

FBISD

# FBISD SHAC Meeting

February 19<sup>th</sup>, 2025



**Lead**  
**THE PAC**



## FBISD SHAC 2024-2025 February 19th, 2025 Meeting Agenda Theme: Effects of School Start Times

#YouAreNotAlone

- |      |   |                             |
|------|---|-----------------------------|
|      |   | (Time: 12:00 - 12:10pm)     |
| I.   | <b>Welcome– Catalina Flores-Rau, SHAC Chair</b>   |                             |
|      | A. Mindful Moment - Allison Thummel, Ex Officio Chair   | 5 min                       |
|      | B. Think Tank Celebration - Lori Sartain, Director Behavioral Health & Wellness                       | 5 min                       |
| II.  | <b>Presentations</b>  | <u>(Time: 12:10-1:00pm)</u> |
|      | A. The Science of Teen Sleep: Aligning School Schedules with Biology                                  | 20 min                      |
|      | - Dr. Jessica <u>Meers</u> , PhD, Clinical Psychologist, Board Certified in Behavioral Sleep Medicine |                             |
|      | B. Healthy High School Start Times: Myths, Misconceptions, and Strategies                             | 20 min                      |
|      | - Dr. Stephanie Ellis, Psychologist and FBISD Parent  |                             |
|      | C. 2018 Study Review, Survey Results and Q&A - Catalina Flores-Rau, SHAC Chair                        | 10 min                      |
| III. | <b>Administration</b>   | (Time: 1:00 – 1:20pm)       |
|      | A. Vote on Minutes from the December SHAC Meeting-Derek Craig, SHAC Secretary                         | 5 min                       |
|      | B. Brain Break- Lori Sartain, Director Behavioral Health & Wellness                                   | 5 min                       |
|      | C. Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist                            | 10 min                      |
| IV.  | <b>Meeting in Closed Session</b>  | (Time: 1:20-1:45 pm)        |
|      | Subcommittees Convene – Discuss School Start Times Survey   |                             |
| V.   | <b>Meeting Closure- Catalina Flores-Rau, SHAC Chair</b>   |                             |

