FBISD



April Meeting: ABL

SCHOOL HEALTH ADVISORY COUNCIL April 9th, 2025







FBISD SHAC 2024-2025

April 9th, 2025 Meeting Agenda

Theme: Action Based Learning

#YouAreNotAlone

(Time: 12:00 - 12:05pm)

I. Welcome-Catalina Flores-Rau, SHAC Chair

A. Mindful Moment, Wellness Coalition

5 min

20 min

II. Presentations _(Time: 12:05-12:50pm)

A. Action Based Learning: ABL Defined, District Updates and Supports

- Shannon Nash, Wellness & Prevention Specialist

B. Integrating Physical Activity Into The Classroom With MAGIC (Movement for academic growth in classrooms) 20 min

- Drs. Derek Craig & Timothy Walker, UTHealth Houston School of Public Health

C. Q&A 5 min

(Time: 12:50 - 1:15pm)

III. Administration

> A. Vote on Minutes from the February SHAC Meeting-Derek Craig, SHAC Secretary 5 min B. SHAC Goals Review - Catalina Flores-Rau, SHAC Chair 10 min

C. Membership Roster Update, Jigisha Doshi, SHAC Membership Chair

D. Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist 10 min

IV. Meeting in Closed Session _(Time: 1:15-1:30 pm)

Subcommittees Convene - Discuss Action Based Learning

Meeting Closure- Catalina Flores-Rau, SHAC Chair ٧.







Mindfulness Moment



































Action Based Learning:

ABL Defined, District Updates and Supports

ABL Defined

Action Based Learning (ABL) is a teaching methodology based on brain research that supports the link between movement and learning to improved academic performance and behavior.

ABL is a whole child approach to improving the health, wellness and education of all children.

Action Based Learning focuses on applying brainbased research to the learning environment, understanding the brain body connection, and how we can use movement to prepare the brain to learn.





Benefits of an ABL Lab!

Movement lays the foundation for learning.

Improves academic performance. Decreases office referrals.

Increases student attendance. Provides a fun and engaging learning environment.

- Many school-aged children are predominately kinesthetic processors.
- Using movement in the learning process helps many children retain and retrieve information more efficiently.
- Healthy, active kids make better learners.
- The concepts in the ABL Lab are based on brain research that supports the link between physical activity and increased academic performance.
- The ABL lab can improve performance of students of all ages and abilities.







Why you NEED an ABL Lab!

Movement lays the foundation for learning.

Physical Activity Benefits the Brain First!!

Provides an enriched learning environment.

Grows New Brain Cells.

Aids Cognition.

Triggers BDNF
Production.

Reduces stress.

Improves behavior.

Increase attention.

Balance sleep cycles.





FBISD Action Based Learning (ABL) Model



- Supports the Whole School, Whole Community, Whole Child Model (WSCC).
- Aligns with WSCC's Comprehensive School Physical Activity Program component.
- Provides framework to support Campus Wellness Goals related physical activity, health and wellness.







FBISD Action Based Learning (ABL) Model



Campus Administrator and ABL Teacher Training

BOTH attend National ABL Summit.



Campus Classroom Teacher Training

- ABL Teacher delivers ABL training during PD sessions and faculty meetings throughout the school year.
- Beginning of the year ABL 101 & Lab expectations.
- Ongoing classroom integration of ABL strategies.



ABL Lab



- Students attend the ABL lab.
- Dedicated lab space in the building.
- Implemented during ESL/Bilingual Summer School.



ABL in the Classrooms / Common areas



- ABL Instructional strategies incorporated into classroom, academic movement lessons.
- Kinesthetic corners, flexible seating, morning movement, and brain boosters. Ex. Kinesthetic Library







ABL Lab vs. ABL in the classroom.

ABL Lab

- *
- Students attend the ABL lab.
- Dedicated lab space in the building.
- Implemented during ESL/Bilingual Summer School.

What to look for:

- eyes tracking without the head turning, focusing on the ball;
- wide rolls to increase peripheral vision.
- Upon mastery;
 - Add Sight words, numbers, or letters.



ABL in the Classrooms / Common areas



- ABL Instructional strategies incorporated into classroom, academic movement lessons.
- Kinesthetic corners, flexible seating, morning movement, and brain boosters. Ex. Kinesthetic Library

THE CONTINENTS: Brain Body Mapping

- **Objective:** Students will review map and geography terms including the names of the continents.
- Cognitive Link: Brain body mapping engages the senses and memory pathways for better retention of memory.



