |
| V.   | <b>Meeting Closure- Catalina Flores-Rau, SHAC Chair</b>  |                              |

# Mindful Moment



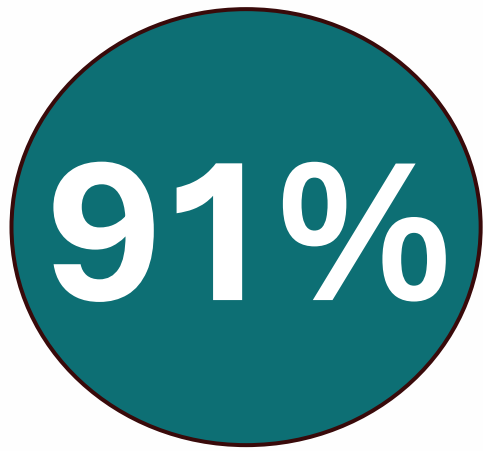
FBISD

**2023-24 Student  
Engagement Survey  
Results:  
Health and Wellness  
Focus**



**Lead**  
**THE PAC**





**Elementary  
Students  
Participated**  
11,359



**Secondary  
Students  
Participated**  
21,900

## Measuring FBISD Student Engagement Through



**Behavioral  
Engagement**  
*participation*



**Emotional  
Engagement**  
*interactions*



**Cognitive  
Engagement**  
*investment*

## Student Engagement Scale (Mean Score Range)

Very Low  
1.0-1.75

Low  
