

## I. Welcome

- Catalina Flores-Rau (SHAC President) opens the meeting at 12:04pm on 4/8/26
- Brain energizer: Ridge Point HS students

## II. Presentations

- **Presentation 1:** Integrating Physical Activity into the Classroom with MAGIC (Drs. Derek Craig & Tim Walker, UTHealth Houston School of Public Health)
  - The sessions led with education on current physical activity trends among youth in the school setting.
    - Youth should be active 60 minutes per day
    - Only 20-25% of youth are meeting this recommendation
    - Few HS students receive daily PE
    - Students are active 16-25% of the time during an average recess period
  - Dr. Walker spoke about an ongoing study with FBISD. UTHealth is providing 4 elementary schools an implementation strategy (MAGIC – Movement for academic growth in classrooms) aimed at supporting teachers in providing physical activity in the classroom.
    - The strategy currently consists of trainings for school leaders and teachers, as well as a monthly newsletter.
  - The presentation provided an update on Year 1 activities, and a look ahead at Years 2&3. Data from a recent study with another district was shared showing a promising impact on physical activity and academic scores.
- **Questions:**
  - How do we expand this beyond the 4 schools involved?
    - UTHealth would never withhold resources, just cautious of the risk of contamination. The research team hopes to collect more data to support wider implementation across the district in the years to come.
  - Do you provide trainings to all teachers and grade levels?
    - Yes, we invite everyone from a school to join the staff trainings
- **Presentation 2:** United Against Human Trafficking, Taylor Johnson
  - UAHT's focus is on educating the community, preventing exploitation, and empowering survivors of human trafficking.
  - Defining human trafficking: Action + means + purpose = human trafficking
  - Trafficking is a global issue. Houston is #1 in human trafficking cases nationwide. Estimates suggest there are 27+ million trafficking victims (54% are women, 46% are men)
  - Fraud is the most common method of trafficking (e.g., pretending to be a boyfriend and turning the tables after earning trust)
  - Watch out for major events, such as the upcoming World Cup, as these can be hubs for trafficking. We are monitoring online sites and holding discussions with community partners to secure safehouses for victims of trafficking.
  - Shared National Human Trafficking Hotline (Phone: 1-888-373-7888; Text: 233733) – 24-hour hotline that can be called or texted. They speak 200+ languages and you can report anonymous.
- **Questions:**
  - What if the trafficker is not within the school but trafficking students within a school? How would we help with this?
    - School security is much improved since COVID. Building a support network of people you trust is important. Being careful with social media interacts is important. "See something, say something" is key to helping someone.

### **III. Administration**

- Brain break (Shannon Nash, FBISD Wellness, Health & Prevention Specialist)
- Vote on February 2026 meeting minutes (Derek Craig, SHAC Secretary)
  - Motion to approve: Allison Thummel; Second motion: Jigisha Doshi
  - All in favor: Yes; Opposed: None
- 2026-27 Board Officer Vote & Recognition (Catalina Flores-Rau, SHAC President)
  - Motion to approve proposed board positions: Brianna
  - Second motion to approve: Lori Sartain
  - Catalina also made a call to invite new/more members to join SHAC
- 26-27 SHAC Goals (Nicole Juracek)
  - Three main goals for next year: Active learning, later high school start times, nutrition
- Legislative review (Sumita)
  - Overview of important upcoming dates, when legislation meets, and the different between what the House and Senate do at the state level
- Upcoming events (Shannon Nash, Specialist, Health, Wellness, & Prevention)

### **IV. Meeting Closure**

- The next meeting will be held on May 13<sup>th</sup>, 2026. As a reminder, the presentations will be posted on the FBISD website for viewing.
- Meeting closed by Catalina Flores-Rau at 1:30 pm.

## Attendance

### SHAC Members present on 4/8/26

1. Angie Wierzbicki BOARD FBISD Board of Trustees,
2. Nichole Brathwaite-Dingle, or Barbara Irving MD COMMUNITY Fort Bend County Health,
3. Sandy Bristow COMMUNITY Oliver Foundation, Program Director,
4. Derek Craig, PhD COMMUNITY UT Health Houston,
5. Doug Earle COMMUNITY The First Tee,
6. Grayle James COMMUNITY Gulf Coast Area Assn of School Boards, Executive Secretary,
7. Pilar Westbrook, Ed.D DISTRICT Executive Director of Social Emotional Learning & Comprehensive Health,
8. Alfred James DISTRICT Executive Director of Secondary Schools,
9. Framy Diaz DISTRICT Executive Director of Elementary Schools,
10. Shannon Nash DISTRICT FBISD Health, Wellness & Prevention Specialist,
11. Lori Sartain DISTRICT Director of Behavioral Health & Wellness,
12. Kim Taylor DISTRICT Coordinator of Health, PE and Wellness,
13. Briana Garcia DISTRICT Child Nutrition Marketing Coordinator,
14. Susan Nayeri DISTRICT Child Nutrition Dietitian,
15. Natalie Bostic, RN DISTRICT Nurse, James Reese CTE, Student at Ridge Point HS,
16. Ana Catalina Flores-Rau PARENT Student at First Colony MS, Clements HS,
17. Nicole Juracek PARENT Students at Neill ES,
18. Allison Thummel, MPH, RDN, LDN PARENT Students at Elkins HS,
19. Jigisha Doshi PARENT Student at Clements HS,
20. Sumita Ghosh PARENT Students at Commonwealth ES and Fort Settlement MS,
21. Anthony Collins PARENT Students at Elkins HS,
22. Vanessa Gaona PARENT Student at Lakeview ES, Pearl Lam PARENT Students at Dulles HS,
23. Ayesha Saleem PARENT Students at Settlers Way ES and Fort Settlement MS,
24. Dana Tran PARENT Student at Sullivan ES, Fort Settlement MS,
25. Christina Brittingham PARENT students at Sullivan ES

### Guests present on 4/8/26

1. Tim Walker
2. Annalyn Demello
3. Rozina Hussain
4. Shalalan Washington
5. Mellissa Micheletti
6. Barbara Irving
7. Rachel Elliott
8. Tiffany Ireland
9. Beth Garcia
10. Felicia Curry