2.6A identify major landforms and bodies of water, including each of the continents and each of the oceans, on maps and globes





FBISD Action Based Learning Lab Models

Lab Model 1

- Identified students on campus attend the ABL lab.
- Students attend the lab **2-3** times per week with classroom teacher.
- Lab session lasts 20-30 minutes.
- Use Intervention/Enrichment time block.
- Open Lab times are offered.
- Academic content integration occurs sooner in this model. Students motor skill acquisition rate is faster due to frequency of lab attendance.

Lab Model 2

- All students on campus attend the ABL lab. BEST PRACTICE
- Students attend the lab 1 time per week
- Schedule is part of the outclass rotation. 45 minutes in duration.
- Foundation progressions remain for 2-3 weeks to allow for motor skill acquisition.
- Content integration occurs later as more time spend at early in the year on Foundational skill progression mastery.
- 2 blocks of Open Lab time
- ABL minutes do not count as PE minutes. Students are to be offered PE 2x per week.

Lab Model 3

- PK-2 students on campus attend the ABI lab.
- Focus is on the younger brain which benefits more from coordinative motor. movement that develops learning systems and fills in developmental gaps.
- Focus early in the year on motor skill acquisition.
- Students attend the lab 2-3 times per week with classroom teacher or send small groups w aide.
- The foundations act as a checklist for learning readiness





District Finalist Teacher of the Year: ABL Teacher, ASHLEY EAST, BRBGE

ABL Celebrations & Updates

- 6 campuses with ABL Labs
- 3 Campuses will implement ABL Labs as part of their ESL & Bilingual Summer School Programming.
- ABL Teachers developed Campus Support Plans aligned to Campus Improvement Plan goals. Teachers work with campus leaders to track impact of the lab on chosen CIP goals.





Mid- Year Classroom Teacher Survey: 44 Responses

	Students enjoy participating in ABL lab activities.	Students that participate in the ABL Lab show improved memory retention.	Students that participate in the ABL lab show increased focus and attention	Students that participate in the ABL lab return to the classroom reset and their brain is ready to learn.	I see the benefits of Action Based Learning for students.
Average Rating	3.93	3.57	3.63	3.74	3.73

	Students that participate in the ABL lab show improved grades and close learning gaps.	Students participating in the ABL lab show a decrease in behavioral issues.	Students that participate in the ABL lab show an increase in attendance.	I have learned ABL strategies and implement them in my classroom	I believe action- based learning fosters a positive learning environment for students.	I recommend the ABL lab/program continue my campus.
Average Rating	3.39	3.43	3.19	3.37	3.81	3.84





Mid- Year Classroom Teacher Survey: 44 Responses

 Please provide any additional anecdotal evidence related to Action Based Learning on your campus.

14 Responses

ID ↑	Name	Responses
1	anonymous	Coach East is a wonderful instructor who cares about the whole student inside and outside of school.
2	anonymous	Thank you
3	anonymous	I have implemented several of the strategies from ABL in my teaching environment. IT DEFINITELY WORKS, THANK YOU COACH EAST!!!
4	anonymous	Coach is a wonderful addition to our school. Our students look forward to their ABL class weekly. Their eyes light up when they see her.
5	anonymous	N/A
6	anonymous	N/A
7	anonymous	Coach Lewis has been great addition to our campus and also has been great job with adding curriculum incorporated with education. The students really like his class alot!
8	anonymous	ABL is a good break for kids to learn in a fun and active way.

9	anonymous	I really enjoy learning different interactive ways to teach content. The students look forward to attending ABL and use the strategies taught for conflict resolution/ taking turns.
10	anonymous	Coach East is the best!!
11	anonymous	Coach King is great at pulling my students for ABL. They really enjoy their time at the ABL lab. It helps to keep them focused and minimizes behavior problems.
12	anonymous	The ABL teacher is a huge asset for our school. Our students get a great enjoyment out of the ABL lessons.
13	anonymous	One great example of Action Based Learning on our campus is how students apply mathematical concepts to real-world problem-solving.
14	anonymous	Coach Lewis always is very attentive with students and collogues. My students enjoy his fun and active classes. Also, he always is on time and with perfect attendance. We appreciate his job and he is a great asset for our campus.







ABL Classroom – Quick Math

Building Cognitive Capacity Foundation: Problem Solving

Addition

Odd or Even



Multiplication

Find the Missing Number.











