

I. Welcome

- Catalina Flores-Rau opens the meeting at 12:02pm on 2/19/25
- Mindful Moment video (Allison Thummel)
- Announcements
 - Welcoming remarks from Dr. Marc Smith and an update on school start times
 - Overview: This is still on the district's radar, but they are not able to take on the task yet, given other competing demands (e.g., drawing boundaries for new schools). More updates will be provided when possible.
 - Update on FBISD Student Think Tank event (Lori Sartain)
 - This year, seven schools were provided with funds to address student health needs on their campus.

II. Presentations

- Presentation 1: The Science of Teen Sleep: Aligning School Schedules with Biology (Dr. Jessica Meers, PhD, Licensed Clinical Psychologist, Board Certified in Behavioral Sleep Medicine)
 - Dr. Meers described how teenagers aren't necessarily lazy but instead are exhausted because they face many unique challenges from society. Schools start when teenagers are still within their "biological night" and have a difficulty falling asleep early enough to get a good night's sleep to be prepared for school. This can lead to sleep deprivation, impact academic functioning, influence physical health and can cause emotional problems and safety concerns (drowsy driving).
- Presentation 2: Healthy High School Start Times: Myths, Misconceptions, and Strategies (Dr. Stephanie Ellis, Psychologist and FBISD Parent)
 - Dr. Ellis began by highlighting that later high school start times (8:30am or later) lead to numerous benefits (e.g., academics, safety, behavior, health). Top 3 causes of death for people aged 14-25 are accidents, suicide, and homicide. Research shows sleep is related to these causes of death (noted however that it does not mean causation). Dr. Ellis provided several examples of myths and misconceptions related to later start times (e.g., teens are just lazy, they'll stay up later, they already get plenty of sleep, parents will hate this).
- Presentation 3: 2018 Study Review, Survey Results and Q&A (Catalina Flores-Rau, SHAC Chair)
 - Catalina briefly mentioned a past study conducted in 2018 by the district and provided an overview of school start times across neighboring districts. Catalina also highlighted the benefits previously discussed in SHAC meetings from 2018. Results from the student wellness coalition were described (pros and cons).
- Questions:
 - If this policy passes (shifting school start times), how quickly would it be implemented?
 - No answer was provided by the audience; people were unsure.
 - How does daylight savings time impact this scenario?
 - People feel better when they get more sleep.
 - In terms of school start times, how do the schedules change between ES, MS, and HS? Do ES schedules flip to current HS times?
 - Previous meeting minutes suggest updated bus routes would save the district money, but this study would need to be redone to be accurate.
 - Could this school start shift help academically challenged high schools?
 - Not sure if there have been any studies done to look at this.
 - When does circadian rhythm change?

- Puberty is when it starts, but continues on into young adulthood. Adolescence is just when it starts and is most dramatic.
- Will a 1-hour shift be meaningful?
 - Yes, because of the holistic improvements it can have.
- Are there districts that have changed and have data on academic improvements?
 - Hard to find but STAAR test scores went up by 4% in every class/subject that was measured.

III. Administration

- Vote on December meeting minutes (Derek Craig, SHAC Secretary)
 - Motion to approve: Allison Thummel
 - Second motion: Grayle James
 - December meeting minutes were approved by a majority vote.
- Brain break: Walking feet (Shannon Nash, Specialist, Health, Wellness, & Prevention)
- Upcoming events (Shannon Nash, Specialist, Health, Wellness, & Prevention)
 - Watch Week, National School Breakfast Week, and several others upcoming in March
 - FBISD Sounds Bites – focusing on grief and loss (February) and healthy relationships (March)

IV. Closed Session

- From 1:25-1:45pm, individuals met in small groups to discuss school start times

V. Meeting Closure

- Closing comments: The next meeting will be held on April 9th, 2025. As a reminder, the presentations will be posted on the FBISD website for viewing.
- Meeting closed by Catalina Flores-Rau at 1:45 pm.

Attendance

SHAC Members present on 2/19/25

1. Sandy Bristow
2. Derek Craig, PhD
3. Doug Earle
4. Grayle James
5. Pilar Westbrook, Ed.D
6. Lori Sartain
7. Shannon Nash
8. Kim Taylor
9. Susan Nayeri
10. Briana Garcia
11. Bart Rosebure
12. Janet Singleton
13. Ana Catalina Flores-Rau
14. Nicole Juracek
15. Allison Thummel, MPH, RDN, LDN
16. Sumita Ghosh
17. Anthony Collins
18. Vanessa Gaona

19. Pearl Lam
20. Cheryl McClamrock
21. Whitney Moody
22. Eugenia Peck
23. Dana Tran
24. Chris Brittingham

Guests present on 2/19/25

1. Courtney Skiles
2. Tiffany Ireland
3. Jessica Meers
4. Stephanie Ellis
5. Amy Grant
6. Jennifer Meador
7. Cara Duggal