

FBISD SHAC 2020-21

October 14, 2020 Meeting Agenda

I. Intro: Melanie Anbarci opened meeting at 12:01pm.

- Welcomed everyone onto call
- Reviewed theme & discussed theme of meeting: Community Coordinating Communication & Collaboration
- Gave overview of SHAC

II. Fort Bend County Youth Wellness Initiative

Vivian Huynh, Fort Bend Youth Leadership Council, graduate of Dulles High School

- gave brief overview of Student Wellness Initiatives.
- Stressed the importance of student wellness at time such as this.
- Provided statistics on mental health, suicide rates during Covid.
- Working w/ KP George, hoping to use his social media platforms to get wellness messages out to community.
- If members of SHAC feel passionate about helping Student Wellness Initiatives, email Vivian and see how you can help.
- Email: vivhuynh22@gmail.com

III. New Staff Wellness Sub-committee Update

Courtney Skiles, FBISD Wellness Coordinator

- New SHAC Subcommittee of Staff wellness

IV. November Wellness Initiatives

A. Diabetes – Courtney Skiles, FBISD Wellness Coordinator

- Gave brief overview of diabetes
 - 25.8 M children & adults have diabetes.
 - Children with diabetes don't have a school care-plan (need help with managing their diabetes @ school—insulin, eating, etc.)
- Why it is so important for students to learn about diabetes-kids learn health habits early in life. Many kids eat 20 teaspoons/day sugar.
- SHAC has vetted resources that can help with wellness programming on campuses

B. Smoking/vaping – Leandra Henderson, Fort Bend Regional Council on Substance Abuse

- Gave brief overview of vaping, increasing numbers (increased 2x in the past 2 years {marijuana & vaping}, 1:4 12th-graders and 1:5 10th-graders has vaped)
- Showed a backpack where hidden sources of vaping supplies can be held (i.e. a "whiteout" container, an "Apple watch"—all places vaping can be contained.
- Kids vape to : experiment, to feel good, for the flavor, social reasons, addiction.
- Deaths and injuries (explosions) from vaping items.

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- Addresses students' misconception that vaping is safe. Talked about many chemicals that aren't listed in the ingredients.
- Resources for campuses, district about vaping

C. Resources VHS – Schoology Code – XTRJK-629P7

- *Please be aware that this is a Schoology COURSE (not group).*
- To access SHAC-vetted resources, use the Virtual Healthy School
- an interactive tool that shows schools how to support the health and academic achievement of students through the Whole School, Whole Community, Whole Child (WSCC) model.
- The entire VHS will be shared with the SHAC shortly; what is online now is only a snapshot for Campus Wellness Committees to begin.
- Subcommittees of SHAC can post items (especially vetted programs) in the VHS Schoology folder.

V. Wellness Committees & the VHS- Lori Sartain, Asst Dir. Health & Wellness

- Campus avenues for Action: PTA/PTO, Campus Based Leadership Team, Campus Wellness Committees
- Goals:
 1. Rally forces to make schools healthier places for students and staff.
 2. Together, these individuals work to identify health concerns, lead projects that promote health, raise funds, promote and celebrate successful health initiatives, and develop resources to help others replicate their efforts.
- 6 steps to Success:
 1. Create your wellness committee
 - Campus Wellness Committees (CWC) are committees on campuses with representation from as many stakeholders as possible.
 - CWC include administrator (Principal or VP), school RN, PE teacher, teachers passionate about wellness, and can include parents or students.
 - If a CWC isn't on your campus, reach out to the Principal or RN.
 2. Access & Track progress-look at data around students, campus
 3. Create & implement a plan-decide goals, objectives
 - CWC help create a culture of wellness on campuses, help set goals, and design programs.
 - can help the campus meet its Campus Improvement Plan (CIP) goals.
 4. Find activities-use VHS for programming ideas, vetted programming
 5. Engage families & community-these are stakeholders
 6. Receive recognition (& then decide what worked/didn't & move forward.)