Integrating Physical Activity into the Classroom with MAGIC

Fort Bend ISD SHAC Meeting, April 2025



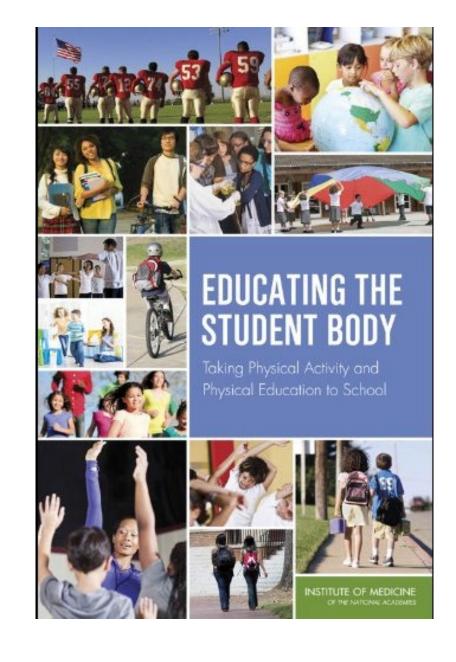
Presentation Overview

Discuss physical activity promotion in schools

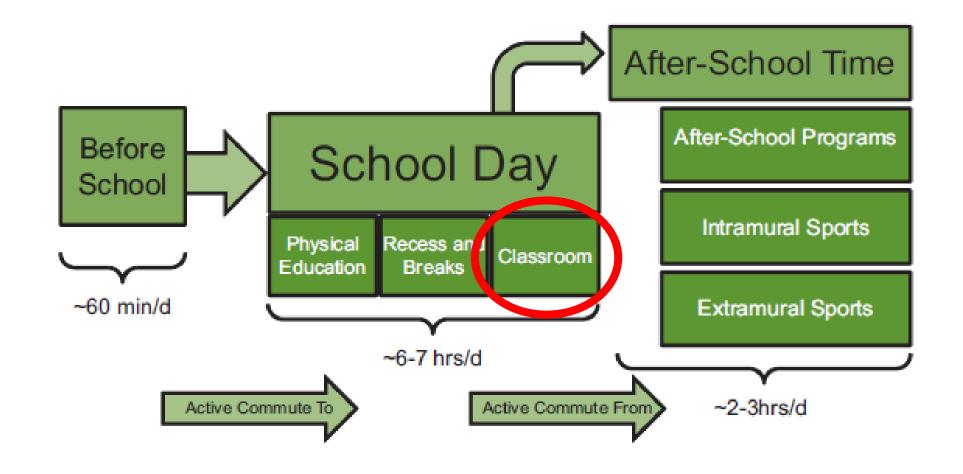
Provide overview of MAGIC

Highlight collaboration opportunities

Authorities recommend children participate in ≥60 minutes of moderate-tovigorous physical activity each day, more than half of which should be done during school hours



Whole-of-School Approach to Physical Activity





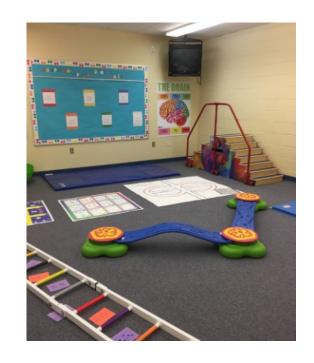
Classroom-based Physical Activity Approaches



