



FBISD SHAC 2023-2024

September 6, 2023 Meeting Agenda

Theme: SHAC Supports Whole Child Health!

1. Welcome & Mindful Moment – Allison Thummel, SHAC Chair Allison calls meeting to order at 12:08 with a mindful moment

- Allison introduces Subcommittee Leads (FBISD and Parent). Leads Rocaille Roberts and Nick Petito were absent.

Lori Sartain: Whole Child Health, Beth Garcia: Nutrition, Jenna Ross: Advocacy , Kim Taylor: Health & PE, Nick Petito: Safety, Campus Wellness: LaDonna Green

2. Presentations

A. SHAC Overview- Allison Thummel

- SHAC makes evidenced based policy recommendations utilizing the WSCC model,
- Every district is required by Texas law to have a SHAC,
- Administration staff serve as subcommittee leads
- We will be establishing legislative priorities for the future
- SWCs should utilize Campus Improvement Plans to host an event to capture the gap between where campuses are and where they want to be
- Bring your lunch if you want to the next meeting
- Email Ladonna if you want to schedule the smoothie bike
- UT Houston resources will soon be available, including going to an edible garden, along with other resources on the VHS which is accessed on the FBISD SHAC site

B. Whole Child Health - Lori Sartain, Assistant Director of Health & Wellness

12:26

- In 3 years of whole child health we focused on removing barriers to access resources, for example we have therapists on campus and virtual therapists off
- We are seeing a lot of mental health needs since the pandemic
- We have grants to provide mental health assistance
- Incorporating SWCs are utilizing student voices and promotion as a wellness strategies
- We now have a parent webinar library
- Students should hear about campus wellness events and activities in announcements, and parents via email

NEXT FBISD SHAC MEETING: October 18, 12:00 pm-2pm, Location: FBISD Board Room

- At a few of last years parent webinars more students were participating, FBISD surveyed students on what topics they would like to hear in webinars and the students top choices will be 3 SWC hosted student webinars, the first will take place in October

C. Student Wellness Initiatives - Angela Espinosa, Coordinator Social & Emotional Learning 12:30

- The DSWC may be referred to as “The Coalition”
- The coalition will focus on physical, mental, social, and nutritional health, and meet 5 times a year before SHAC meetings
- in 2019 VOICES students recommended SWCs, and now post pandemic we have some strong SWCs
- Last year Hightower used the smoothie bike, hosted a field day, yoga day, and pet day. They didn’t just host fun activities, but had conversations on why these activities are important.
- SWC Delegates are “leads” helping students on their campus
- For the upcoming Think Tank, campus coalitions will enter, DSWC delegates can enter but so can campus based club members
- Questions: Is Angela Espinosa a district employee? Espi: Yes

Angie: where will students find Think Tank information? Espi: campus sponsor will help

Q: Can last years students participate? Espi: Yes

Grayle James: When is the event? Allison: November 29th.

Melanie Anbarci: Do SWCs have social media we can access? Espi: each campus has their own instagram which district social will share

Q: Do we have a list of all campus sponsors? Espi: Yes, but SHAC members might get faster responses by emailing Espi

3. Vote Minutes May 17, 2023 SHAC Meeting- Jenna Ross, SHAC Secretary 12:45

Pearl Lam motions

Melanie Anbarci seconds

All in favor, motion passes

4 Brain Break- Angela Espinosa

5. Upcoming Events- LaDonna Green

- Upcoming events can be accessed through links in the powerpoint

I. Meeting in Subcommittees

II. Meeting Closure-Allison Thummel

1:26

- Allison adjourns early, students are to meet with Espi, hopefully students feel like they have a voice,
- Meeting Adjourned

SHAC Members present - 9/6/23

Angie Hanan,
Sandy Bristow,
Stephanie Brown,
Doug Earle,
Grayle James,
Pilar Westbrook, Ed.D,
Lori Sartain,
Brett Lemley, Ed.D.,
LaDonna Green,
Natalie Bostic, RN,
Allison Thummel, MPH, RDN, LDN,
Ana Catalina Flores-Rau,
Dana Tran, OD,
Jenna Ross,
Melanie Anbarci,
Jigisha Doshi,
Melanie Eckert,
Nicole Juracek,
Amanda Kimball,
Pearl Lam,
Whitney Moody,
Eugenia Peck,
Ayesha Saleem,
Tenyse Tasby
Vanessa Gaona