VI. Approve Minutes/Vote- Allison Thummel, MPH, RDN, LDN, Secretary

Motion to accept the September 9, 2020 SHAC meeting minutes: made by Jigisha Doshi, seconded by: Krista Patlovich. Approved with majority vote.

VII. Brain break-Stephanie Kellam, MS, CPT, United Healthcare

Played fun zoom game/scavenger hunt

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VIII. Establishing/Building partnerships panel discussion (Q & A) Moderator - Stephanie Kellam, MS, CPT, United Healthcare

Panelists:

Melissa King-Knowles, Principal Dulles High School

Tyenise Blackmon, Coordinator FBISD Collaborative Communities

Jenna Ross, SHAC Liaison Coordinator

Courtney Skiles, FBISD Wellness Coordinator

Questions addressed:

- **How do you go about trying to get into a school wellness committee?** Start with your principal or nurse.
- **We are concerned that HIPAA won't let us sit on the committee:** There should be no reason with a violation of HIPAA, that parents, students cannot sit on the committee. There should be no specific health items w/ specific people that are identified. Wellness committees are about establishing and building relationships.
- **What benefit do campus wellness committees provide:** Help build a thematic vision. Parents/ stakeholders can have wellness ideas in mind, but have flexibility too.
What do you do with irate parents that want to change the cafeteria food and how can we best represent SHAC through this? Encourage them to sit on the Nutrition subcommittee. The Child Nutrition Department (CND) has a lot of rules and regulations that it has to abide by to provide meals to the students.
- **How do liaisons find out "best practices" for promoting wellness events on campus?** Keep attending SHAC meetings and use the VHS as a resource. Use SHAC meetings to provide feedback. SHAC meetings should receive campus info & also disseminate info.
- **What is the best way to engage wellness programming when many of the students and some of the staff is online only?** Courtney: working on that currently.
- **What campus was doing it well/using Best Practices?** Barrington Place & Satartia are doing wellness programming well.
 - Tyenise-meet people and campuses where they are. Include programming that might already be done at campuses.
 - Jenna- suggested using Naviance data to explore wellness direction. Counselors already have this data and campuses can do wellness programming based on this data. General information can be shared with parents at PTO. Jenna actively tried to get parents on the wellness committees because the stakeholders included parents & students.
- **What do you do if you're passionate about a certain goal?** Jenna-join that campus wellness committee & try to meet the school/campus where it is. If you have a program idea, meet the group/campus where it is, and keep flexibility in mind.
- **leverage community partnerships that might have a role in wellness (fitness, nutrition, well-being, MD, DDS, etc).**
- **What is the best avenue for asking questions to the District:** Utilize Let's Talk or Chat with Charles tool to share feedback.
 - What about dangerous marketing (XX@rosarydental.com)

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Stephanie Kellam: Upcoming wellness events and other info

- Oliver Foundation Healthy Choices Grant Deadline: October 15th
- Healthy Living Matters Meeting: October 16th from 1:00pm-3:00pm
 - 2021 Legislative Agenda
 - Contact Ashley Dedmon for registration: Ashley.Dedmon@phs.hctx.net
- Fort Bend Community Prevention Coalition Events:
 - Red Ribbon Week (10/23-10/30)
 - 10/23 @ 2:00pm – Opioids: Dangers & Risk Town Hall Meeting
 - **10/24 @ 10:00am – DEA Drug Take Back**
 - 10/26 @ 6:00pm – Hidden in Plain Sight: Mock Teen Bedroom and Drug Trends Presentation
 - 10/28 @ 6:00pm – Big Tobacco Backpack & Vaping 101
 - 10/30 @ 11:30am – Building Bridges, Tearing Down Silos: Medical Symposium
 - Contact Lauren Ibekwe for links: libekwe@fortbendcouncil.org
- <https://www.niddk.nih.gov/health-information/diabetes/overview?dkrd=hispt1152>
- https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

IX. Wrap Up-Melanie Anbarci, Chair

- **Thanks for attending today's SHAC meeting.**
- **Please join subcommittees and do what you can do to help.**
- **Next meeting: December 2, 2020, 12:00 pm-2:00 pm, via Zoom invite**
- **Meeting adjourned at 1:21**

FBISD SHAC 2020-2021 ACTION ITEMS: Each member and guest is invited and encouraged to pick a subcommittee and attend meetings as scheduled.