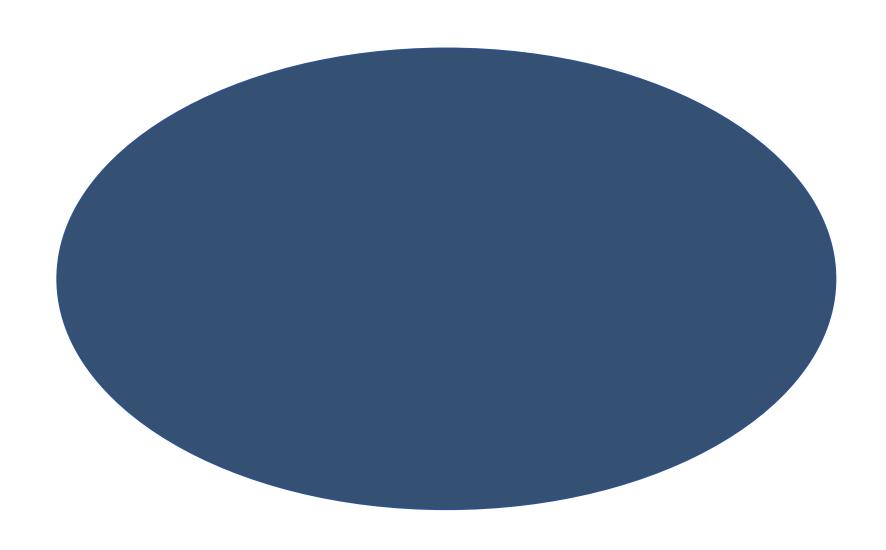
Brain boosts



Active lessons



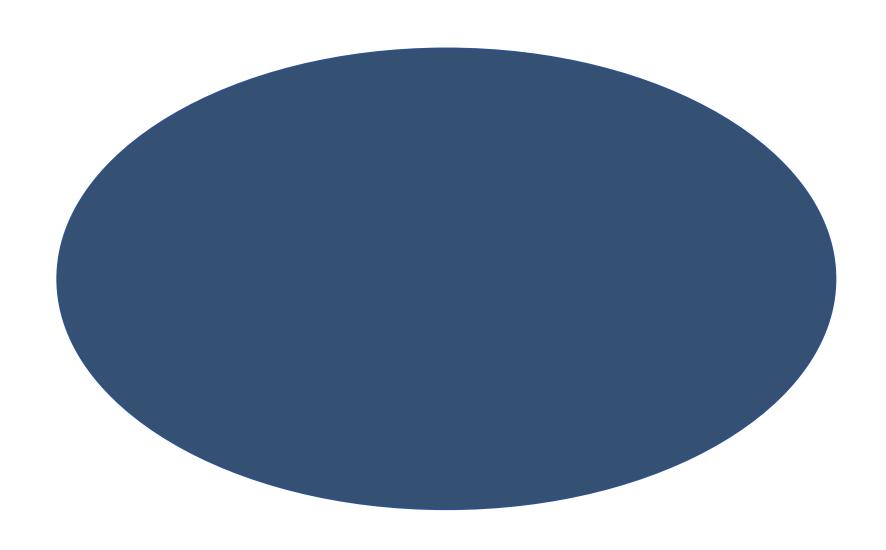
Motor Labs





Most active student engaged in an average of 83 minutes/day of moderate-to-vigorous physical activity

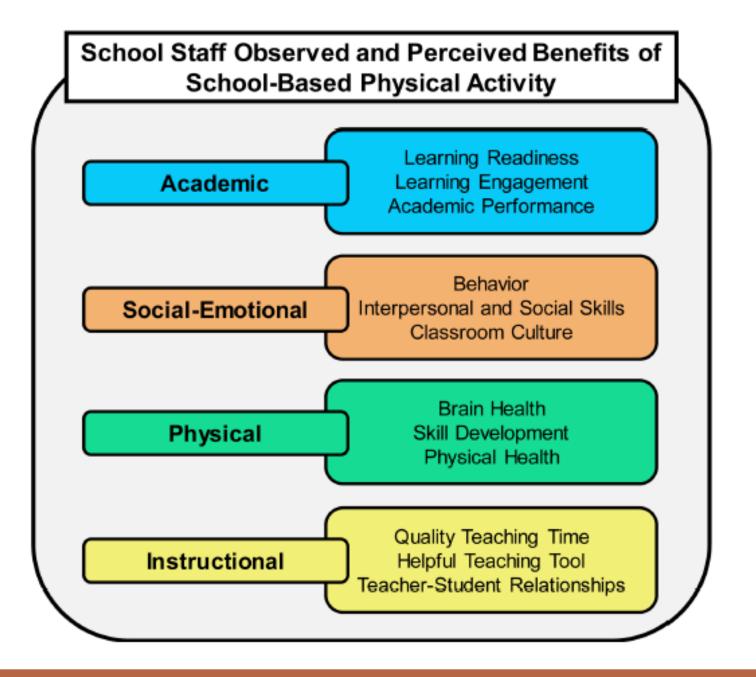
Grade	MVPA mins/day
Kindergarten	83
1 st	66
2 nd	35
3 rd	32
4 th	42





least active student engaged in an average of 8 minutes/day of moderate-to-vigorous physical activity

Grade	MVPA mins/day	
Kindergarten	15	
1 st	12	
2 nd	17	
3 rd	11	
4 th	8	



Implementation Challenges

- Lack of leadership support
- Lack of time to provide physical activity
- Low levels of teacher skill/self-efficacy
- Lack of knowledge/awareness of resources

Our Strategy



We aim to shift how school leaders, teachers, and staff view the role of physical activity in schools

Our Strategy

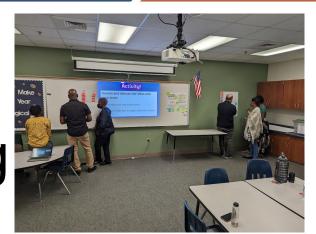


"Instead of having them (students) be off task and get in trouble because they are moving—let us put that as part of their day, so there's a reason and purpose for movement, and then they can refocus."