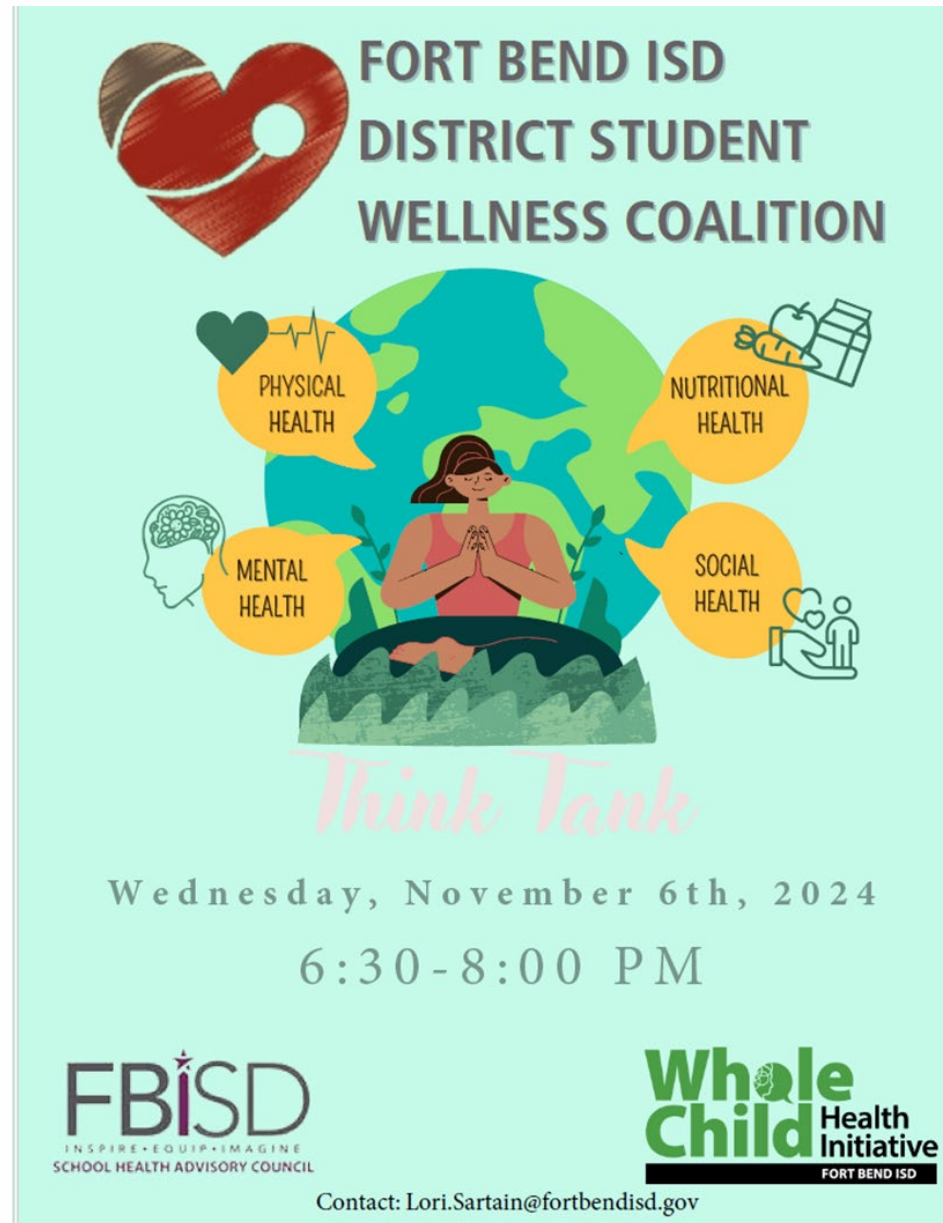


# SHAC Mindful Moment



Allison Thummel, Ex Officio Chair

# 2024 FBISD Think Tank Information



The poster features a central illustration of a woman meditating in front of a globe. Surrounding the globe are four yellow circles representing different health domains: Physical Health (with a heart and pulse line), Nutritional Health (with a carrot and milk carton), Mental Health (with a brain icon), and Social Health (with an icon of two people). At the top is a large red heart with a white circle inside. The text 'FORT BEND ISD DISTRICT STUDENT WELLNESS COALITION' is at the top right. The event title 'Think Tank' is in a pink script font. The date and time are 'Wednesday, November 6th, 2024' and '6:30-8:00 PM'. Logos for 'FBISD INSPIRE • EQUIP • IMAGINE SCHOOL HEALTH ADVISORY COUNCIL' and 'Whole Child Health Initiative FORT BEND ISD' are at the bottom. Contact information 'Contact: Lori.Sartain@fortbendisd.gov' is at the bottom center.

**FORT BEND ISD  
DISTRICT STUDENT  
WELLNESS COALITION**

**PHYSICAL HEALTH**

**NUTRITIONAL HEALTH**

**MENTAL HEALTH**

**SOCIAL HEALTH**

*Think Tank*

Wednesday, November 6th, 2024  
6:30-8:00 PM

**FBISD**  
INSPIRE • EQUIP • IMAGINE  
SCHOOL HEALTH ADVISORY COUNCIL

**Whole Child Health Initiative**  
FORT BEND ISD

Contact: Lori.Sartain@fortbendisd.gov



# Think Tank Information

- Overview/Program Intention:
- Campus Student Wellness Committees work to **identify an issue or dilemma that their campus is facing in relation to student mental, physical, nutritional, or social health**. Once students identify an issue/dilemma on their campus, COALITION and SWC will come up with a solution to help combat their campus' issue. The solution could be an event, a program, or a product that helps bring awareness to the issue. Students will present to a panel of stakeholders who will three winners of grant funds donated by the Fort Bend Education Foundation.



# Think Tank Information

## Proposal Success Criteria:

- **Visual presentation** - 5 - 7 minutes presentation and 2-3 minutes for Q&A
- **Memo** that outlines everything in your presentation and may have more in-depth external research.
- All group members must contribute, participate, and speak during the presentation.
- Create a unique innovative idea – think from all point-of-views – “How might we...”

