

FBISD SHAC 2022-2023

Meeting minutes

Sept. 7, 2022

I. Welcome & Mindful Moment – Allison Thummel, SHAC Chair

Allison opened meeting at 12:08 pm. Advised attendees that meeting was also being recorded. Started with a mindful moment.

A. Welcome - Dr. Christie Whitbeck, FBISD Superintendent

- >Introduced FBISD Board Members in attendance at meeting- Angie Hanan, David Hamilton, Rick Garcia
- >The District is very aligned with purpose of SHAC—whole child/whole adult-putting a lot of thought into that-VATRE includes safety and compensation for employees which aligns with—please educate yourself on VATRE
- >Scoop from the Supe-will add in a health tip to each one going forward (SHAC will provide tips)
- >Know your impact-know your “why”—why are you important—your impact is important to our district

B. Introduce BOT SHAC reps, FBISD Subcommittee Leads

- >Angie Hanan & David Hamilton- BOT SHAC reps
- >SHAC subcommittee leads introduced themselves

II. Presentations

SHAC Overview- Allison Thummel SHAC Chair (see meeting slides for more detail)

- >Whole School/whole community /whole child model (WISC model) is what the FBISD SHAC is designed around
- >SHAC vision—legally required, act as advisory to FBISD Board
- >SHAC mission
- >Organization chart-each campus must have wellness committee—at high school level, led by students—
- >SHAC members must join a sub-committee, asking for liaisons to join a sub-committee (specifically the SHAC Action committee)
- >District employees are sub-committee leads –all work together
- >Reviewed sub-committees
- >SHAC has 6 goals—presented to Dr. Whitbeck & BOT in May
- >explained CWC, SWC, DSWC

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A. Campus Information Review, Whole Child Health Initiative-

Lori Sartain FBISD, Assistant Director of Health & Wellness

(see meeting slides for more detail)

- >District has health & wellness goals in policy FFA local—SHAC has helped with policy
- >Campus Wellness Assessment was created to help campuses know about the
- Campus Wellness Assessment contains goals that board has approved that should be happening on a campus
- also gives us ability to know what is happening on campuses and share that info between campuses
- campuses are also recognized for things happening around health & wellness at their campus
- >Campus Wellness Committee (CWC)
- every campus should have one
- meet at least 4 times a year
- drive health & wellness on a campus
- use Campus Wellness assessment at beginning of year as a needs assessment to figure out which areas to focus on then work to create goals for the year based on assessment
- action steps done through the year
- at end of year CWC does assessment again and sends to district
- allows district & SHAC to know how to support campuses
- >Sections of Campus Wellness Assessment
- new ones added this year- health services, mental health & trauma informed care
- want campuses to be honest when completing assessment—assess where you are and try to grow by end of school year
- Create a reward based on assessment (bronze, silver, gold) no campuses under bronze this year (improvement from last year)
- >VHS-SHAC online resource for campuses to access with health & wellness information

- >Whole Child Health Initiative -2nd year
- needs help from SHAC to get the word out
- increase awareness of mental health services available in the district
- Increase access to mental health services
- Reduce the stigma around mental health

- >Hosted Back to School Mental Health & Wellness Fair on Aug. 17-had good attendance –planning to do another one in March

- >Parent Webinars Series returning this year
- webinars from last year are recorded and on whole child health website—this year's will be recorded also

- >Health Campus Wellness Events/Initiatives for the year—SEL & Comprehensive Health division provides resources to campuses to support the events and initiatives including announcements & activities

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**B. Texas SHAC-Nomita Bajwa, Pharm.DI, AIM-AHEAD So. Central Hub Program Director,
UH Population Health** (see meeting slides for more detail)

>Former SHAC Chair & long-time member of SHAC -working on doctorate and looking at school/community partnerships

>What does SHAC do?

-Goal-Empower youth to adopt healthy behaviors, improve health literacy to promote learning

-Purpose-to improve health of students, staff and families who attend FBISD

>How does SHAC do this?