1.76-2.50

Moderate  
2.51-3.25

High Engagement  
3.26-4.0

Secondary

Elementary



# Changes FBISD Student Engagement: 2023 to 2024



**Behavioral Engagement**  
*participation*



**Emotional Engagement**  
*interactions*



**Cognitive Engagement**  
*investment*

## Secondary Students

2.85  
Mean Score

2.7%

2.90  
Mean Score

3.0%

2.98  
Mean Score

3.7%

## Elementary Students

2.54  
Mean Score

5.4%

3.30  
Mean Score

0.3%

3.62  
Mean Score

1.0%

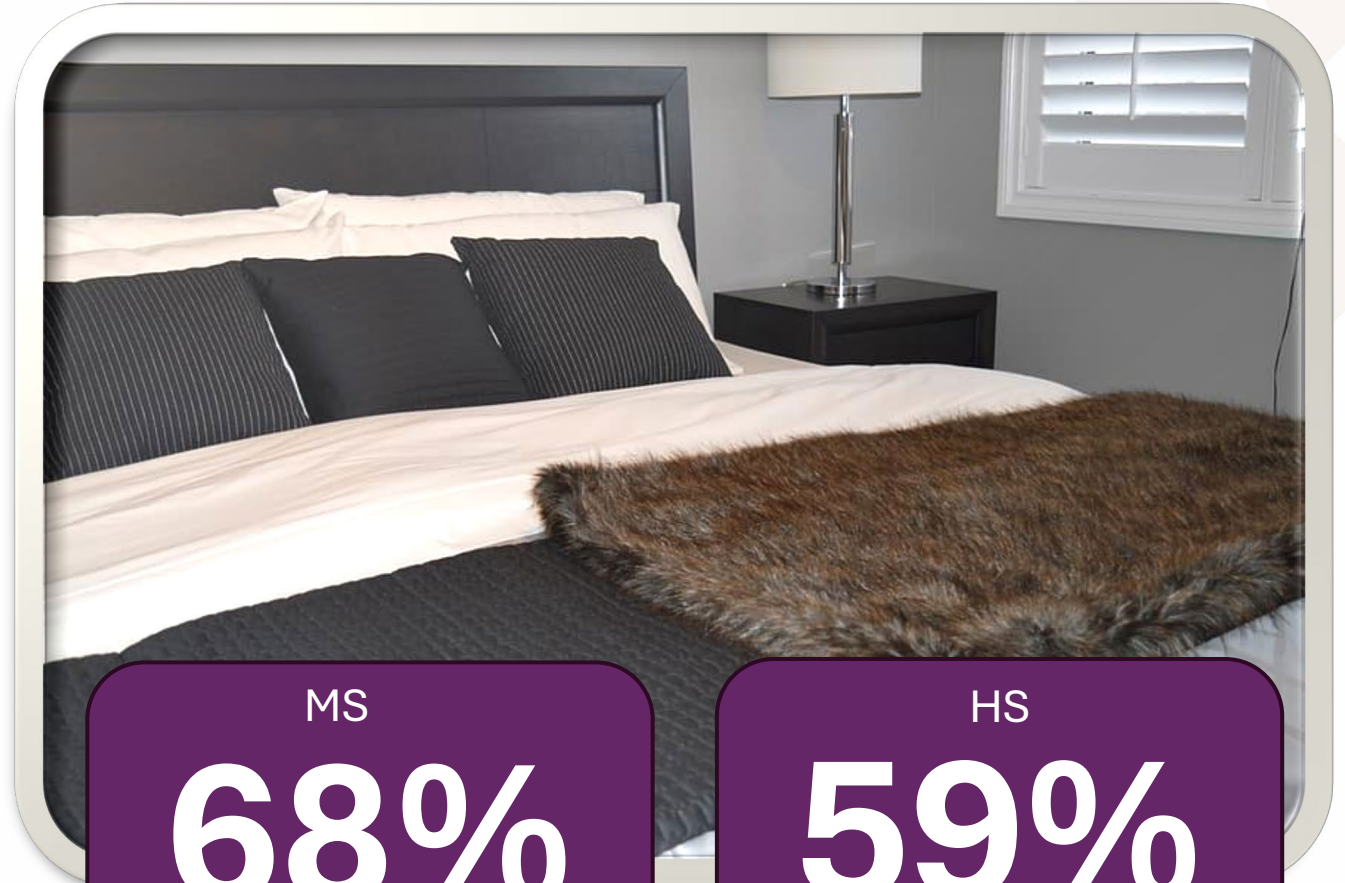


# Student Engagement Surveys: Getting Rest

**63%**

Of Students  
Agree/Strongly  
Agree they get  
enough sleep to feel  
rested

4.3%