Assistant Principal

Strategy Overview

1)Leadership Training



2) Teacher Training

3)Newsletter









search shows you will get more out of your students b oviding brain boosts. Students are more attentive and eady to learn when their movement needs are met!

Two tips to help you include brain boosts when your schedule is busy:

- · Identify strategic times in your schedule to use brain boosts:
 - Beginning/end of the day
 - Transitions between subjects
- After lots of sitting time
- Before assessments/important lessons
- · Have a pre-selected brain boost ready for when students show signs of:
 - Sleepiness
 - · Restlessness/Fidgeting
 - Lack of focus/Daydreaming





Use a variety of brain boosts. This will help keep students











TEACHER-LED BOOSTS



HOT POTATO

- Divide the room into small groups
- · Use an object, like a bean bag, that
- you can pass around each group When you start the music, the
- students begin passing the object
- When the music stops, the student holding the object answers a review

· Ask everyone to stand in a circle

- WHAT ARE YOU DOING?
- · A designated student will begin acting out an activity . The person to their right will ask, "What are you
- The designated student responds with a new activity, while still acting out the original one
- The student begins acting out the new activity, and the game continues around the circle

"I like that y'all showed us what these boosts were. Instead of just being like, here's how it goes...But once you see it and you've done it, then you're like, okay, I like this...You do it, and you're like, oh, they [students] would like it."

> Kindergarten Teacher

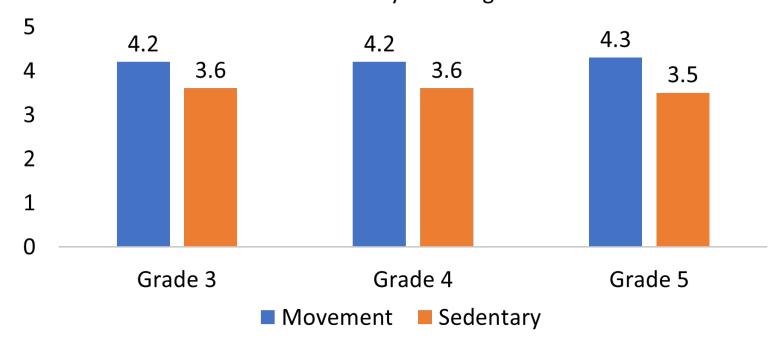
"Y'all had us participate in it and had us go, oh, this was cool, we liked this. So, getting that buy-in from us and presenting that information to us on our level helped us whenever it came time for the teachers."

School Leader

Findings

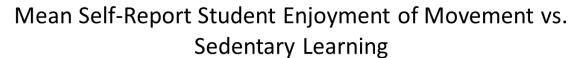
Acceptability of PABs & PALs

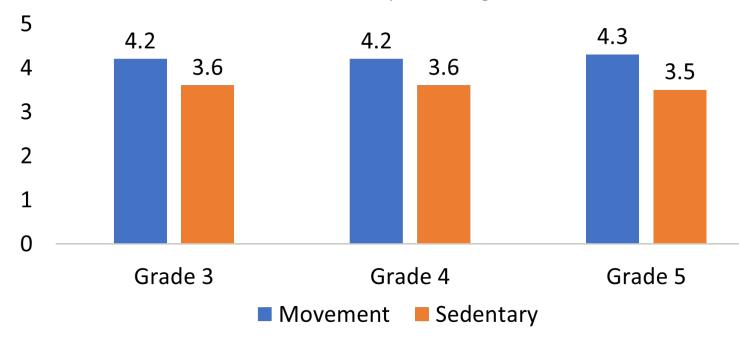
Mean Self-Report Student Enjoyment of Movement vs.
Sedentary Learning



Findings

Acceptability of PABs & PALs





"Sometimes when we're reviewing, we play four corners...it makes math better than just doing work...because we don't want to just sit in our chair all day and just write. And it's fun because we get to like run around."

3rd Grade Student

Collaborations with FBISD

- UTHealth recently received a grant from the American Heart Association to further study MAGIC with FBISD's ABLs
- UTHealth submitted a grant with FBISD's Department of Early Childhood to increase physical activity in pre-kindergarten classrooms.

