

## I. Welcome

- Catalina Flores-Rau opens the meeting at 12:02pm on 4/9/25
- Mindful Moment video (FBISD Student Wellness Coalition)

## II. Presentations

- Presentation 1: Action Based Learning Labs in the District and Supports (Shannon Nash, FBISD Wellness & Prevention Specialist)
  - Ms. Nash defined what action-based learning is and described the FBISD action-based learning model. ABL is about preparing the brain to learn and has many benefits including improved academic performance, decreased behavioral referrals, improved attendance rates. The ABL labs can be used for children of all ages although labs are currently only on 6 elementary campuses. ABL teachers play an important role in developing students' foundational physical and cognitive skills that support learning and then strategically layering on additional content and movement as student's make progress. Ms. Nash provided multiple examples of activities students complete in the labs or in the classroom to develop many of these skills (e.g., ocular pursuit of a ball, learning continents via song, I LOVE MATH). The Continents activity along with the I LOVE MATH are examples of how ABL is used in the classroom to teach/review an academic concept through movement; brain/body mapping uses movement to enhance memory. Ocular Pursuit is a ABL Lab Foundation where students engage in an intentional movement designed to improve visual development that aids in focusing on reading for longer periods of time, reading from left to right on a page, etc. Take-home messages – 1) ABL is priming the brain to learn, and 2) healthy, active kids make for better learners.
- Presentation 2: Integrating Physical Activity into the Classroom with MAGIC (Drs. Derek Craig & Tim Walker, UTHealth Houston School of Public Health)
  - Drs. Craig and Walker provided an overview of how physical activity can be integrated into multiple segments of the school day. Students need at least 60 minutes of physical activity each day and classrooms can provide approx. 20 minutes of physical activity using brain boosts and active lessons. Dr. Walker then described a strategy recently developed with a partner school district in Houston that addresses the many challenges to implementation (e.g., leadership support, lack of time, teacher skills, awareness of resources). The presentation closed with the announcement that UTHealth Houston will be partnering with FBISD to evaluate several of the ABL labs and an additional grant has been submitted with FBISD Dept. of Early Childhood to increase physical activity in prekindergarten classrooms.
- Questions:
  - Regarding the study on school-based physical activity, was it just in the classroom or across the whole school day? Also, is it on the individual teachers and schools to ask for the training?
    - Craig/Walker: Activity was tracked all day using waist-worn accelerometers. The research team was then able to segment the time stamped physical activity data using school schedules provided by the principals at participating schools. To address the concern about students not getting daily recess, this project was completed with another partner district and was not done in FBISD. As for the training, we're trying to bring training to you (FBISD) because we have funding in hand to cover the costs associated with working with 4 FBISD schools. Our approach is to then work with the existing infrastructure to train up FBISD staff, and in theory, they could help support other schools/staff.
  - Can we integrate this at a district level so that all teachers have access to the information and to increase buy-in?
    - Craig/Walker: We'd love to get to that point. We've been integrated in to other district's summer professional development series where school leaders, new teachers, and existing teachers have access to some of our training materials.

- As a district, what are our biggest challenges with this? Is it at the board level, district management level, or teacher level?
  - P. Westbrook: In everything we do, there's always competing priorities. SHAC has a strong voice and supports movement and learning and I intend this will be one of the topics presented at the upcoming board meeting. Keep thinking about who should come and talk to the board and spread the word. Consider tweeting about the meeting to get people there and putting it on Instagram.
  - A. Hanan: SHAC's voice matters. Things that are important should be talked about with school leaders to build momentum and awareness. Not all students have the opportunity for high quality activity, so you have to do this but also pick and choose when to present information to the board.
  - L. Sartain: We're really excited about this partnership. If we can implement well at the 4 campuses and get really good research/data to show the academic impact, we can take it to other campuses and principals and expand. We know what the research says, it's just improving implementation, but it's hard to measure and show real impact when it's happening sporadically.
- Kayla Williams: I'm with the local Fort Bend Co. Health Department, this is just a reminder about our community health assessment data and include us in the conversations happening to close the gaps in obesity and providing nutritious foods to our children. We do outreach and engagement in the ISD's but also in the community.
- What's the frequency of the newsletters?
  - Craig/Walker: Typically, we've been providing these once a month. That was based on what our partners preferred. These materials have seasonal themes, ideas for using movement, and websites for good videos and resources.
- We only have 1 semester of health/PE. Is there any way this could help prepare students for staying active during their university years?
  - Craig/Walker: We've only just started our program in the elementary setting but we recognize that students activity levels drop as they get older so we're interested in finding evidence-based solutions that can help increase or sustain activity. I'm not sure I have the answer for you but I'm sure there are many others in the room who may.
  - K. Williams: The health department has lots of good resources. You can also request presentations or guest speakers come to your class. We also have resources for transitioning to college, specifically on nutrition. We've been to some FBISD campuses already. These presentations can be done during gym rotations, health science classrooms, it really just depends on what is happening on that campus, but we can be flexible. We also develop presentations by request as well.