-By supporting the FBISD school wellness policy and recommending new policy or policy changes to the school board

-Health happens in school-nutrition, physical activity, socializing, health services

-SHAC promotes school health via partnerships

-Equity-SHAC ensures the equity is at the foundation of health education—how can we meet people where they are and take them as far as they can go

-Engage a diversity of perspectives—advise, accountability, equity, expertise of stakeholders---variety of input and experience helps make policy better

-WISC model-when building policy, keep in mind students who are not feeling safe, engaged, supported, challenged and what can we do to make them feel better

-parents and community members are so important to the district and how they can make impact

Texas SHAC

-anyone can be on this

-2 year term

-meets twice a year in Austin

-discuss concerns from the state and discuss and prepare materials for schools to use

>There are SHAC resources on Texas SHAC website

-Friday beat-sign up on Texas SHAC website—every Friday get newsletter on school health resources

-Grants & Awards programs-winning district gets \$10,000 for a project for next year

-Texas SHAC recommendations on specific issues with resources

C. Child Nutrition Department Updates- Sierra Bell, FBISD Child Nutrition Dietician

>new to FBISD

>meal price increases mostly due to federal government pricing

>Farm to Fresh art contest deadline is Sept. 19

>Food Fair on Oct. 28 at Clements HS—taste foods that may be used in cafeteria in the future

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III. Administration

A. Approve Minutes May 17, 2022, SHAC Meeting Cathy Hunter, SHAC Secretary

> Pearl Lam motioned to approve

Grayle James seconded motion

Jigisha Doshi confirmed quorum was present

Explained who was eligible to vote (members, district personnel except 4, not liaisons, not guests)

19 members in favor, 0 opposed--Motion passed

B. Brain Break - LaDonna Green, FBISD Wellness Health & Prevention Specialist

Ended by asking everyone to choose a sub-committee group

C. Upcoming Events- LaDonna Green (see meeting slides for more detail)

> Next SHAC meeting Oct. 19 from 12-2 in FBISD Administration Building Board Room

> Grant Opportunity

> Sept. is Turn it Gold month—National Childhood Cancer awareness month

> Reese Center-2nd Saturday of each month event—this month, cooking class and car servicing on Sept. 10

> Mental Health Video contest-Sept. 30

> Virtual Learning & Summit Opportunities-Texas Action for Healthy Kids -Sandy Bristow

> Liaison Action Items

> Can be on more than one sub committee

IV. Meeting Closure -Allison Thummel, Incoming SHAC Chair

meeting adjourned 1:26 pm

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SHAC attendance - 9/7/22

Angie Hanan BOARD,
Doug Earle COMMUNITY,
Grayle James COMMUNITY,
Sandy Bristow COMMUNITY,
Stephanie Brown COMMUNITY,
Shama Tajani COMMUNITY,
Allison Thummel, MPH, RDN, LDN PARENT,
Dana Tran, OD PARENT,
Cathy Hunter PARENT,
Melanie Anbarci PARENT,
Jigisha Doshi PARENT,
Tyenise Blackmon PARENT,
Ivette Castillo PARENT,
Pearl Lam PARENT,
Nicole Juracek PARENT,
Jenna Ross PARENT,
Pilar Westbrook, Ed.D DISTRICT,
Lori Sartain DISTRICT,
Brett Lemley, Ed.D. DISTRICT,
LaDonna Green DISTRICT,
Sierra Bell DISTRICT,
Sharyll Etuk DISTRICT,
Nick Petito DISTRICT,
Priti Avantsa DISTRICT,
Payal Pandit Talati, MPH DISTRICT,
Natalie Bostic, RN DISTRICT,
Framy Diaz DISTRICT
Melanie Eckert
Kim Robison
Vanessa Gaona
Rahel Tadesse
Whitney Moody
Veronica Reyes
Maitri Shah
Nomita Bajwa
Janet Singleton
Katie Degen
Sarah Morvant

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Kaila Williams
Shama Tajani
Chassidy Olainu Alade
Sarah Poole
Kim Lawson
Tiffany Unruh
Lakshmi Koppolu
Rosa Martinez Quiroge
Orangey Jackson
Cobi Williams
Meckela Ruggs

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