

2017-2018 Fort Bend ISD SHAC Members

EXECUTIVE COMMITTEE:



Nomita Bajwa
SHAC Chair

Parent of a student at Clements High School

Nomita is a parent, pharmacist and owner of Wellness Geeks Consultants. She has been on SHAC for over five years. She enjoys working with school nurses and PE and Health teachers to bring evidence-based health programs to FBISD and support school health! Nomita was introduced to the SHAC when working on the WATCH your Wellness Health Fair with an FBISD employee. Since she had two children in the district, she wanted to know more about school health and how she could help.

Nomita currently is on the Family and Community Involvement Subcommittee.



Erika Bernhard
SHAC Vice Chair

Parent of students at First Colony Middle School and Elkins High School

Erika is a Registered Dietitian, Nutritionist, and Certified Diabetes Educator who believes good health habits must start at youth. She joined SHAC to promote and increase good health habits throughout the District.

Erika currently is a member of the Child Nutrition Subcommittee.



Cathy Hunter
SHAC Secretary

Parent of a student at Quail Valley Middle School

Cathy has been a member of the SHAC for several years and has been the SHAC secretary for the last 3 years. She has 2 sons – her eldest is 18 and just graduated from Elkins High School and her youngest is

12 and is a 7th grader at the GT Academy at QVMS. She joined the SHAC because she believes topics involving health and wellness are important for students. She currently is on the Family and Community Involvement Subcommittee.



Lori Sartain
SHAC Coordinator

Health & PE Curriculum and Instruction Coordinator, FBISD

Lori has been a FBISD PE and Health Teacher for 12 years. She joined SHAC because she cares about students wellness and physical activity.

Lori currently chairs the Health and PE Subcommittee.

SHAC MEMBERS:



Dimple Patel Arya

Parent of student at Cornerstone Elementary School

Dimple grew up in Sugar Land, TX and went to all FBISD schools. She is the owner and Optometrist at Today's Vision in Richmond, TX. She is also a proud member of FBISD SHAC and multiple Optometry organizations. As a private practice owner she sees patients of all ages (infants and up). Education and health are incredibly important to her and she strives to promote both of them on a daily basis. She joined the SHAC to participate and obtain knowledge affecting our children on a daily basis in the educational institution.

Dimple currently is a member of the Health Services Subcommittee.

Diana Barton

Health Services Coordinator, Learning Support Services Department, FBISD

Both of Diana's children graduated from Fort Bend ISD schools. She was a school nurse for 21 years and has served as the Coordinator of Health Services for the past 4 years.

Diana currently is a member of the Health Services Subcommittee.



Mary Baumann

Director, Corporate and Community Relations, Boys & Girls Harbor

Mary is a former FBISD PE Teacher and Director of Mission Delivery for American Diabetes Association. Her focus has been diabetes education and childhood obesity intervention programs in TEA Region 4 school districts. She joined the SHAC to support the integration of the 10 components of Coordinated School Health.

Mary currently is a member of the Social and Emotional Competencies Subcommittee.



Tyenise Blackmon

Community Engagement Liaison, Collaborative Communities, FBISD

One of the greatest gifts is to work in a position that allows you to fulfill what you believe that you have been called to do. Nurturing family, school, and community engagement is Tyenise Blackmon’s calling. Through collaborative efforts amongst district departments, campus, and community she assists in creating new initiatives, and further developing programs and relationships to ensure that students have the adequate support and resources for maximizing their potential. Her previous leadership role, as the District Lead Parent Educator, further equipped her to serve as an advocate for parent engagement. Through sharing of best practices, and her ability to build rapport with stakeholders, Tyenise continues to foster efforts towards identifying challenges and providing resources, events, support and opportunities to meet the needs of the Fort Bend families. Recognizing that health and wellness directly impacts the success of a student, Ms. Blackmon has been a part of a multitude of health and wellness initiative which includes an award winning student health ambassador club called HYPE (Healthy Youth Pursuing Excellence). She received her Marketing Degree from Texas A&M University in College Station Texas and is a proud parent of four FBISD students. Tyenise joined the SHAC to assist with bridging the gap between community and district and also serve as an advocate for our undeserved, underrepresented, and socioeconomically challenged communities.

Tyenise currently co-chairs the Family and Community Involvement Subcommittee.



Heather Bowman

Elementary Counselors Coordinator, Counseling and Postsecondary Readiness Department, FBISD

Heather joined the SHAC to represent the district counselors, counseling program, and support the social/emotional wellness of students.

Heather currently is a member of the Social and Emotional Competencies Subcommittee.