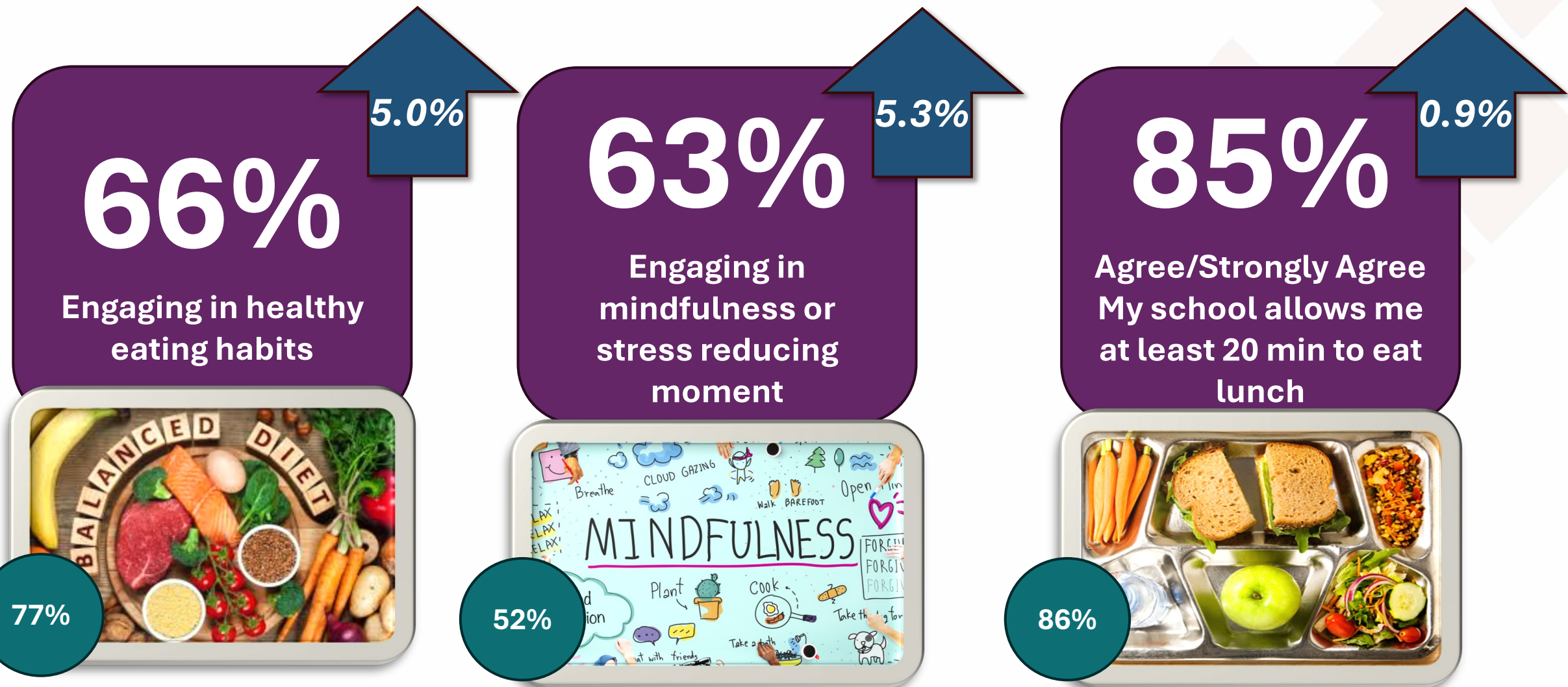
MS

**68%**

HS

**59%**

# Student Engagement Surveys: Healthy Habits





# Student Engagement Surveys: Physical Activity



73%

Engage in physical  
activity or using  
movement to learn

5.0%

76%

43%

Physically active for  
more than 3 hours  
per week

5.3%

37%



# Student Engagement Surveys- Feelings of Safety

75%

Agree/Strongly Agree  
I Feel Safe in School

6.0%

85%



39%

Have been picked on  
or bullied by another  
student\*

6.0%

\*Rarely, Sometimes, Often

# Summary & Focus Areas

*All Engagement Dimensions Behavior, Emotional, Cognitive improved for Elementary & Secondary Students*