SUBCOMMITTEES-Descriptions:

- Social Emotional Learning - (SEL) is the process of acquiring the skills to recognize and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions and handle challenging situations using the Positive Behavioral Interventions and Supports Framework (PBIS).
- Health Services and Safety - A healthy and safe physical school environment encompasses the Nursing, Police and Facilities Departments. A safe and healthy environment promotes learning by ensuring the health and safety of students and staff. The physical school environment encompasses the school building and its contents, the land on which the school is located, and the area surrounding it.
- Family and Community Involvement - Families, community groups, organizations, and local businesses create partnerships with schools, share resources, and volunteer to support student learning, development and health-related activities.
- PE, Health and Physical Activity - Comprehensive school health education includes curricula and instruction for students in Pre-K through grade 12 that addresses a variety of topics such as alcohol and other drug use and abuse, healthy eating/nutrition, mental and emotional health, personal health and wellness, physical activity, safety and injury prevention, sexual health, tobacco use, and violence prevention

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- Nutrition - The school nutrition environment provides students with opportunities to learn about and practice healthy eating through available foods and beverages, nutrition education, and messages about food in the cafeteria and throughout the school campus.
- Staff Wellness- promote wellness to the employees/staff of the district.

ATTENDEES

	First Name	Last Name	Shool
10/14/2020	Vivian	Huynh	Fort Bend Youth leadership council
10/14/2020	Adrienne	Towns	Hightower HS
10/14/2020	Ami	Dharia	Sartartia
10/14/2020	Ana	Rivera	
10/14/2020	Andrea	Beckert	WBE
10/14/2020	Anita	Patel	Bowie Middle - Parent
10/14/2020	Aretha	Franklin	RME- ELC
10/14/2020	Banjamin	Bostick	
10/14/2020	Carla	Jones	HRE
10/14/2020	Charlene	Spicer Harmon	BGE
10/14/2020	Deepali	Patel	
10/14/2020	Uzo	Odilli	Shac member
10/14/2020	Douglas	Turner	Heritage Rose - PE teacher
10/14/2020	Erin	Weaver	RN - Palmer Elementary
10/14/2020	Gail	Johnson	Thurgood Marshall PTO
10/14/2020	Gus	Weinig	Ridge Point HS
10/14/2020	Imraan	Hussain	Practice Director, Rosary Dental
10/14/2020	Ralena		
10/14/2020	Jacy	Walters	RN- MYE
10/14/2020	Jamila	Rogers	
10/14/2020	Janelle	Johnson	Willowridge HS, Parent Educator
10/14/2020	Jennifer	Setera	RN- FSMS
10/14/2020	Jessica	Leal	LLE - parent educator
10/14/2020	Kathie	Harper	Marshall High School
10/14/2020	Kathy	Vo	RN, LCE
10/14/2020	LaTisha	Odilli	