Sandy Bristow

Program Director, Oliver Foundation

As Program Director for the Oliver Foundation, a non profit dedicated to the prevention of childhood obesity, Sandy facilitates Healthy Choices grants for the foundation in the state of Texas. She is a member of Healthy Living Matters, Co-Chair of Texas Action for Healthy Kids and a member of the HEB Health and Wellness Statewide Board. She also serves on the District SHAC and several campus based SHACS in Spring Branch ISD. She is interested in promoting mentoring programs, nutrition education, physical activity and healthy lifestyles in helping children in the prevention of childhood obesity. Sandy is currently a member of the Family and Community Involvement and Child Nutrition Subcommittees.



Theresa Chiang

Parent of students at First Colony Middle School and Elkins High School

A Los Angeles native, after a short stop in DC for an MBA Theresa arrived in Fort Bend from NYC.

Currently she is a stay at home parent actively involved in her children's schools.

She joined the SHAC to promote positive messaging in schools. Many posters throughout her children's middle school seem to encourage negative thinking, though they offer support. She would like to see that changed towards encouraging children to greatness rather than telling them that they're lonely and depressed. Let's give them the right emotional tool kit to succeed.

Theresa currently is a member of the Social and Emotional Competencies Subcommittee.



Bob Conlon

Director of Prevention Programs, Fort Bend Regional Council

Bob served as FBISD Director of Student Support Services for 22 years, including SHAC Coordinator. He

has been in education for 32 years overall. He is a Licensed Psychologist and Certified Prevention

Specialist. He is a father of two adult children who both went through FBISD schools. He love the ideas

behind the Whole School, Whole Community, Whole Child model and Coordinated School Health. Bob believes that when we treat every child as a Whole Child, addressing the physical, emotional, behavioral, and social needs of each one, we provide the best chance for every child to be successful in school and in life. Every child in every school in every community deserves to be healthy, safe, engaged, challenged, and supported.

Bob currently chairs the Social and Emotional Competencies Subcommittee.



Brett Curlee

Executive Director, Bushi Ban International - Sienna Plantation

Brett currently is a member of the Family and Community Involvement Subcommittee.



Brooke Dedmon

Parent of students at Sienna Crossing Elementary School

Brooke is an alumnus of Fort Bend ISD and the owner of Accelerate Studio, an indoor cycling studio in Sienna Plantation. She is passionate about her community, passionate about health and fitness for students as well as faculty and staff. She joined the SHAC to get involved in the community, be a part of decisions that will ultimately impact children as it relates to health and fitness. She also wants to meet other business professionals in the area.

Brooke currently is a member of the Health and PE Subcommittee.



Jigisha Doshi

Parent of students at Cornerstone Elementary School and Quail Valley Middle School

Jigisha is a volunteer and an active parent in FBISD. By profession she is a textile designer and has worked at various design houses and also has her own business in the field of consulting in home furnishing and textiles. She has been a coach for Odyssey of the Mind and Destination Imagination tournaments for the last seven years and enjoys mentoring students in the creative problem solving challenges. Jigisha is an engaged volunteer and parent and enjoys her time with the kids and teachers. Her involvement with FBISD helps her be a strong link between the teachers, staff and parents. Overall student health and well-being is very important for any district and school to flourish. She joined SHAC so she could make a difference in making the school district and all the schools in it a better place for all the students.

Jigisha is the chair of the Membership Subcommittee. She is also a member of the Family and Community Involvement Subcommittee.

Kristi Durham

Literacy EC-12 Director, FBISD

Kristi has worked in FBISD for 21 years. She has been a teacher, assistant principal, principal, and director. Her heart is in FBISD and she loves what she does! She is the Director of Literacy EC-12, which includes ELA, Social Studies, and Health/PE. She works closely with the Health and PE coordinator, as well as with the SHAC, to ensure community values and ideas are reflected in the Health and PE curriculum.



Doug Earle

Executive Director, The First Tee of Greater Houston

Doug has been resident of Sugar Land for 23 years. He is a father of two Dulles High School graduates. He currently directs The First Tee of Greater Houston. His former employers include: YMCA, Houston Parks and Recreation, and First Colony Community Association. He is a long distance runner, weekend golfer, and speedgolf enthusiast. He joined the SHAC to help advocate for school policy that will promote healthy habits for all FBISD students.

Doug currently is a member of the Health and PE Subcommittee.



Chudi Ekwemalor

Parent of students at Bush High School and Quail Valley Middle School

Chudi is a parent, but also an Assistant Professor of Nursing at The University of Texas Health Science Center at Houston School of Nursing. He joined the SHAC to advocate for our children's health and wellness in our school district.