## **Elementary** (High Engagement)

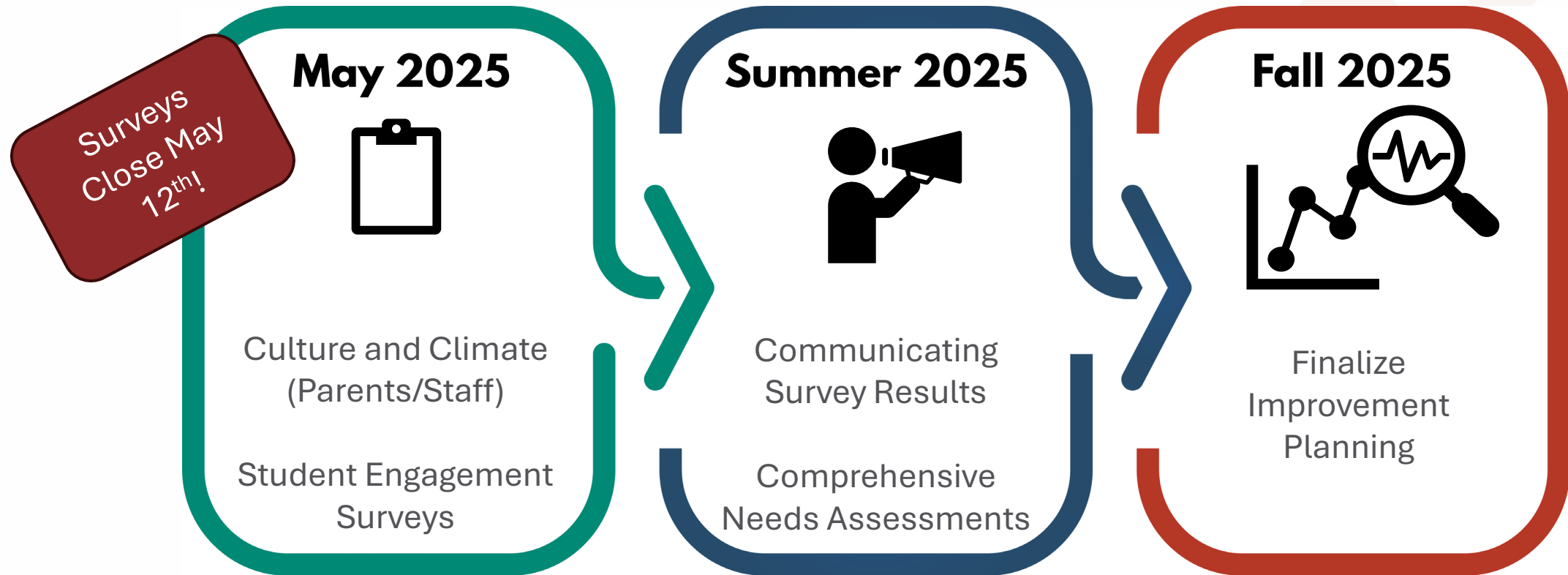
- Understanding of rules and how they are applied
- Support positive interactions with peers

## **Secondary** (Moderate Engagement)

- Promote involvement in the school via clubs, extra & co-curricular
- Create relevant learning experiences that promote critical thinking
- Engage all students in college/career planning as a process
- Increase understanding and access to student supports



# Looking Forward







# **Kids Heart Challenge American Heart Association**

Ashley Avalos, American Heart Association





American Heart Association.

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**





# THEY NEED OUR HELP







American Heart Association.

**KIDS  
HEART  
CHALLENGE™** | **AMERICAN  
HEART  
CHALLENGE™**

# 9 OUT OF 10

**PEOPLE WHO SUFFER SUDDEN CARDIAC ARREST  
OUTSIDE OF THE HOSPITAL DIE.**

In most of those cases, bystander CPR  
is performed less than half the time.



Kora's mom, Shelly, was teaching in her classroom when she had a sudden cardiac arrest. Luckily, the school emergency team performed CPR and had access to an AED which helped save her life and make a full recovery. Kora wants everyone to support the American Heart Association because they provide training for CPR, which can save more lives, just like her mom's.







American Heart Association.

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**



Find the right beat for chest compressions  
100-120 BPM

# HEART STOP BEAT DROP



Find the right beat for chest compressions  
100-120 BPM

**HEART STOP  
BEAT DROP**



1



2



3



4



5



6







# ARE YOU READY TO SAVE LIVES?

NOW MORE THAN EVER, **YOUR  
SUPPORT IS NEEDED.**

Every person who joins, and every dollar donated, means more people trained in lifesaving CPR, more education, and more research.





# JOIN KIDS HEART CHALLENGE OR AHC



# Benefits of KHC/AHC – Teacher/School

- 2–4 weeks **FREE** Service-Learning Project
- TEKs-aligned Educational Resources: PE, STEM and Mental well-being
- School Givebacks
- Grant Opportunities
- Professional Development
- Staff Wellness
- Inspires School Leaders
- Scholarship Opportunity (AHC ONLY)
- **AHA SUPPORT FROM START TO FINISH**







American Heart  
Association.