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10/14/2020	Lisa	Crocco	Neill Elem
10/14/2020	Marianne	Vinklerek	
10/14/2020	Mary	Hooper	RN- SWE
10/14/2020	Michelle	O'Rourke	Parent - Health/PE subcommittee
10/14/2020	Monyca	Desselle	Lake Olympia Middle - VIPS coordinator
10/14/2020	Nicola	Matthews	Heritage Rose Elem
10/14/2020	Nikki	Holster	
10/14/2020	Orangegy	Jones	
10/14/2020	Payal Pandit	Talati	Collaborative Communities
10/14/2020	Remi	Deazle	James Patterson Elem PTA
10/14/2020	Rick	Garcia	
10/14/2020	Rosa	Baker	Holley
10/14/2020	Scott	Campbell	
10/14/2020	Shaneka	Richardson	Armstrong Elem
10/14/2020	Shanteria	Johnson	
10/14/2020	Shavonda	Watkins	Goodman Elem
10/14/2020	Stephanie	Brown	
10/14/2020	Timika	Keller	
10/14/2020	Will	Starkweather	Pastor - St. MArtin's Lutheran Church
10/14/2020	Carmen	Maciel	
10/14/2020	K	Norman	HRE Nurse
10/14/2020	Natalie	Bostic	RN, James Reese CTE
10/14/2020	Velma	Pete	Thurgood Marshall HS
10/14/2020	Melissa	King Knowles	Principal - DHS

SHAC MEMBERS - 10/14/2020

Grayle James BOARD,
 Doug Earle COMMUNITY,
 Kara Ihedigbo Community,
 Leandra Henderson COMMUNITY,
 Padmaja Reddy COMMUNITY,
 Sandy Bristow COMMUNITY,
 Sandra Castro Community,
 Stephanie Kellam COMMUNITY,
 Courtney Skiles DISTRICT,
 Julia Jarrell DISTRICT,
 Lori Sartain DISTRICT,
 Maria Johnson DISTRICT,
 Tyenise Blackmon DISTRICT,
 Allison Thummel PARENT,

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Cathy Hunter PARENT,
Farah Rahman PARENT,
Jenna Ross PARENT,
Jigisha Doshi PARENT,
Krista Patlovich PARENT,
Melanie Anbarci PARENT,
Pearl Lam PARENT,
Rocaille Roberts PARENT,
Tami Stout PARENT,
Theresa Chiang PARENT

CHAT

- 12:13:37 From Stephanie Kellam : Hi Vivian! Great work! Do you have a target audience? Is it teens? Young Adults? Other
- 12:22:34 From Allison Thummel : Did you say there's a diabetes walk? Details?
- 12:23:31 From carmen maciel : Is it a prevention program?
- 12:23:50 From andrea.beckert : thank you!
- 12:24:11 From Charlene Spicer Harmon : Charlene Spicer-Harmon BGE Very Helpful Information. Thank you
- 12:24:13 From Farah Moin : the parents and staff are needed to train, how to influence kids . Kids are supposed to be told again and again about the food choices. I am talking about younger kids.We can use games, charts, mats, rhymes, etc
- 12:25:22 From Farah Moin : needed to be trained
- 12:25:53 From Krista Patlovich : Can this Diabetes in our Youth slide be distributed to our SHAC liasons to pass campus leaders/nurses?
- 12:26:48 From Douglas.Turner : Will this slide show be made available. If so this could be an easy resource to use in Health/PE class
- 12:27:03 From Imraan Husain : Can a rewards program be implemented when children make healthier choices? Maybe at the end of the semester, a student with the most 'points' gets a 'blue apron'-type of healthy meal delivered to their door.
- 12:27:58 From Rosa Baker : As a parent educator, I will begin offering Health and Wellness classes Virtually for Holley. So Childhood Diabetes can be one of the presentation I can offer the families.
- 12:28:35 From Allison Thummel to Rosa Baker(Privately) : Yay Rosa! Keep up the good work!
- 12:28:53 From Melanie Anbarci : Yes, we can share the Diabetes slide
- 12:29:36 From Jigisha Doshi : Hello everyone, This is Jigisha Doshi and I am taking attendance for todays meeting. If you all can state your name, last name and your affiliation will be very helpful for the meeting records. Thank you
- 12:29:45 From Melanie Anbarci : Thank you Rosa for sharing that!