Chudi currently chairs the Health Services Subcommittee.



Rebecca Feges

Dietitian, Child Nutrition Department, FBISD

Rebecca graduated from Fort Bend ISD as a student and after completing her undergraduate degree at Arizona State University, she moved back to her home town and to pursue her Master's degree at TWU-Houston. Prior to working for the district she was a clinical dietitian at Texas Children's Hospital and her passion has always been improving the nutrition status of children! Fun Fact: her husband is a teacher in the district also and they have both completed an Ironman Triathlon!

As dietitian for the district Rebecca thinks the SHAC is a great place where she can use her education and experience in nutrition as well as knowledge about federal/state child nutrition programs to bridge the gap between the community and the district so shared goals of improving the health and wellness of students can be achieved.

Rebecca currently chairs the Child Nutrition Subcommittee. She also is a member of the Health and PE Subcommittee.



Beth Garcia

Assistant Director of Nutrition, Child Nutrition Department, FBISD

Beth graduated from Texas A&M University in 2010 with a Bachelor of Science in Nutritional Sciences, and received a Master's of Human Nutrition from Texas Woman's University in 2013. She is a registered dietitian, and has been with Fort Bend ISD since August of 2013. She has been married for 4 years and recently welcomed her daughter, Maisie in January of 2016. As a registered dietitian, Beth is passionate about health and nutrition, and believes nutrition education in youth is vital to establishing healthy eating habits to last a lifetime. Her position in the district gives her the ability to make an impact on Fort Bend youth through the child nutrition programs, not just in the cafeteria, but by the nutrition support and resources she can provide to FBISD campuses and the community.

Beth currently is a member of the Child Nutrition Subcommittee.



Tasha Joshua

Staff Health Promotion Coordinator, UnitedHealthcare

Tasha Joshua works with Fort Bend ISD to create strategic employee well-being programs and improve their overall culture and health of employees.

As one of the Health Promotion Coordinators for the staff in the district, Tasha thought it was important to join SHAC to stay up to date on the health and wellness initiatives happening in our schools. Although she do not work directly with the students of the district, the health and well-being of the teachers and other staff in the district can directly affect how they do their job and interact with the students. It is important to partner with those involved in making changes that can improve the overall health of the district.



Stephanie Kellam

Student Wellness Coordinator, UnitedHealthcare

Stephanie Kellam currently serves as the student wellness coordinator for UnitedHealthcare. She has worked in the health and wellness industry for over 10 years. Her previous positions have included the health and physical education curriculum coordinator for FBISD as well as program coordinator for Children At Risk. Stephanie has published several research articles about childhood obesity in low income, minority girls as it relates to physical activity and nutrition. Stephanie holds a MS in Exercise Science from the University of Houston and a BA in Kinesiology from Rice University. She is a certified personal trainer through ACSM and a certified cycling instructor through Cyclistics. She is passionate about school wellness and believes the SHAC is key to creating a culture of wellness within a school district. Research shows that healthier students do better academically. By having an active and engaged SHAC, school districts can make educated and insightful recommendations to the school board about school health and wellness.

Stephanie is the co-chair of the Family and Community Involvement Subcommittee. She also is a member of the Health and PE and the Child Nutrition Subcommittees.



Pearl N. Lam

Parent of students at Quail Valley Middle School and Barrington Place Elementary School

Pearl joined the SHAC to be educated about FBISD Student's Health policies and procedures and in turn educate others in the district.

Pearl currently is a member of the Health and PE Subcommittee.



Jane Liu

Parent of a student at Austin High School

Jane has a Degree in M.I.S. from UT-Dallas. She has three children with her youngest at Austin High School. She is retired from jewelry industries. She joined SHAC because she thinks school health is interesting.

Jane currently is a member of the Social and Emotional Competencies Subcommittee.



Zeming Liu

Parent of a student at Fort Settlement Middle School

Zeming works for Texas Instruments as customer quality engineer. He has a 7th grader daughter at Fort Settlement Middle School. He joined the SHAC to provide inputs from parents' prospective on FBISD policies and help students to be physical active with a healthy lifestyle.

Zeming currently is a member of the Health and PE Subcommittee.



Jenny Moreno

Instructor, Children's Nutrition Research Center, Department of Pediatrics, Baylor College of Medicine

Jenny is a clinical psychologist and behavioral scientist at the Children's Nutrition Research Center at Baylor College of Medicine. Her research focuses on the treatment and prevention of obesity across the lifespan and factors related to successful outcomes such as child acculturation level, weight

dissatisfaction, and weight status, in addition to parental factors such as parental weight status. She has also developed a line of research examining the role of summer weight gain in the development of obesity in children as well as behavioral and environmental factors related to children's weight gain during summer. She is particularly interested in using the school summer paradigm as a way to identify novel determinants of childhood obesity and the design of interventions to address these novel causes.