**KIDS  
HEART  
CHALLENGE™**

# MEET THE TEAM!




**WYNN**  
Avoid Vaping/Tobacco



**RAIN**  
Choose Water



**ACE**  
Hands-Only CPR



**PEPPER**  
Add Color



**WYLIE  
& BINGO**  
Be Kind



**RILEY**  
Sleep More



**DAKOTA**  
Move More



**MR. KHC**



# FINN'S MISSION



Edit Your  
Page



Send  
Messages



Give a  
Personal  
Gift



Share on  
Social



Get a  
Gift from  
Others



Warning  
Signs of  
Stroke



Hands-Only  
CPR



Finish

Start

**YOU DID IT! Finn's Mission is complete!**

100%

**Kendra's Progress**



Congrats  
on earning  
your cape!



# FINN'S MISSION



**START**



**GIVE A  
PERSONAL  
GIFT**



**SEND  
MESSAGES**



**SHARE ON  
SOCIAL**



**HANDS-ONLY  
CPR**



**GET A GIFT  
FROM  
OTHERS**



**WARNING  
SIGNS OF  
STROKE**



**AVOID  
VAPING &  
TOBACCO**



**EARN YOUR  
LIFESAVERS  
GIFT**

**100%  
COMPLETE**

**KENDRA'S**

**PROGRESS**



Gym  
Makeover



2 Super Bowl  
Tickets



*The National Football League (NFL) is a proud  
national supporter of the American Heart  
Association's Nation of Lifesavers.*









American Heart Association.

**KIDS  
HEART  
CHALLENGE** | **AMERICAN  
HEART  
CHALLENGE**

## DANIEL ADVOCATE 10<sup>TH</sup> GRADE

Daniel and his oldest brother performed CPR on his father while his youngest brother, Gabriel, called 911.

Daniel is thankful for the CPR training he received at school, which helped him save his dad's life. Daniel believes everyone should learn CPR, especially kids because they can save their loved one's life too.



## KARA SURVIVOR 12<sup>TH</sup> GRADE

Before Kara was born, doctors knew her heart was not developing correctly. She was diagnosed with a heart condition and had to have two open-heart surgeries. Sometimes she has to take it a little slower than others, but she is grateful that she is healthy and has no restrictions.

Kara wants people to know that the American Heart Association gives kids like her a chance at a great life. Just by participating, anyone can make a big difference!



American Heart Association.

**KIDS  
HEART  
CHALLENGE™**

**AMERICAN  
HEART  
CHALLENGE™**

# HEART.ORG/EDUCATIONALRESOURCES



Home

Parents

Students

Teacher Sign Up

Student/Coordinator Log In ▼



## Educational Resources

Locating for YOU!

Balance Bodies (Eat Right)

Control Cholesterol

Grant Scholarship

Hands-Only CPR

In Motion - Physical Activity

Life's Essential 8™ for Kids

## Teacher Well-being

- [School Well-Being](#)
- [Healthy Eating](#)
- [Fitness](#)
- [Healthy Lifestyle](#)
- [Stress Management](#)
- [Pep Talks](#)
- [Relaxation Walls](#)
- [Newsletters](#)





American Heart Association.

**KIDS**  
**HEART**  
**CHALLENGE™**

**AMERICAN**  
**HEART**  
**CHALLENGE™**

# ATOLLS OF THE MALDIVES

## **RESET SERIES NO. 10**



# FBISD 2024- 2025 Heart Health Impact

[https://www.canva.com/design/DAGiwpX5RjE/mpUaDSJ6wO2KF7a\\_Tyx4VA/view?utm\\_content=DAGiwpX5RjE&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=uniquelinks&utlId=hcb594d1a60](https://www.canva.com/design/DAGiwpX5RjE/mpUaDSJ6wO2KF7a_Tyx4VA/view?utm_content=DAGiwpX5RjE&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlId=hcb594d1a60)