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- 12:30:05 From Stephanie Kellam : @ImraanHusain - This idea was implemented by our former SHAC chair, Erika Bernhard. She had a nutrition program called SNAK and kids got a fruit cut out when they chose something healthy and it was displayed on the cafeteria wall. It was great.
- 12:30:36 From Stephanie Kellam : Great Rosa!!!
- 12:32:22 From Melanie Anbarci : I love that idea Imraan - maybe we can expand upon the SNAK program with your ideas - please follow up with the myself and Julia
- 12:37:20 From Krista Patlovich : Is there a misconception for teens (or those who vape) that is not risky? I'm curious is another reason why children decide to try vaping.
- 12:40:41 From Doctor Odili : I would caution that we work toward using e-liquid instead of e-juice, as the juice leads people to think it's a healthy thing
- 12:40:45 From Imraan Husain : So much dangerous marketing is aimed at our young people! Are there any programs that talk about this? Its more insidious then even peer pressure.
- 12:41:54 From Krista Patlovich : That is a great point Imraan Husain. There should be programming on this for sure. I don't know of any off hand but something to look into.
- 12:42:27 From Imraan Husain : I'd like to help with this somehow.
- 12:42:44 From Leandra Henderson : @imraan Our program (FBRC and FBCPC)address these marketing strategies of the vaping companies.
- 12:43:17 From Melanie Anbarci : Great Imraan! Please email me @chairfortbendisdsnac@gmail.com
- 12:43:27 From Doctor Odili : What resources are out there that I can refer to for more education?

Visit these websites for more information about the true dangers of vaping and e-cigarette use.

ASPIRE: A Smoking Prevention Interactive Experience. www.aspire2.mdanderson.org

CATCH My Breath – A nicotine vaping prevention program. <https://www.catch.org/bundles/23725>

Make Smoking History – The Dangers of Vaping. <http://makesmokinghistory.org/dangers-of-vaping/>

The Real Cost Campaign. www.fda.gov/tobacco-products/public-health-education/real-cost-campaign

2019 National Youth Tobacco Survey. <https://www.fda.gov/tobacco-products/youth-and-tobacco/youth-tobacco-use-results-national-youth-tobacco-survey>

FDA Sponsored Education Materials by Scholastic. <http://www.scholastic.com/youthvapingrisks/>

Smokefree.gov – Tools and Tips to help you stop smoking. www.smokefree.gov

FDA Safety Reporting Portal. www.safetyreporting.hhs.gov

Truth Initiative – Become an Ex. <https://www.becomeanex.org/>

Quiz on Hidden Vaping Devices – <https://www.khou.com/article/n>

12:43:27 From Imraan Husain : Thank you Stephanie, Krista, Leandra. Melanie.

12:43:28 From Doctor Odili : https://www.amazon.com/Vaping-COVID-19-Essential-Everything-Coronavirus/dp/B08JRGZG8G/ref=sr_1_1?dchild=1&keywords=vaping+and+covid&qid=1602697378&sr=8-1

12:46:30 From Stephanie Kellam : Curious as we are hearing from everyone about different ideas - what topic are you most interested in getting more information and resources on?

12:53:15 From Krista Patlovich : Approve

12:53:30 From Stephanie Kellam : Second!

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12:53:33 From vking26865@aol.com : Ask about Flu shots for the students. Flu shots were offered the past two years by a private company

12:53:34 From Michelle Hall : approve

12:53:35 From Pearl N. Lam : approve

12:53:37 From Stephanie Kellam : approve

12:53:38 From Jenna Ross : Approve

12:53:39 From Cathy Hunter : approve

12:53:39 From Padma : Approve

12:53:40 From Melanie Anbarci : approve

12:53:40 From Kathie Harper : approve

12:53:40 From Theresa Chiang : approve

12:53:41 From Dana Tran : approve

12:53:42 From Farah Moin : approve

12:53:43 From Julia Jarrell : approve

12:53:45 From vking26865@aol.com : approve

12:53:46 From Tami Alumbaugh Stout : yes

12:53:49 From Douglas.Turner : approve

12:53:56 From Sandy Bristow : approve

12:54:00 From Jigisha Doshi : approve

12:54:09 From Douglas.Turner : Coach Turner- PE Teacher- Heritage Rose Elementary

