



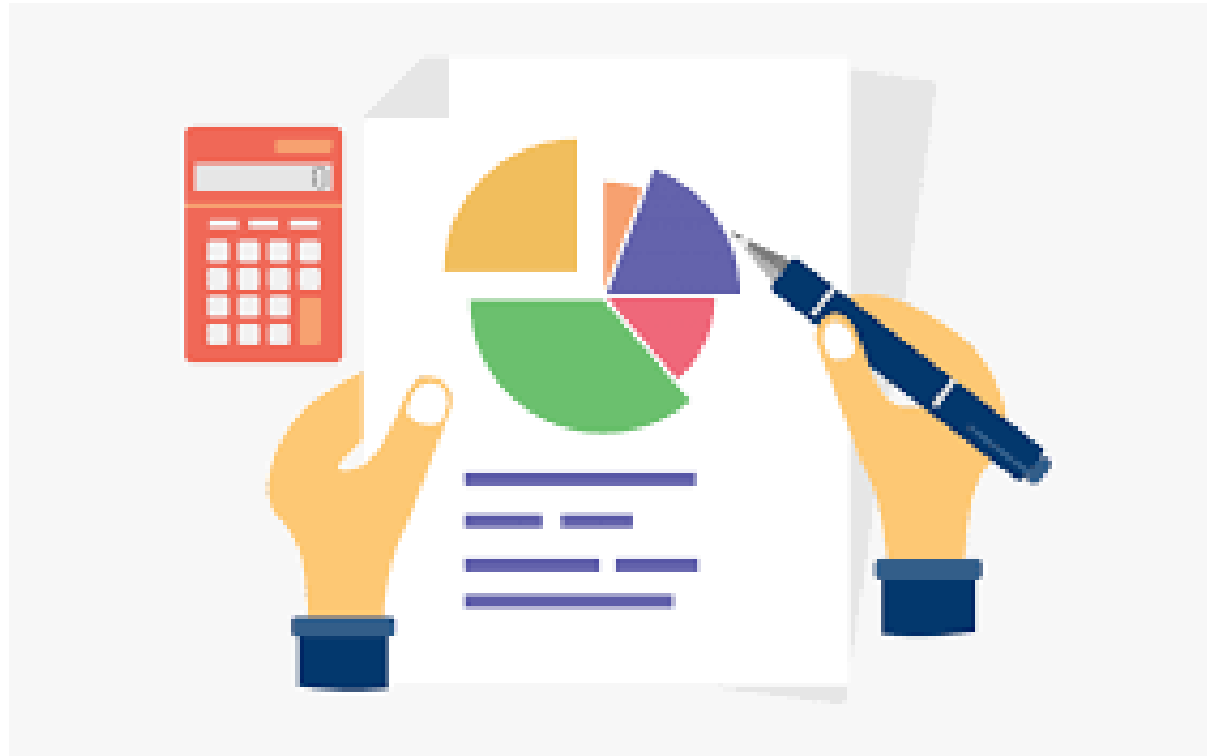
FBiSD
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COMMITTED TO
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**FBISD SHAC Meeting
October 13th, 2021**



SHAC's Role in Wellness Program Development & Assessment





Julia Jurrell, RD,
FBISD Child Nutrition

Review of Campus Wellness Assessment Criteria & Current Status of Campuses



Lori Sartain

FBISD Assistant Director of Health & Wellness

FBISD Wellness Plan FFA (LOCAL)



- Nutrition Education
- Nutrition Promotion
- Physical Activity
- Other School-Based Activities

Our SHAC Wonderings:

- How do we get this information to the campuses?
- How are campuses going to know what they need to do?
- How will they be able to do all this?
- How can we help?

Fort Bend ISD Wellness Assessment/Recognition

- Each campus principal is responsible for the implementation of FFA(LOCAL) and the FBISD Wellness Plan at his or her campus.
- This includes working with their Campus Wellness Committee to annually complete their Campus Wellness Assessment.
- Campus Wellness Assessment data should be used to identify campus grows and glows. The data should be used to identify strategies and metrics for their Campus Improvement Plan (CIP).