### III. Administration

- Vote on February meeting minutes (Derek Craig, SHAC Secretary)
  - Vote was postponed until May due to lack of quorum
- Review of 'SHAC Goals Review' presentation
  - Catalina provided a brief overview of the slides she will be presenting to the school board on May 12<sup>th</sup>
  - Meeting attendees were encouraged to attend the board meeting on May 12<sup>th</sup>
  - Please contact Jigisha if you are not planning to continue with SHAC for the 2025-26 Academic Year
- Upcoming events (Shannon Nash, Specialist, Health, Wellness, & Prevention)
  - FBISD Sounds Bites
    - A couple of new sound bites coming out soon

- April is Autism Acceptance Month and Child Abuse Awareness Month
- May is Mental Health Awareness Month and has National Bike to School Day (5/7), Nurse Appreciation Day (5/8/25), and Nurse Appreciate Week (5/6-5/12)
- District Student Wellness Coalition is hosting a Wellness Tailgate on May 15<sup>th</sup> from 6-8pm (Wheeler parking lot)
  - Contact Shannan Nash or [FBISDStudentWellnessCoalition@fortbendisd.gov](mailto:FBISDStudentWellnessCoalition@fortbendisd.gov) if interested in hosting a booth at the event.
- Applications are open for student to join the FBISD District Student Wellness Coalition
  - Contact Shannon Nash or use QR code on flyer in the PPT if interested

#### **IV. Closed Session**

- From 1:23-1:30pm, individuals met in small groups to discuss action-based learning

#### **V. Meeting Closure**

- The next meeting will be held on May 14<sup>th</sup>, 2025. As a reminder, the presentations will be posted on the FBISD website for viewing.
- Meeting closed by Catalina Flores-Rau at 1:32 pm.

#### **Attendance**

SHAC Members present on 4/9/25

1. Angie Hanan BOARD,
2. Nichole Brathwaite-Dingle, MD or Kaila Williams COMMUNITY,
3. Sandy Bristow COMMUNITY,
4. Derek Craig, PhD COMMUNITY,
5. Doug Earle COMMUNITY,
6. Grayle James COMMUNITY,
7. Pilar Westbrook, Ed.D DISTRICT,
8. Shannon Nash DISTRICT,
9. Lori Sartain DISTRICT,
10. Kim Taylor DISTRICT,
11. Briana Garcia DISTRICT,
12. Ana Catalina Flores-Rau PARENT,
13. Nicole Juracek PARENT,
14. Allison Thummel, MPH, RDN, LDN PARENT,
15. Jigisha Doshi PARENT,
16. Sumita Ghosh PARENT,
17. Ivette Castillo PARENT,
18. Vanessa Gaona PARENT,
19. Pearl Lam PARENT,
20. Eugenia Peck PARENT,
21. Christina Brittingham PARENT

Guests present on 2/19/25

1. Tim Walker
2. Tiffany Ireland
3. Bath Garcia
4. Gabbi Lewis

5. Brittany Davis
6. Kim Littles
7. Ariana Okhuosagleon
8. Victoria Cottledge
9. Ariel Sengal
10. Jasmine Barnes