# 2024 FBISD Think Tank Winners

## \$500 Winners

Bush High School

Austin High School

## \$300 Winners

Elkins High School

Travis High School

## \$400 Winners

Dulles High School

## \$250 Winners

Ridge Point High School

## \$150 Winners

Kempner High School





# THE SCIENCE OF TEEN SLEEP

## Aligning School Schedules with Biology

Dr. Jessica Meers

Licensed Clinical Psychologist

Diplomate of Behavioral Sleep Medicine

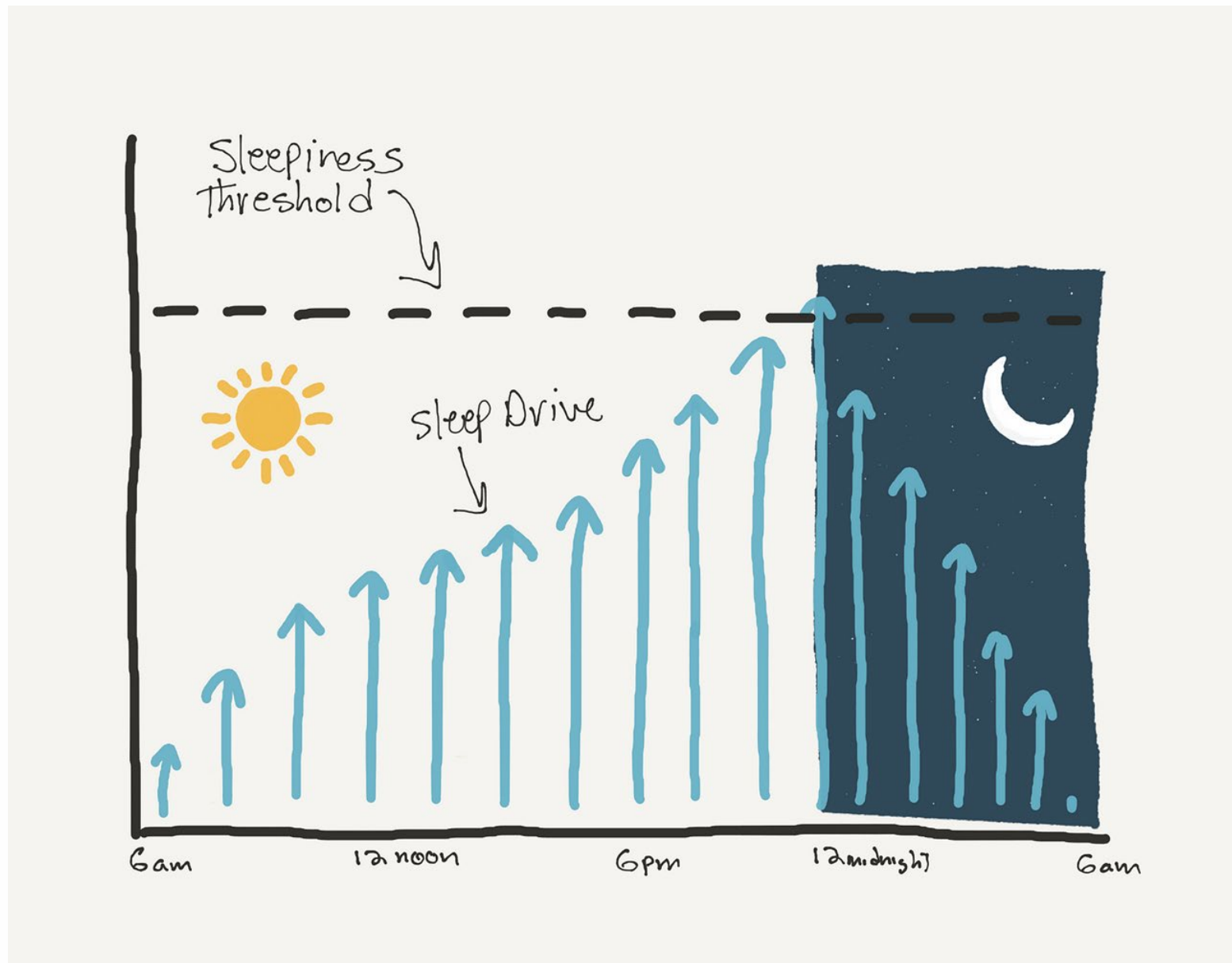




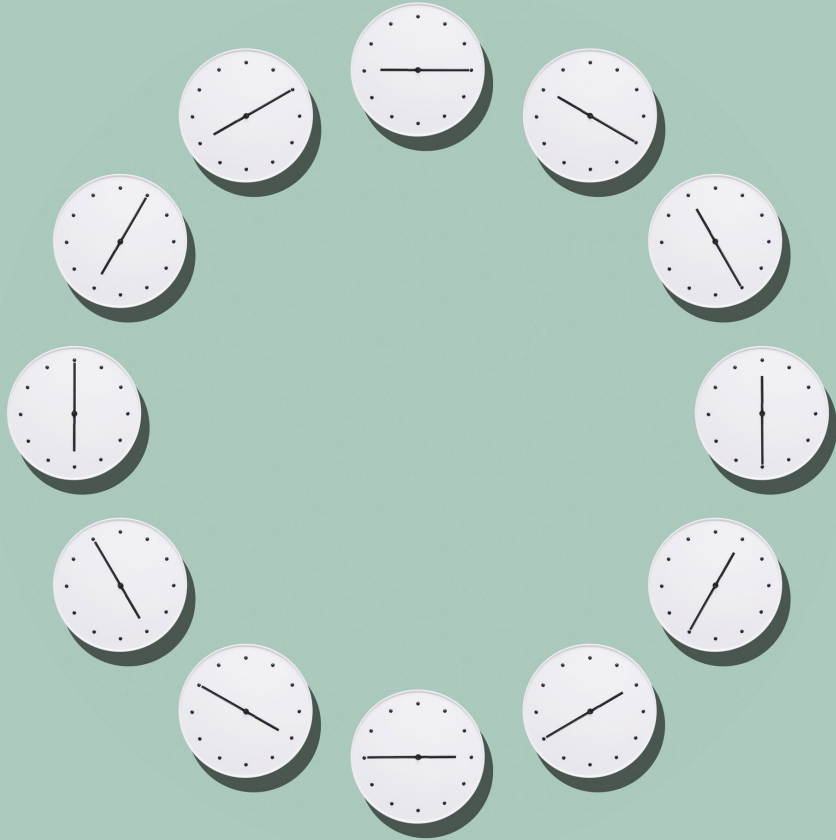
The word “teenager” is often associated with terms like *laziness, rebellion, and moodiness.*

Teens face a lot of unique challenges socially and emotionally.

What makes those challenges particularly difficult is the fact that they are *utterly exhausted.*



