

I. Welcome

- Catalina Flores-Rau opens the meeting at 12:02pm on 2/11/26
- Brain energizer (Kim Taylor)

II. Presentations

- Presentation 1: Fuel Your Brain. Fuel Your Game. (Misty Cey, RD, LD, CPT, rysnutrition.com)
 - Key info and takeaways:
 - Fruits and vegetables are key and should be ½ of your plate. They provide a lot of vitamins and minerals that help your brain function. The more colorful the vegetable/fruit, the more nutritious it is for your body (generally).
 - Protein is more than just for muscles (e.g., staying full between meals, preventing energy crashes). Frontloading protein at breakfast or lunch can have a major positive impact on your day. Aim to have protein at breakfast, lunch, and snacks.
 - Carbohydrates are our fuel, especially during practices. Smart carb choices include fruit, brown rice, potatoes, oats, and pasta.
 - Water should be the main drink most of the day. The goal is to drink half of your body weight in ounces each day (e.g., 140 lbs = 70 ounces of water daily). Use sports drinks for long intense practices or when practicing during intense heat.
 - Common myth – skipping meals helps our body stay lean. Facts – skipping meals hurts performance and can lead to “snack attacks” due to energy crashes.
 - Common myth – Carbs make you tired and gain weight. Facts – carbs don’t cause weight gain, overeating does. Athletes need carbs to perform.
 - Common myth – Supplements & energy drinks are necessary. Facts – No supplement replaces food. Energy drinks increase anxiety, disrupt sleep, and impact focus. These can be risky for teens. Sleep + food > caffeine.
 - Takeaways: 1) Breakfast is non-negotiable, 2) eat every 3-4 hours, 3) include snacks between classes and/or before practice, and 4) recovery meals matter (for muscles and the brain)
 - Q&A
 - Are products with protein injected as good as other products that contain protein naturally?
 - Whole foods will absorb better (e.g., chicken, fruit, vegetables). The more processed the food, the less our body will absorb (if it says 30g on the packaging, we won’t absorb the full 30g).
 - Why are protein recommended daily allowances are for all?
 - Recommended daily allowances are based on extremes (i.e., bare minimum) of what you need to survive and avoid deficiencies. Recent science says the older we get, the more protein we need. Athletes are likely to need double to function at a high level.
 - What’s your take on the school lunch menus from a student-athlete perspective?
 - MC has not looked at the menus.
 - What options are available for diverse populations (e.g., vegans, vegetarians)?
 - We need to eat more intentionally than ever before. Lots of good sources for proteins and carbohydrates. Also, good to be aware of fiber intake. Protein may have to be supplemented with a p-protein powder supplement for vegetarians and vegans.
 - How does juicing impact protein intake?

- Eating the whole fruit/food is healthy, but not as well-balanced as it could be. Adding soymilk, Greek yogurt, etc. would help add the necessary proteins and fats.
 - Kids will eat noodles all the time. How do you supplement this?
 - I never say “don’t eat this”. Eat the noodles (or whatever food) in moderation, and pair them with something (e.g., chicken, cheese, scrambled eggs). Adding protein will make them less hungry for the noodles.
- Presentation 2: Mental Health Supports Training for Region IV (Ashley Whitley, Region 4 ESC Regional Coordinator)
 - Key info and takeaways:
 - New legislation (HB3) added a mandate for mental health training to support staff and students
 - Student mental health needs are on the rise – 1 in 5 students will have some type of mental health need. It is rare that a mental health specialist who can help is nearby and readily available to help. Consistent training will improve prevention and response (i.e., how to intervene).
 - The district is required to: 1) select evidence-based training, 2) address required content areas, 3) train staff, and 4) ensure ongoing implementation
 - ESC Region 4’s S.U.P.P.O.R.T. (scan, understand, promote, provide, offer, reassure, team, sustain) program helps with compliance to HB3, provides accountability within the district, aids students and staff mental health
 - Need 25% of district staff before AY 25-26, 50% trained before AY 26-27, 75% trained before AY 27-28, and 100% trained before AY 28-29.
 - Approximately 90% of FBISD staff are trained already.
 - Q&A
 - How is this program funded if the state doesn’t fund it into the future?
 - There are options for the training you choose. Some options are grant-funded. The current program is cost-effective for FBISD.
 - Will there be facilitators at all campuses?
 - Every counselor at each school level has been trained. Considering school-based or classroom-based approaches. The district is currently using a train-the-trainer model to increase reach for more facilitators on each campus.
 - Is this connected to the Victim of Crimes Act (from 2020)?
 - This new program is focused on Tier 1 services and completely separate.