 Discussions about adapting MAGIC for middle and high school campuses are ongoing.

Questions?

Derek Craig, PhD
Assistant Professor

Derek.W.Craig@uth.tmc.edu

Timothy Walker, PhD Assistant Professor

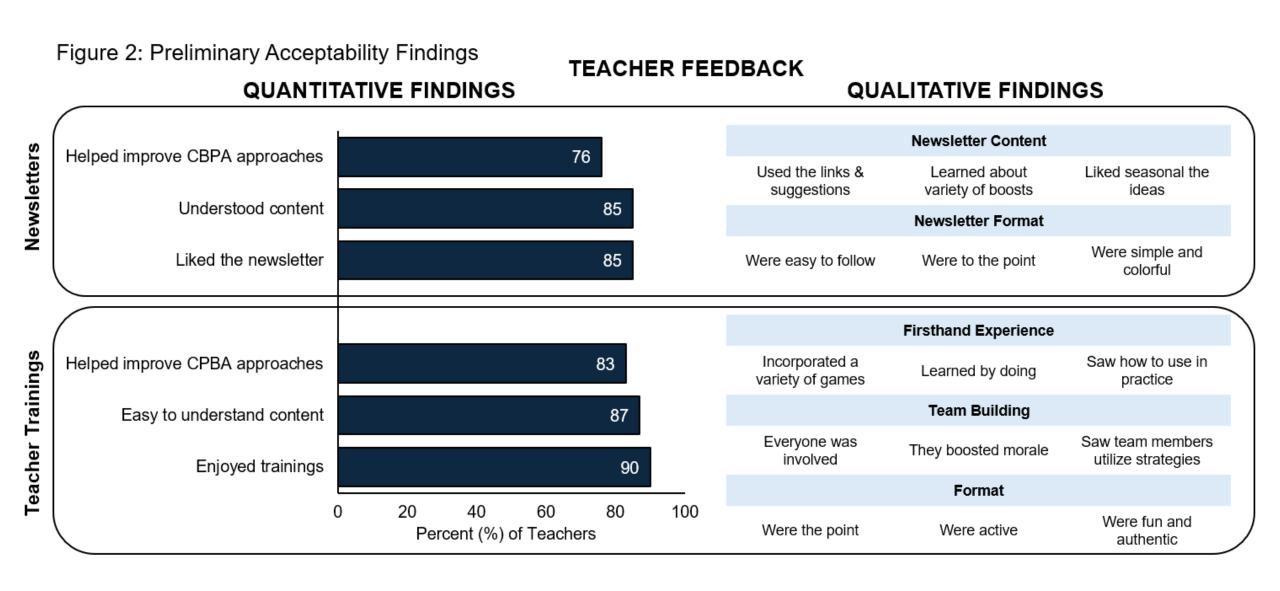
Timothy.J.Walker@uth.tmc.edu

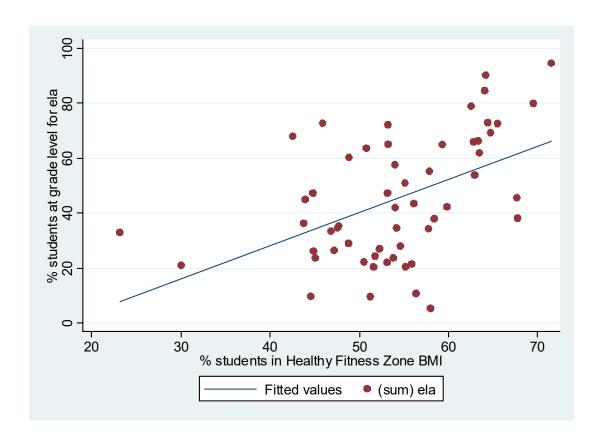


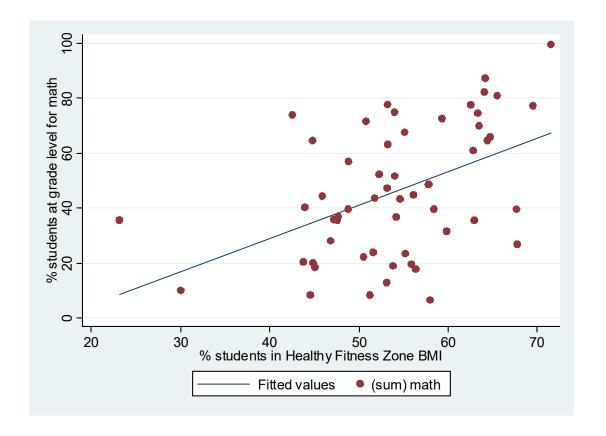
School of Public Health

Center for Health Promotion and Prevention Research

Findings







These two brain images, taken from the top of the head, represent the average amount of students' neural activity during a test following sitting and walking for 20 minutes. The color blue represents lower neural activity, while the color red denotes higher brain activity in a given region.