# CIRCADIAN RHYTHM

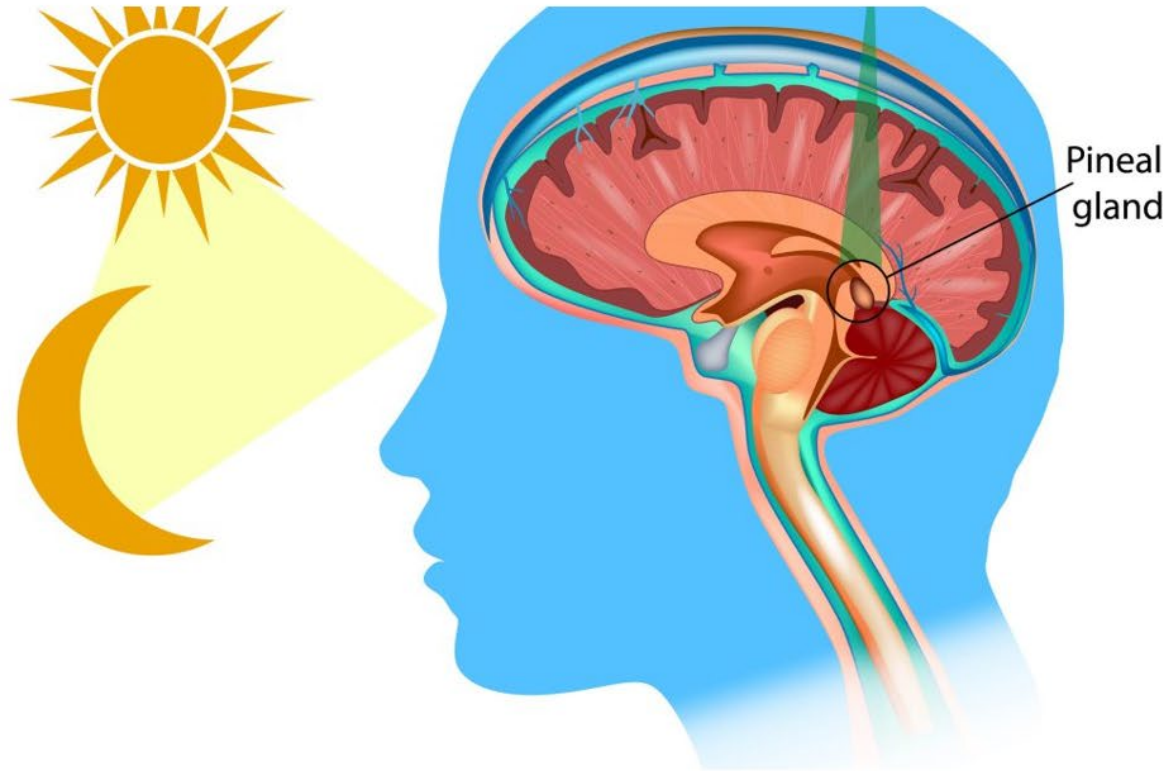


Our (roughly) 24-hour  
biological clock

## RESPONSIBLE FOR:

- ✓ Sleep and wake patterns
- ✓ Appetite & digestion
- ✓ Body temperature
- ✓ Hormone release

# MELATONIN

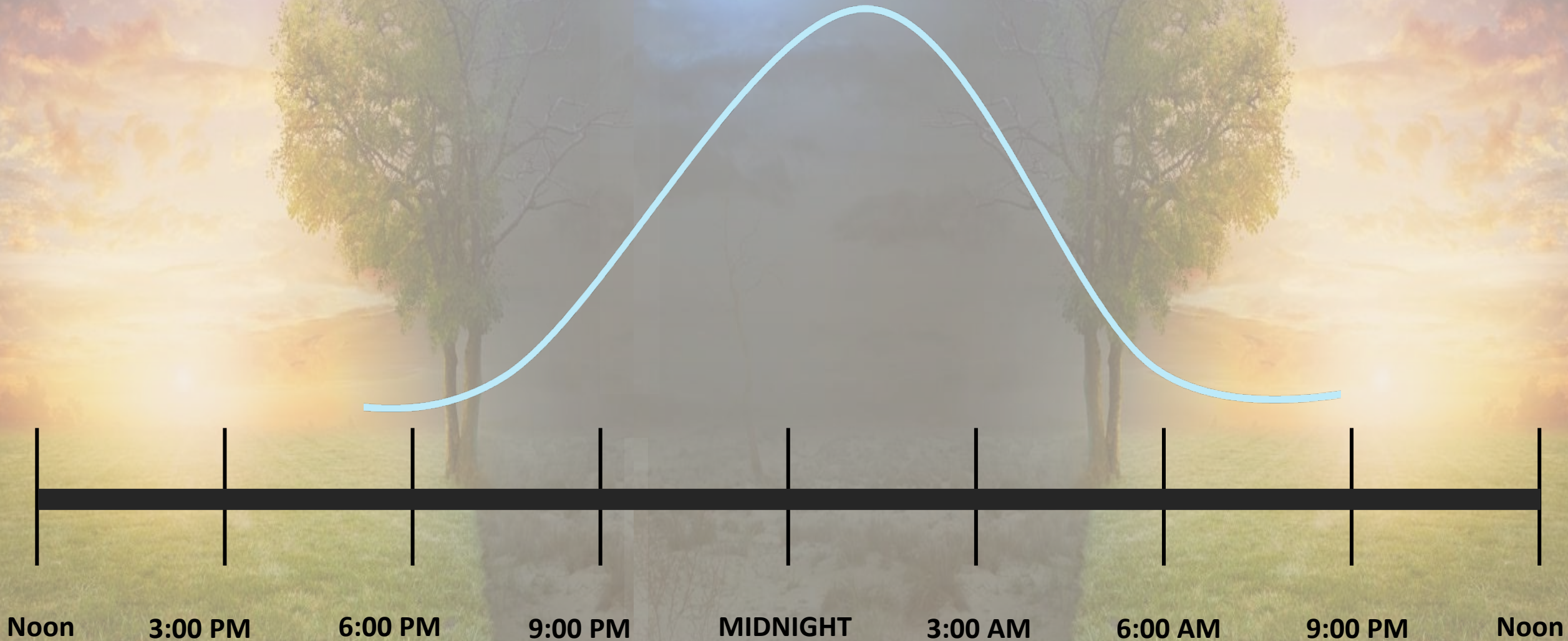


- ✓ Hormone naturally produced by the pineal gland in the brain
- ✓ Levels increase in response to darkness, promoting sleep