# Ready to Join For NEXT YEAR?

- Scan QR CODE
- Campus Heart Champion
- Summer Visit



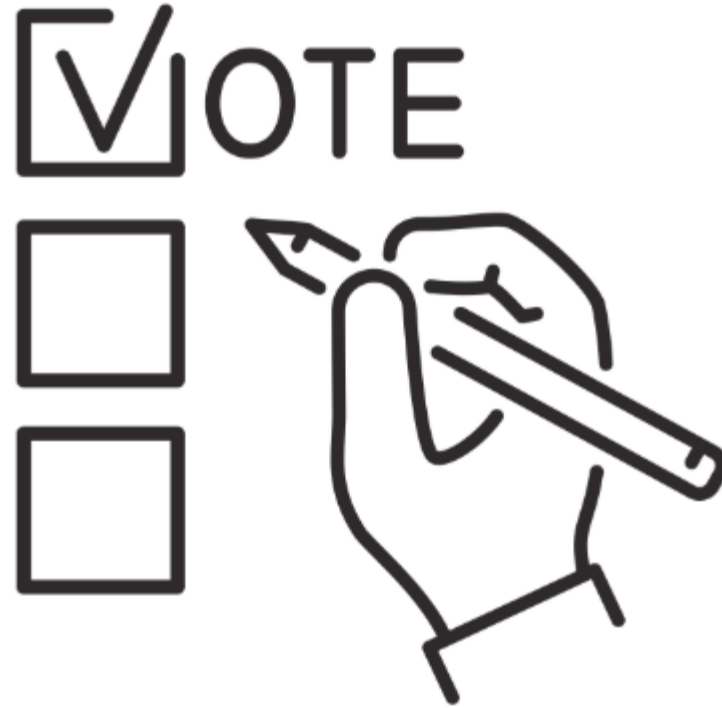
# QUESTIONS?



Ashley Avalos  
210.241.5894  
[ashley.r.avalos@heart.org](mailto:ashley.r.avalos@heart.org)



# Meeting Minutes - Vote





# **SHAC Goals Review**

2025-26

# Meeting Dates for 2025-2026

DATE	DAY	LOCATION	TIME
September 10 <sup>th</sup> , 2025	Wednesday	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
October 8 <sup>th</sup> , 2025	Wednesday	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
December 3 <sup>rd</sup> , 2025	Wednesday	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
February 11 <sup>th</sup> , 2026	Wednesday	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
April 8 <sup>th</sup> , 2026	Wednesday	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
May 13 <sup>th</sup> , 2026	Wednesday	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm







# Upcoming Events

Whole Child Health & District Student Wellness Coalition

Shannon Nash, Specialist Health, Wellness & Prevention

# WCH Upcoming Events

MAY 2025
Mental Health Therapist Day – 5/12
Nurse Appreciation Week 5/6-5/12 – Nurse Appreciation Day – May 8 <sup>th</sup>
National Bike to School Day 5/7
Mental Health Awareness Month
National Food Allergy Awareness Month
Food Allergy Awareness Week is May 11-17th



Scan for  
more  
resources

**Whole Child** Health Initiative  
FORT BEND ISD

#YouAreNotAlone

**Whole Child** Health Initiative  
FORT BEND ISD



# District Student Wellness COALITION

Upcoming Student-led Event:

What: Wellness Tailgate

When: May 15<sup>th</sup> , 6-8 pm

Where: Wheeler Parking Lot:  
HOME SIDE

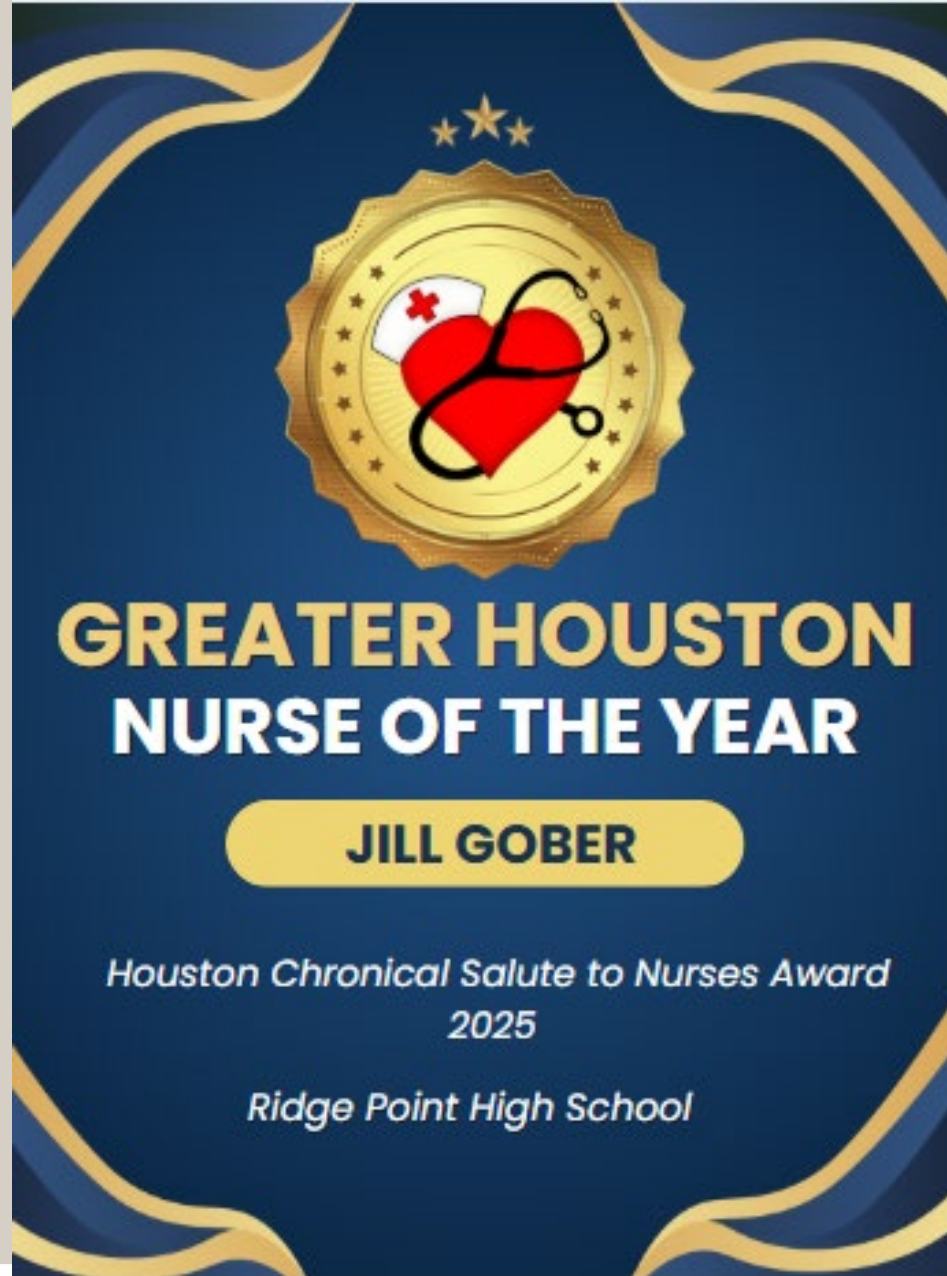
**TOMORROW!**  
**We hope to see you there!**







# **SHAC Recognitions Wellness Heroes**

















# Closed Session

Subcommittees Convene





SHAC WANTS TO KNOW WHAT YOU THINK ABOUT...



**END OF YEAR SURVEY**

**NEXT FBISD SHAC MEETING: September 10, 2025 12:00 pm-1:30pm,  
Location: FBISD Board Room**