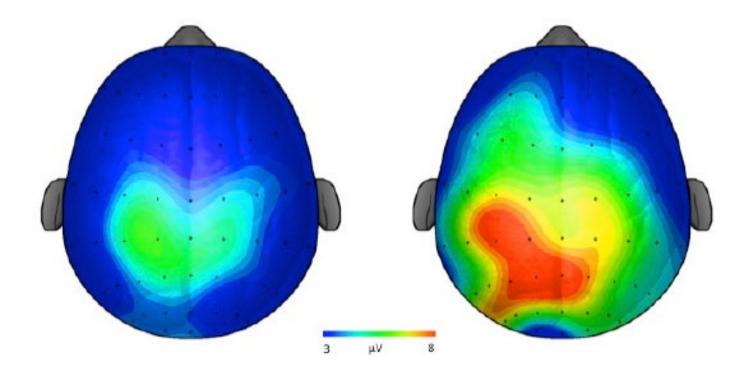


Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign

Meeting Minutes - Vote



2024-2025 SHAC Annual Report Board Review

The SHAC TEAM

Parent Chair: Catalina Flores-Rau

Vice-Chair: Nicole Juracek

Secretary: Derek Craig

Membership: Jigisha Doshi

Ex Officio Chair: Allison Thummel

FBISD Coordinators: Lori Sartain,

Kim Taylor, & Shannon Nash



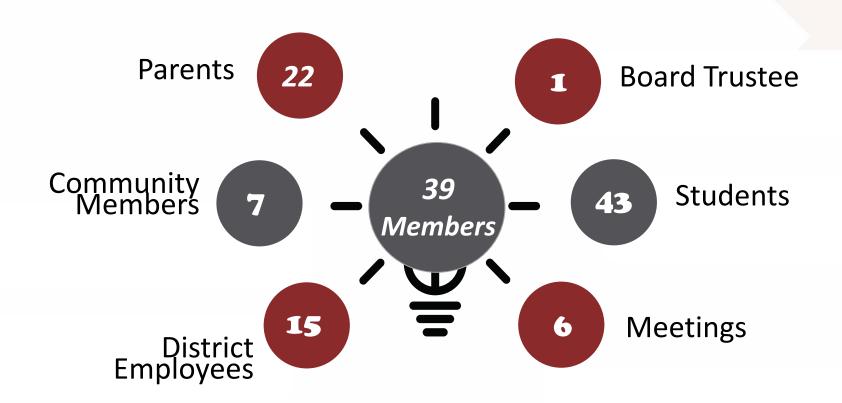
SHAC Sub-committees:

- Whole Child Health: Lori Sartain
- Campus Wellness Committees: Shannon Nash
- Health & Safety: Bart Rosebure
- Nutrition: Susan Nayeri
- PE/Physical Activity: Kim Taylor
- Student Wellness Coalition: Shannon Nash
- Communications: Briana Garcia





Our Numbers







2024-2025 SHAC MEETINGS

Mental Health

September 4th

District's Multi-Tiered System of Support (MTSS) & Mental Health Resources

Streamlining websites for student access.

Gun Safety

October 16th

Be SMART model for Kids & communication schedule for House Bill 3 regarding Safe Gun Storage.

Modified look of email and sending SMART flyers via Peach jar.

Cell Phone Use

December 4th

Healthy and unhealthy practices regarding cell phone and social media use & FBISD policies and struggles in the classrooms.

Creating a sound bite to summarize key points

School Start Times

February 19

Teen sleep science, school schedules, and strategies for High School start times.

Action-Based Learning

April 9th

District ABL initiative & ways to integrate active learning into regular instruction through teacher and staff training.

Hoping to have teachers trained on key principles

Dr. Meers to present to principals.