12:54:11 From Jenna Ross : Jenna Ross, FSMS

12:54:12 From Kathy Vo : Kathy Vo, RN LCE

12:54:15 From Doug Earle : Doug Earle community member approve

12:54:18 From Anita Patel : Anita Patel - Parent representing Bowie MS

12:54:20 From Charlene Spicer Harmon : approve

12:54:20 From Imraan Husain : Imraan Husain, Kempner Parent Organization, Director Rosary Dental

12:54:22 From Tyenise Blackmon : Tyenise Blackmon, FBISD Collaborative Communities

12:54:22 From natalie.bostic : Natalie Bostic RN, James Reese CTC Campus Nurse

12:54:24 From Erin.Weaver : Erin Weaver, RN-Palmer Elementary

12:54:31 From vking26865@aol.com : velma pete community member of the Thurgood Marshall HS PTO

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- 12:54:32 From Remi Deazle : Remi Deazle, James Patterson Elementary PTA
- 12:54:40 From Gus W : Gus Weinig - Liaison for Ridge Point HS
- 12:54:42 From Krista Patlovich : Krista Patlovich, MPH, Vice Chair SHAC
- 12:55:30 From Lauren I. to Allison Thummel(Privately) : My name was misspelled in minutes. My name is Lauren Ibekwe and it was recorded as Lauren L.
- 13:07:52 From Allison Thummel to Stephanie Kellam(Privately) : What's the best way to deal w/ online students & (some) staff online.
- 13:08:22 From Stephanie Kellam to Allison Thummel(Privately) : thanks
- 13:08:36 From Stephanie Kellam to Allison Thummel(Privately) : can you send me any others people ask
- 13:12:22 From Krista Patlovich : Are there any schools within FBISD to model off of with regards to wellness? What types of communication have been successful and what has not? Lessons learned, etc.
- 13:13:46 From Allison Thummel to Stephanie Kellam(Privately) : Are there any schools within FBISD to model off of with regards to wellness? What types of communication have been successful and what has not? Lessons learned, etc.
- 13:26:41 From Allison Thummel to Stephanie Kellam(Privately) : We have some community members. How can we encourage them to take steps to help the various campuses & district wellness initiatives?
- 13:28:24 From Melanie Anbarci : Someone asked and yes will send out the slide show
- 13:29:23 From Julia Jarrell : If time, what are thoughts are guaranteeing we provide evidence based and accurate information?
- 13
- 13:31:58 From andrea.beckert : will that be in schoology
- 13:32:03 From Julia Jarrell : Thank you Stephanie and Lori!
- 13:32:10 From Melanie Anbarci : Yes it is in Schoology
- 13:32:39 From andrea.beckert : Yes! Thank you Stephanie
- 13:33:14 From Tyenise Blackmon : Thank you for allowing us to share!
- 13:33:44 From Melissa King-Knowles : Anytime- hope it was helpful! Thank you, Melanie!
- 13:33:55 From Imraan Husain : Thank you all for the amazing work that you do!
- 13:35:11 From Lauren I. : libekwe@fortbendcouncil.org
- 13:36:10 From Theresa Chiang : I may try to get to the staff wellness meeting. What counselors are being tasked to do is akin to moving mountains; also I heard that we're losing a lot of teachers with the new post-covid expectations

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- 13:36:25** From Anita Patel : thank you everyone- this was helpful
- 13:36:31** From Pearl N. Lam : Thank you everyone!
- 13:36:37** From Will Starkweather : thank you all