FBISD SHAC 2023-2024

December 6, 2023 Meeting Agenda

Theme: Celebrating Lifelong Health & Well-Being

1. Welcome & Mindful Moment – Allison Thummel, SHAC Chair (Time 12:00-12:10) A. Personal Objective of Meeting\*

Allison opens meeting at 12:19 with a mindful moment to think of who is aging well. Dr Kennth Cooper is Allison’s professional hero.Think of your personal meeting objective.

B. Celebrating Shared Dreams Donation Drive\*\*

Allison says we want to honor those who have brought food for Shared Dreams. The slides will go out to you. A video will go out to watch

C. Introductions-new SHAC members 10 min

SHAC has 5 new parent members.

II. Presentations (Time: 12:10-12:50 pm)

A. The Truth About Tobacco and Vaping: What Preteens and Teens Should Know  is presented by

Jeanette Lastrape, MD Anderson Community Relations Manager 25 minThe truth about Tobacco and Vaping is presented. Student presentation will be shown, and can be offered at any campus.

Q: How are you reached for presentations? A. Go to [mdanderson.org/community](http://mdanderson.org/community) and have an adult request a presentation and paper materials. Q: Can the lungs go to presentations? Yes

B. What is Crime Stoppers? 15 min Presentation by Joshua Webb Program Coordinator Virtual presentation

III. Administration (Time: 12:50-1:15 pm)  A. Vote Minutes, October 18, 2023 SHAC Meeting- Jenna Ross, SHAC Secretary 5 min Jigisha makes a motion to approve minutes, Chassidy seconds the motion, motion passes unanimously

B. Brain Break- District Student Wellness Coalition 8 min Rebecca and Mathew from Ridgepoint present musical chairs.

C. New Subcommittees, Allison Thummel We are looking for a new co-vice chair, a new secretary and Advocacy parent lead as well as a Communications lead in April. Allison announces members should contact her regarding work on legislative priorities and wellness policy

Angela Espinosa discusses the Think Tank.The judges were Dana Tran, Lori Sartain, and a representative from United Healthcare. This morning coalition students discussed next steps. The presentations were well done. The students discussed what they can do even if they did not win. Winners are: 3rd: Willowridge talked about attendance and students not feeling connected. They will do a field day where all community partners and clubs can advertise to students 2nd: Bush coalition: Bush discussed mental health and anxiety and will provide stuffed animals to help with anxiety 1st: Travis: will work with special ed and create a community for all.

D. Past Events & Upcoming Events- LaDonna Green, Wellness, Health & Prevention Specialist 10 min Ladonna presents current events

Susan from Nutrition subcommittee discusses Nutrition Fall Accomplishments

IV. Meeting in Closed Session (Time: 1:15-1:45 pm) Subcommittees Convene (15 min) & Reconvene (15 min)  Closes sessions/subcommittees begin at 1:30

1. Whole Child Health

2. Advocacy

3. Campus Safety

4. Nutrition

5. Campus Wellness Committees

6. PE/PA

V. Meeting Closure-Allison Thummel (Time: 1:45 pm) Allison opens meeting at 1:42, shows action items for SWC and liaisons, adjourns 1:45

SHAC Members in attendance on 12/6/23

1. Angie Hanan BOARD,
2. Sandy Bristow COMMUNITY,
3. Derek Craig, PhD COMMUNITY,
4. Nichole Brathwaite-Dingle, MD COMMUNITY,
5. Pilar Westbrook, Ed.D DISTRICT,
6. Lori Sartain DISTRICT,
7. Brett Lemley, Ed.D. DISTRICT,
8. LaDonna Green DISTRICT,
9. Susan Nayeri DISTRICT,
10. Janet Singleton DISTRICT,
11. Kim Taylor DISTRICT,
12. Allison Thummel, MPH, RDN, LDN PARENT,
13. Ana Catalina Flores-Rau PARENT,
14. Dana Tran, OD PARENT,
15. Jenna Ross PARENT,
16. Melanie Anbarci PARENT,
17. Jigisha Doshi PARENT,
18. Rocaille Roberts PARENT,
19. Vanessa Gaona PARENT,
20. Nicole Juracek PARENT,
21. Pearl Lam PARENT,
22. Whitney Moody PARENT,
23. Ayesha Saleem PARENT,
24. Meckela Ruggs PARENT,
25. Tempestt Bui PARENT,
26. Shell McClue PARENT
27. 27. Melanie Eckert

Visitors present on 12/6/23

1. Briana Garcia
2. Uluinu Alade
3. Tiffany Ireland
4. Beth Garcia
5. Cheryl McClamrock
6. Courtney Rasmullen
7. Anthony Collins