2025-2026 SHAC GOALS



Mental Health

Availability

Streamlining the District process across campuses for students to gain access to their counselors

Sleep Hygiene

Best Practices

Support all efforts to minimize activities before 8:30 AM for high school students

Active Learning

Champion

Purposely integrate movement activities, such as brain energizers, in the classroom at all levels

Nutrition Focus

Educate

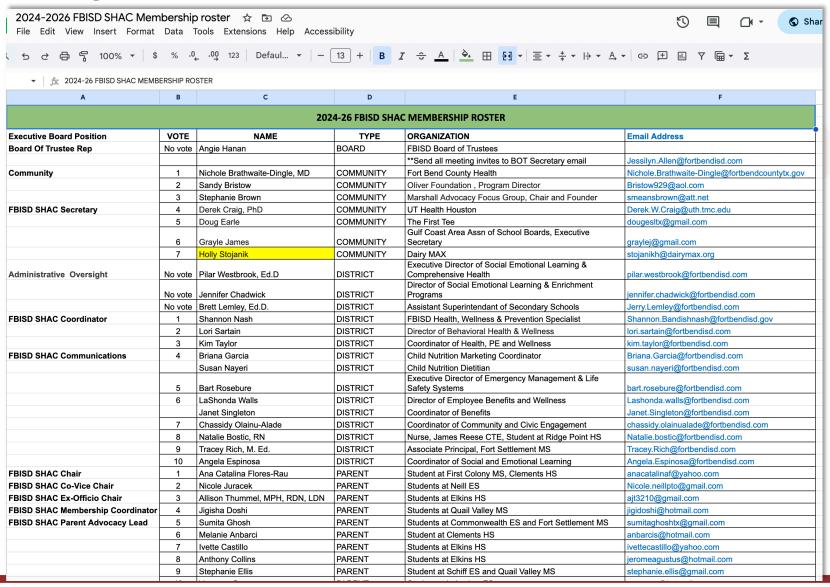
Create an ongoing nutrition education series to encourage and support a healthy lifestyle to students districtwide.







Membership Roster Review







Upcoming Events

Whole Child Health & District Student Wellness Coalition

Shannon Nash, Specialist Health, Wellness & Prevention

WCH Upcoming Events

FBISD Sound Bites

Spring 2025 Release Dates

Two-to-four-minute video and audio clips to educate students and parents about practical ways to improve your mental, physical, and social wellness.



April 23 Mindfulness - Test Anxiety This sound bite highlights the benefits of mindfulness in managing test anxiety, encouraging students to practice deep breathing and stay present.



Scan for more resources



#YouAreNotAlone



APRIL 2025

Autism Acceptance Month – World Autism Awareness Day – 4/2

Drug Take Back Day - TBD

National Fruit & Vegetable Day - April 4th

Child Abuse Awareness Month

MAY 2025

Mental Health Therapist Day - 5/12

Nurse Appreciation Week 5/6-5/12 - Nurse Appreciation Day - May 8th

National Bike to School Day 5/7

Mental Health Awareness Month







District Student Wellness COALITION

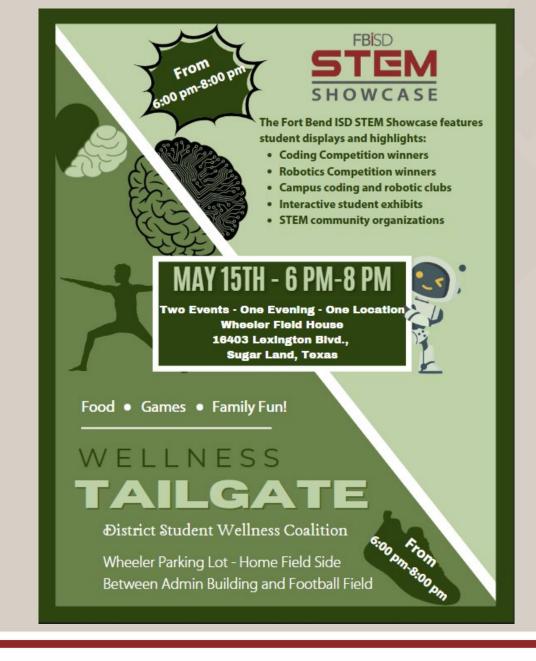
Upcoming Student-led Event:

What: Wellness Tailgate

When: May 15th, 6-8 pm

Where: Wheeler Parking Lot

If interested in hosting a booth, please reach out to FBISDStudentWellnessCoalition@fortbendisd.gov before April 30th.









- District Student Wellness **COALTION**
- 25-26 Applications Now Open





Closed Session

Subcommittees convene – Discuss Action Based Learning





SHAC WANTS TO KNOW WHAT YOU THINK ABOUT...



ACTION BASED LEARNING