III. Administration

- Brain Break (Shannon Nash, FBISD Wellness, Health & Prevention Specialist)
- Vote on May (AY24-25), September (AY25-26), & December (AY25-26) meeting minutes (Derek Craig, SHAC Secretary)
 - May (Student engagement, hands-on CPR)
 - 1st motion: Allison T.; 2nd motion: Kim T.; All in favor: yes; Any opposed: none
 - September (Bullying, no place for hate):
 - 1st motion: Allison T.; 2nd motion: Jigisha D.; All in favor: yes; Any opposed: none
 - December (Sleep, Hope Squad):
 - 1st motion: Sandy B.; 2nd motion: Pearl L.; All in favor: yes; Any opposed: none
- Board Nominations (Catalina Flores-Rau, SHAC Chair)
 - Looking for a new member to fill the SHAC Secretary role for 2026-2027. Contact Catalina or any member of the SHAC Executive Team if you’re interested.
- Legislative Review (Sumita Ghosh, Advocacy Advisor to the SHAC)
 - Texas State Representative Gene Wu (House District 137) represents SW Houston

- Advocacy is you making your voice heard
- Upcoming voting period: Feb 17th-27th
- Texas legislature is in session every odd year – next one is 2027
- See meeting slide deck for important upcoming dates, information on bills (where they were introduced, bill pipeline, how they signed it into law, etc), and bill examples
- Past & Upcoming Events (Shannon Nash, Specialist, Health, Wellness, & Prevention)
 - All events on Whole Child Health website*
 - Past:
 - National Wear Red Day (Feb 6)
 - National School Counseling Week (last week)
 - Upcoming:
 - One week to save a life (Feb 23-27)
 - National Nutrition Month (March) – multiple activities planned for schools
 - National Social Work Week (March)
 - Watch Week (March) – to celebrate healthy habits
 - National Drugs Facts Week (March)

IV. Meeting Closure

- Next meeting is scheduled for April 8th, 2026
- Meeting closed by Catalina Flores-Rau at 1:38 pm.

SHAC Members present on 2/11/26

1. Angie Wierzbicki BOARD FBISD Board of Trustees,
2. Sandy Bristow COMMUNITY Oliver Foundation, Program Director,
3. Stephanie Brown COMMUNITY Marshall Advocacy Focus Group, Chair and Founder,
4. Derek Craig, PhD, COMMUNITY UT Health Houston,
5. Doug Earle COMMUNITY The First Tee,
6. Pilar Westbrook, Ed.D, DISTRICT Executive Director of Social Emotional Learning & Comprehensive Health,
7. Alfred James DISTRICT Executive Director of Secondary Schools,
8. Shannon Nash DISTRICT FBISD Health, Wellness & Prevention Specialist,
9. Lori Sartain, DISTRICT Director of Behavioral Health & Wellness,
10. Kim Taylor DISTRICT Coordinator of Health, PE, and Wellness,
11. Briana Garcia DISTRICT Child Nutrition Marketing Coordinator,
12. Janet Singleton DISTRICT Coordinator of Benefits,
13. Natalie Bostic, RN DISTRICT Nurse, James Reese CTE, Student at Ridge Point HS,
14. Ana Catalina Flores-Rau PARENT Student at First Colony MS, Clements HS,
15. Nicole Juracek, PARENT, Students at Neill ES,
16. Allison Thummel, MPH, RDN, LDN, PARENT Students at Elkins HS,
17. Jigisha Doshi, PARENT, Student at Clements HS,
18. Sumita Ghosh, PARENT, Students at Commonwealth ES and Fort Settlement MS,
19. Ivette Castillo PARENT Students at Elkins HS,
20. Anthony Collins PARENT Students at Elkins HS,
21. Vanessa Gaona PARENT Student at Lakeview ES,
22. Pearl Lam PARENT Students at Dulles HS,
23. Whitney Moody PARENT Student at Settlers Way ES, First Colony MS,
24. Ayesha Saleem, PARENT, Students at Settlers Way ES and Fort Settlement MS,
25. Christina Brittingham, PARENT, students at Sullivan ES

Guests present on 2/11/26

1. Misty Cey
2. Tiffany Ireland
3. Beth Garcia
4. Aley Owens