Much of her work has concentrated on the prevention and treatment of obesity among Mexican Americans, as this group is at greater risk for obesity and its comorbid diseases.

She joined the SHAC because she is interested in partnering with schools and school districts to promote evidence based obesity prevention and health promotion programs in schools and the community. She is interested in increasing coordination between medical centers, community programs, and schools to address these important public health problems.

Jenny currently is a member of the Health and PE Subcommittee.



Debola Ola

Parent of a student at Mary Austin Holley Elementary School

Debola is a parent with a good moral and Christian background. She is a motivator and mentor, experienced medical and public health practitioner familiar with medical ethics as well as the principles and practice of public health. She actively participates in various research, public health and inter-professional education and is someone willing to learn and work with others to promote healthy

lifestyles. She loves event planning, organization, and enjoys travelling and having fun with family and friends at her leisure. Debola joined the SHAC in order to make a positive impact and progressive difference in the physical, psychological and healthy well-being of the kids and the community. She believes the students are the future of tomorrow and whatever is taught to them at their younger age stays with them, develops and makes lasting impact in their approach to lifestyles and other pertinent issues of life as they grow older. Thus, she embraces the need to work alongside with the teachers, school and community to give them the best and encourage them to be the best they can be now and in the future.

Debola currently is a member of the Health Services Subcommittee.

Kelly Rhodes

School Nurse, Barrington Place Elementary School, FBISD

Kelly has three beautiful children, she loves being outdoors and exploring nature, and she is passionate about educating and empowering children. She has been an RN since 2006. After working graveyard shifts for 8 years in the hospital setting she became an elementary school nurse and is loving it! Educating students about wellness and teaching them ways to create healthy habits is essential in preventing illness in the future. Elementary school is a key time to create healthy habits and to nourish students' innate curiosity about their bodies, their communities, and the world at large. Kelly aims to not only educate students about how to be healthy but also give them opportunities to put this knowledge into practice via activities and events on the school campus.

Kelly currently is a member of the Health Services Subcommittee.



Margaruite Ruiz

School Nurse, Austin High School, FBISD

Margaruite would like to be part of a movement to improve healthcare by decreasing health illiteracy. She feels she has an obligation as a school nurse to include knowing how to take care of oneself via the school curriculum. It has surprised her to find out that even teachers are unaware of basic health terms and meanings or recommendations of care for certain simple situations.

Disha Saharia

Parent of a student at Elkins High School

Disha is a pediatrician practicing in the community. She joined the SHAC because she is extremely interested in child health, and would like to advocate for policies that are advancing the health and well-being of children.

Disha currently is a member of the Health and PE Subcommittee.



Dena Scott

Assistant Athletic Director, FBISD

Dena was born and raised in Fort Bend. She graduated from Dulles High School in 1993 and returned to Fort Bend ISD to start her teaching/coaching career. After teaching and coaching at First Colony Middle School and Dulles High School, she moved to the Athletic office and took on the role of Assistant Director of Athletics. Dena enjoys being a part of the SHAC because it focuses on the whole child with an emphasis on student health and wellness.

Dena currently is a member of the Health and PE Subcommittee.



Tami Stout

Parent of students at Walker Station Elementary, Sartartia Middle School, and Austin High School/Homebound

Tami grew up in FBISD and graduated from Kempner High School. She attended Texas A&M University and then received her post-graduate degree at UT Southwestern Medical School. She is a solo-practitioner in Family Medicine in Katy, TX. She joined SHAC to be more aware of health policies affecting our children in the schools. Her son is currently fighting cancer and one component of these policies that can affect him is whether or not students have been vaccinated.



Allison Thummel

Parent of students at Quail Valley Middle School and Anne Sullivan Elementary School

Allison has degrees in dietetics, health & sport sciences and a Master's in Public Health. Currently she is a dietetic intern, hoping to become a Registered Dietitian and Nutritionist. She joined the SHAC because she is passionate about bringing wellness into the community.

Allison currently is a member of the Child Nutrition Subcommittee.



Djacarda Williams

Parent of a student at Quail Valley Middle School

Djacarda is a wife and mother to a blended family of three children ages 14, 12 and 1. She has a public relations career history with personal interests in health and nutrition.

She joined SHAC because she cares about the health of children and was eager to help in any way she could.

Djacarda currently is a member of the Social and Emotional Competencies Subcommittee.