Campus Wellness Assessment Sections (8)

- Campus Wellness Committee
- Health Education
- Nutrition Education
- Nutrition Promotion
- Physical Activity/Physical Education
- Recess (Elementary Only)
- Breakfast & Lunch
- Other Site-Based Activities





FBISD Wellness Award

Gold 26-22 (Empowered) 85% or more completed
Silver 21-19 (Developing) 70-84% completed
Bronze 18-15 (Launching) 50-69% completed

Campus Wellness Assessments

Grows by area:

Elementary School:

- Nutrition Education: The campus communicates healthy nutrition messages monthly in the cafeteria and to the school community through a variety of media.
- Physical Activity/Physical Education: The campus does offer regular opportunities for students in grades 3-5 to participate in physical activity either before or after school.
- Other Site-Based Activities: The campus provides opportunities throughout the school year where students and families can receive health information and/or participate in health and wellness activities.
- Other Site-Based Activities: The campus promotes students, staff, parents and community wellness events.

Campus Wellness Assessments

Grows by area:

Middle School:

- Nutrition Education: The campus communicates healthy nutrition messages monthly in the cafeteria and to the school community through a variety of media.
- Physical Activity/Physical Education: The campus offers at least one event annually, either during or outside of normal school hours, that involves physical activity and includes both parents and students.
- Other Site-Based Activities: The campus provides opportunities throughout the school year where students and families can receive health information and/or participate in health and wellness activities

Campus Wellness Assessments

Grows by area:

High School:

- Nutrition Education: The campus communicates healthy nutrition messages monthly in the cafeteria and to the school community through a variety of media.
- Nutrition Promotion: The campus implements the promotion of nutrition messages. (Posters for special events/messages in the cafeteria, morning announcements from the front office, etc.)
- Physical Activity/Physical Education: The campus regularly offers before and/or after school physical activity opportunities (such as physical activity clubs, intramural sports, etc.)
- Other Site-Based Activities: The campus promotes and encourages staff to engage in the wellness offerings provided by the District.
- Other Site-Based Activities: The campus provides opportunities throughout the school year where students and families can receive health information and/or participate in health and wellness activities

Approve Minutes – September 9th, 2021 Meeting



BRAIN
BREAK



Assessing Campus Wellness



Elementary, Middle, & High School Assessing Campus Wellness- Campus Wellness Survey

What level is your campus? Parents, does this level correlate with your experience?

Where can your campus improve?
Ideas for ways to improve?

How can you or your organization support a campus to reach these goals?

Suggestions for improving assessment survey or process?



Angie Hanan

Addressing Food Insecurity in FBISD

Donate

- Donate non-perishable food items to Collaborative Communities Shared Dreams Program
- Provide holiday support and food for a family in need during the months of November & December
 - November: Shared Harvest Initiative
 - December: Holiday Cheer Initiative

Volunteer

- Volunteer on a campus to help address food insecurity through established initiatives (e.g., Houston Food Bank)
- Volunteer with the Shared Dreams Program to help with assistance for students

Advocate

- Join a SHAC Sub-Committee or serve as a SHAC Liaison to promote health and wellness on campuses

October Food Insecurity Initiative

- **Goal:** Leverage networks or individually contribute food during the month of October to benefit FBISD students.
- Items needed:
 - Cheese crackers
 - Pretzels
 - Canned soup
 - Raisins
 - Dry rice
 - Breakfast bars
 - Canned chicken
 - Raisins
 - Dry beans
 - Instant oatmeal
- All items can be delivered to Shared Dreams on **Thursday, October 28th** between 10 am and 2 pm.

November & December Initiatives

Shared Harvest

- **Goal:** Provide designated families with a traditional meal during the **November** holiday break. Families are recommended by campus personnel as part of collaborative effort between District and campuses.
- **How:** Provide monetary donation to Shared Dreams to help adopt a family; donations will be used to purchase holiday meals from HEB as part of ongoing partnership to help the community.

Holiday Cheer

- **Goal:** Provide designated families with holiday support (e.g., household items, food, etc.) during the **December** holiday break. Families are recommended by campus personnel.
- **How:** Provide donations (in-kind or monetary) to Shared Dreams to help adopt a family and fulfill a student's holiday wish list.

For More Information:

Department of Collaborative Communities
CollaborativeCommunities@fortbendisd.com
<https://www.fortbendisd.com/collaborativecommunities>

Announcements

- **October 23rd @ 10am-2pm: National Drug Take-Back Day**
Collection at the FBISD Administration Building
- **October 23-31: Red Ribbon Week**
- **November 5th @ 11:30 am: Grant Writing Training Session**
- **Shared Dreams Holiday Collection Drives**

SAVE
THE
DATE

FREE WEBINARS:

Action for Healthy Kids:

October 14th @ 11:30 am: How Districts are Addressing the New Physical Education and Health TEKS in Texas

October 28th @ 11:00 am: NourishEd Food Access and Healthy Eating: Strategies and Tools for Families and Caregivers





Next SHAC Meeting
December 1, 2021