Melatonin helps to regulate the timing of sleep and wakefulness

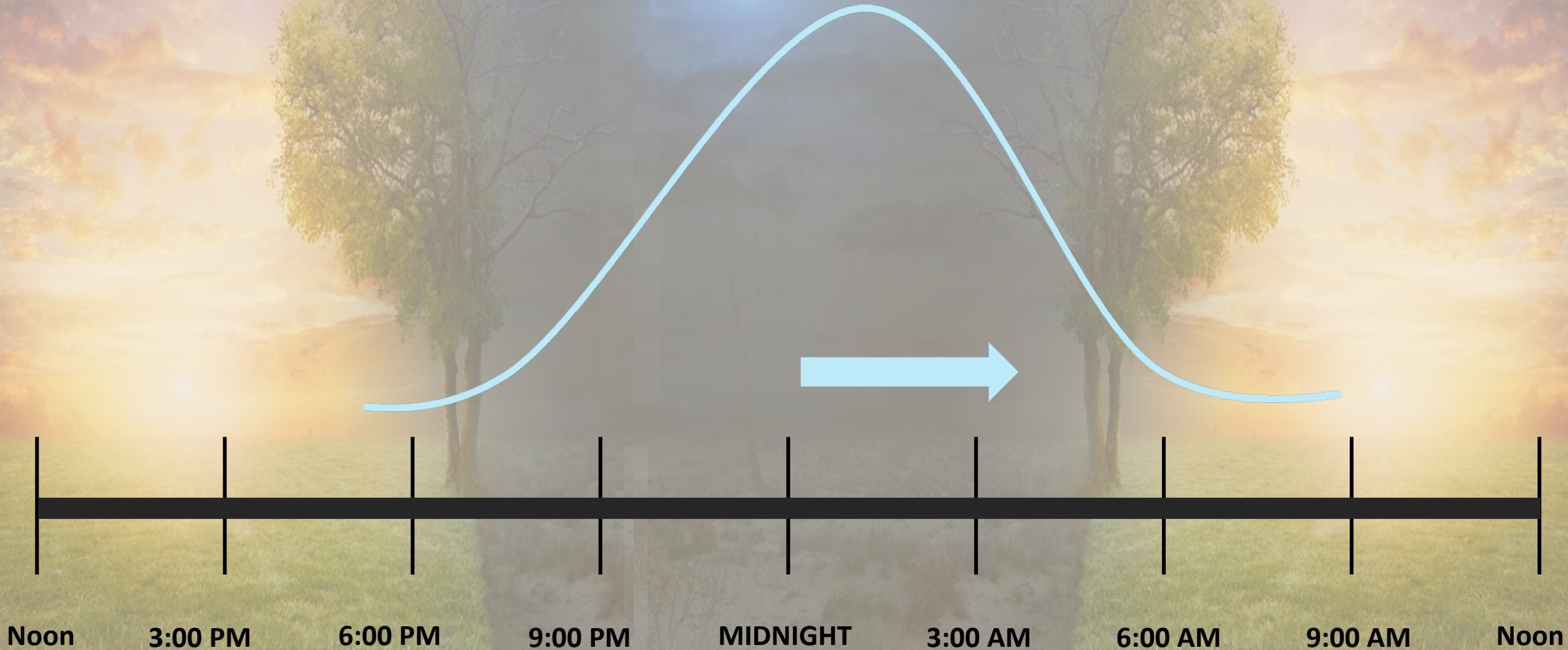


# TYPICAL MELATONIN RHYTHM





# MELATONIN RHYTHM AFTER PUBERTY



# WHAT DOES THIS MEAN?

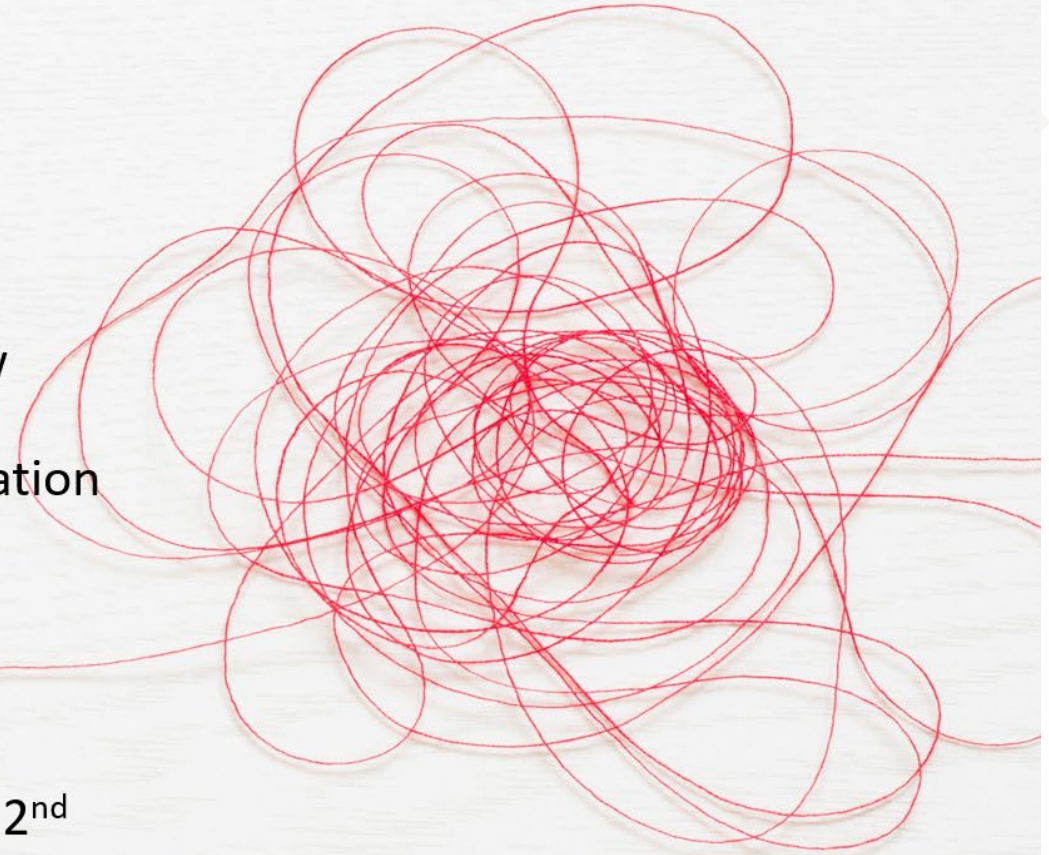
- ✓ Teens are still within their “biological night” when school starts
- ✓ Difficulty falling asleep + early morning wake-ups = sleep deprived kids
- ✓ 75% of teens do not get less than the recommended 8-10 hours of sleep per night





# WHY IS THIS A PROBLEM?

- ✓ Impaired academic functioning
  - Unable to sustain attention
  - Lower GPAs
- ✓ Emotional problems
  - Inability to control emotions (high reactivity, low mood)
  - Higher rates of anxiety and depression, exacerbation of ADHD
- ✓ Poor physical health
  - Obesity
- ✓ Safety concerns
  - Drowsy driving (motor vehicle accidents are the 2<sup>nd</sup> leading cause of death in adolescents)



# HEALTHY HIGH SCHOOL START TIMES

Myths, Misconceptions, and Strategies



## Says Who?

American Academy  
of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



**AMA**  
AMERICAN  
MEDICAL  
ASSOCIATION



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

NATIONAL SLEEP  
FOUNDATION

**NASN**  
National  
Association of  
School Nurses



Stephanie Ellis, Ph.D.

Psychologist, TX 34722

President, Fort Bend Psychological Association

Member, Texas Psychological Association



# RESEARCH QUICK REVIEW



- ❖ **Improves academic performance, especially for disadvantaged students**
  - ❖ Higher standardized test scores, GPAs, college admissions tests scores, graduation rates, and attendance
- ❖ **Improves physical health**
  - ❖ Healthier body mass index & long term cardiovascular health, better dietary choices, more physical activity, lower caffeine consumption, & nicotine use
- ❖ **Improves mental health**
  - ❖ Lower rates of depression, hopelessness, and sadness; lower rates of suicidal thinking and planning; less anxiety, nervousness, worry, and test anxiety; improvements in mood & emotion regulation; better coping (e.g., less rumination and more problem solving); improvement in student-family interactions
- ❖ **Improves safety**
  - ❖ Less alcohol use, drug use, fewer car accidents (esp drowsy driving accidents), fewer other accidents & injuries, incl sports injuries, fewer risky behaviors, incl risky sex
- ❖ **Improves behavior and delinquency**
  - ❖ Improves classroom behavior, fewer suspensions, less physical aggression, fewer juvenile arrests



# IN CASE IT ISN'T CLEAR, THIS IS A LIFE & DEATH ISSUE...

THE TOP THREE CAUSES OF DEATH FOR PEOPLE AGED 14-25 are  
ACCIDENTS (incl MVAs), SUICIDE, and HOMICIDE

Since 2018, when the district last considered this change and then decided it wasn't worth it, 42 teens died from a combination of MVAs (12), intentional self harm (11), and homicide/firearms (19). How are we feeling about the fact that all of those related to sleep deprivation?



- Suicide
  - Later HS start times decrease depression, hopelessness, suicidal ideation, and attempt (teens are 11% more likely to make a suicide attempt in early start districts compared to later start districts!)
  - 22% of high school students seriously considered suicide last year
- Homicide
  - And I'm not saying "early HS start times cause school shootings."
  - I'm saying we know that early HS start times increase depression, delinquency, violent crime, and impulsivity, while decreasing use of healthy coping skills and family relationships
- Drowsy Driving
  - Drivers aged 16-18 in FBC were involved in 3,171 accidents in the '21-22 school year, just Monday-Friday
  - Teen drivers represent >25% of all drowsy driving accidents despite being <5% of total drivers.
  - Drowsy driving is as likely to be fatal as drunk driving.
  - If FBC had results like Teton County, WY did when they made the change, we could have prevented >2,220 accidents that year

# PUTTING THIS IN CONTEXT...

- Having teens start their “work day” at 7:30am is approximately equivalent to having a 3:30am work start time for adults, who aren’t allowed to go to sleep earlier
- Do you think parents would stand for it if the district decided to reduce the breakfast and lunch school portions by 25%, then reduce meal quality by 50%, and then not allow students to bring food to school, with a “you eat here or you don’t eat at all” policy? Because that’s what early start time is, except it impacts WAY more than physical health.
- Do you know that a lot of research on sleep deprivation in teens has to actually be done in the 18-22 year old group because research ethics boards will not allow scientists to deprive teens of sleep the amount we do every day, even with their parents’ consent?
- Would you give your kid a beer and a shot of vodka before you put them in the car? OF COURSE NOT! But that’s about how “drunk” they are from being sleep deprived (impairment at .05-.08 levels), by the end of the first week!



# MYTHS & MISCONCEPTIONS

- We are alone and have to figure this all out ourselves
- California's law was implemented in 2022.
- Connecticut, Florida, Indiana, Louisiana, New Mexico, and Utah have passed laws that will be fully implemented by 2026.
- Maryland, Massachusetts, New Jersey, Pennsylvania, Hawaii, Illinois, Maine, Nevada, New Hampshire, New York, Oregon, Washington, West Virginia, and TEXAS have legislation under consideration



- Other districts in Texas with health start times ->

We know HOW to do this, we're not alone! So many other communities have already shown how the common concerns can be addressed.

Abilene	Del Valle	Greenwood	London	Patton Springs	Texas City
Alamo Heights	Denton	Hays	Los Fresnos	Pflugerville	Trophy Club
Aledo	Donna	Hillsboro	Lovejoy	Plano	Tulosa-Midway
Anthony	Drippings Springs	Houston	Lubbock-Cooper	Pleasant Grove	Tyler
Argyle	Eagle Mountain	Hurst-Euless-Bedford	Lumberton	Richardson	Uvalde
Austin	Eagle Pass	Hutto	Lytle	Rio Grande	Valley View
Bastrop	Eanes	Irving	Manor	Rockwall	Victoria
Boerne	East Central	Jarrell	Marion	Round Rock	Waco
Brooks	Ector	Judson	Melissa	Royse City	Warren
Brownsville	Edinburg	Judson	Mesquite	S. San Antonio	Wellington
Burleson	El Paso	Keller	Midland	San Elizario	West Oso
Calallen	Elgin	Killeen	Midlothian	San Saba	Wimberley
Canutillo	Floresville	Klondike	New Braunfels	Schertz-Cibola-Universal	Winters
Clint	Forney	La Joya	North East	Socorro	Woodville
Comal	Fort Worth	La Vernia	Northside	South Texas	Wylie
Copperas Cove	Freer	Lake Dallas	Northside	Southside	Ysleta
Corpus	Friendswood	Lake Travis	Northwest	Southwest	
Crowley	Frisco	Lake Worth	Odessa	Taylor	
Dallas	Grapevine-Colleyville	Leander	Paris	Texarkana	
Deer Park		Little Elm			



# MYTHS & MISCONCEPTIONS

- Teens are lazy.
  - Turns out, no. They're just mammals. They need more sleep (~9.25 hrs on avg, and there's that pesky adolescent sleep phase shift.)
- They're getting plenty of sleep.
  - NOPE. 87% of them aren't getting the sleep they need!
- They'll just stay up later.
  - They don't! Virtually every extra minute they get is spent asleep!
- They can make up for it on the weekends.
  - Actually, we're just giving them jet lag for the next Mon-Wed.
- We need to prepare them for the "real world."
  - Yes, but the real world doesn't start at 7:30. Plus, the real world is for adults with different biology. We disadvantage their real world success by depriving them of sleep now.



# MYTHS & MISCONCEPTIONS

## DISTRICT SPECIAL CONSIDERATIONS

- Changing bus schedules is difficult and expensive.
  - Nope, there are several workable options, and FBISD already calculated that they would save \$1.5M by making the change.
- After school sports practices will be ruined.
  - Nah – they can become before school practices, if they MUST. (And don't talk to me about showers...give them some body wipes. Give them body wipes after the PE we make them have, anyway.)
  - But they don't need to be – many sports/activities, esp early in the year aren't allowed to be outside at 3p because of heat anyway, and it already works out to do them later.
  - Also, sleep deprived athletes are more likely to be injured.
- But scheduling UIL events will be ruined.
  - No, everything in-district changes together, and other districts in TX are already making the change.







# MYTHS & MISCONCEPTIONS: PARENTS' SPECIAL CONSIDERATIONS

- I have to drop them off early anyway, and they'll just be delinquent then.
  - No, esp if we offer zero periods where they can have safe socialization, healthy breakfast opportunities, or supervised study hall.
- I need them to supervise my younger children after school.
  - FBISD elementary schools already have safe, affordable after school care. If teens are driving drowsy and most delinquent after school, are we sure we want them doing driving and supervision of the little ones, anyway?!
- Tiny babies will have to wait for the bus in the dark if we swap ES/HS times and that's very dangerous!
  - It's much more dangerous for 12-17yos – 3x more likely to be in a ped-vehicle accident and 4x more likely to be abducted by a stranger.
  - Plus, parents tend to be very willing to hang out with young kids at the bus stop for safety, but not with teens (they must not know those last statistics!)
  - And we don't have to swap times.
- Parenting can fix this / More parents should be good parents like me.
  - Parents SHOULD keep devices out of bedrooms, provide adequate opportunities for physical exercise each day, have a regular family wake time even on weekend days, and help teens develop calming nighttime rituals.
  - Perfect parenting will reduce the damage by about half.
- My kid is fine.
  - 87% of teens are getting less than 9 hours of sleep. (So, 13% of them are.)
  - 71% of parents think their teens are getting enough sleep. (So, almost all of them are wrong.)
  - Maybe your kid is fine. Let them do their homework in the morning if they're already waking up cheerful and functional at 6am! Just be awesome and care about other people's kids, too.

# MAYBE THE MOST IMPORTANT MYTH? I AND ALL OTHER ADULTS WILL HATE THIS.

- Probably not. Humans are notoriously bad predictors of their own behaviors and preferences. Luckily, we have research about how this actually turns out...
- In schools with later start times, 92% of parents and teachers preferred the later start time after its first year of implementation. This was despite previous concerns about busing, athletics, and childcare. Tell me ANY FBISD policy with 92% approval?!
  - (So, we don't really need to worry about getting them on board before making changes to protect our students! This isn't about library books... it's about health, safety, wellness, and graduation!)
- Also, teachers get more sleep (on avg, 23 min/night) and report functioning better during the day.
- And so do parents!





# WAYS THIS CHANGE DIRECTLY SUPPORTS THE CORE BELIEFS & MISSION OF FBISD, AND PROFILE OF A GRADUATE

HS teachers ALSO function better with more sleep on a delayed start time – Less stress & More effective (Wahlstrom et al., 2022)

Grit, determination, respect for others, making healthy choices, learning in every subject, application of learning, interacting appropriately, creativity, courage, problem solving, compassion, dependability, self-discipline, Reducing bias, collaborating with others, curiosity, adaptability, academic preparation, and EVEN VOTING are harmed by sleep deprivation and improved with adequate sleep!



Not without enough sleep, they can't.

## CORE BELIEFS AND COMMITMENTS

**Core Belief 1: All students can reach their full potential.**

**Commitment:** Fort Bend ISD will provide an educational system that will enable all students to reach their full potential.

**Core Belief 2: We believe student success is best achieved...**

...through effective teachers that inspire learning.

**Commitment:** Fort Bend ISD will recruit, develop and retain effective teachers.

...in a supportive climate and safe environment.

**Commitment:** Fort Bend ISD will provide a supportive climate and safe learning environment.

...by empowered and effective leaders throughout the system.

**Commitment:** Fort Bend ISD will provide and promote leadership development at all levels.

...in a well-functioning, high-performing community of learners.

**Commitment:** Fort Bend ISD will be a collaborative, efficient and effective learning community.

92% of teachers are happy after starting HS later! That's GOOD for retention!

I won't mark this one, but I'm sure leadership development in FBISD includes data-driven decision making?

## MISSION AND VISION

### MISSION

Fort Bend ISD exists to inspire and enable all students to pursue futures beyond what they can imagine.

### VISION

Fort Bend ISD will graduate students who exhibit the attributes of the District's Profile of a Graduate.

Efficient and effective learning only happen with adequate sleep.

## PROFILE OF A GRADUATE

A Fort Bend ISD Graduate has a rigorous academic foundation, strong character, and is...



**equipped with skills for life.**

Fort Bend ISD graduates are literate and articulate, proficient with technology, and are responsible and resourceful.



**a compassionate citizen.**

Fort Bend ISD graduates are culturally aware, actively engage in improving our diverse community, and are trustworthy.



**a servant leader.**

Fort Bend ISD graduates demonstrate a commitment to maintaining a positive attitude, are accountable for their own actions, and strive to bring out the best in others.



**a collaborative team member.**

Fort Bend ISD graduates work effectively with others to achieve common goals, and are respectful of others.



**an effective communicator.**

Fort Bend ISD graduates communicate clearly both orally and in writing, and are respectful and responsible.



**a life-long learner.**

Fort Bend ISD graduates are academically prepared to pursue and attain futures beyond what they can imagine.



**a critical thinker.**

Fort Bend ISD graduates are curious and have the courage to actively challenge conventional methods in order to improve themselves and the world around them.

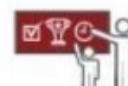
Not as many as you could!

\*Sorry. This single item actually might not be affected by high school start time?

## DISTRICT GOALS



**District Goal 1**  
Fort Bend ISD will provide an equitable learning environment that provides all students access to the FBISD curriculum.



**District Goal 2**  
Fort Bend ISD will ensure that all students are prepared through the FBISD curriculum.



**District Goal 3**  
Fort Bend ISD will provide an inclusive, collaborative, and fluid learning environment with opportunities for both risk-taking and success.



**District Goal 4**  
Fort Bend ISD will develop a strong foundation in literacy, language, and Collaborative Community at every school.



**District Goal 5**  
Fort Bend ISD will develop an organizational culture that is focused on student success.

# START SCHOOL LATER: HELP TEENS THRIVE!

Maybe you'd like to sign and share the petition? (use the QR to the left!)

[Ask the Board of Trustees to make this change!](#)

Maybe you'd like to speak to the Board of Trustees about the issue? I'm happy to help you! (Monday, March 24)

[Get this information out to parents, teachers, and administrators. They simply must not know, but you have an avenue to teach them!](#)

I would be happy to come visit your school or event to talk to parents, teachers, or administration

[startschoollaterFBISD@gmail.com](mailto:startschoollaterFBISD@gmail.com)



References  
& add'l info





# High School Start Times

Historic Review



# Why Do We Care?

- The AAP urges high schools and middle schools to aim for start times (8:30 am or later)
  - This allows students to get 8.5-9.5 hours of sleep to improve physical and mental health, safety (by preventing drowsy driving crashes), academic performance and quality of life.
  - Matches their circadian rhythm
- Other Districts are doing it
- It might save us money!



## Other School Districts in Our Area

DISTRICT	ELEMENTARY	MIDDLE	HIGH
FBISD	8:05	8:50	7:30
KATY ISD	7:50/8:10	8:55	7:15
HISD	7:30	8:30	8:30
LCISD	7:15/7:45	9:05	8:25
BRAZORIA ISD	8:20	7:15	7:30
ALIEF ISD	7:55	8:40	7:10



# We Have Been Here Before

## FBISD School Health Advisory Council Meeting minutes

Feb. 21, 2018

How change would have saved money

High school has the longest routes so those busses cannot be used for any other routes—adds 30 additional routes which equals about

**1.5 million —this would be savings if hs has latest start time**

Elementary routes there are more and they are shorter so those busses can be used for additional routes

Will this come up in the future? No decisions have been made yet—still need to figure out solutions to the major obstacles

Is there a plan to address major obstacles now? District is working on a plan to address issues that came up as obstacles —long-term

How have other districts dealt with later start times/changes? engaged community and put out surveys -longer timeline would allow families to build a plan to adjust



# 2018 ANALYSIS

## Pros

What are the advantages?

Potential increase in productivity of students and staff, less accidents

Improved attendance, less sleeping in class, improvement in academic scores

More sleep may decrease student irritability and mental health issue, decrease bullying?

Driving later, less traffic, decreased pollution, schedule better follows driving when more awake

Potential increase in productivity of students and staff, less accidents

Potential increase in CND revenue

Longer lunch times

Some teams already practice in am, their practice will be later, so they will benefit

HS students may be able to run after school clubs (like running clubs or science clubs) to help with after school learning opportunities. Good way to improve academics, social skills, get recommendations for colleges or work. Create YES hours

Less bullying. Most crime happens between 2-4 in FB

## Cons

What are the disadvantages?

Getting parents to accept change

Logistics with shuffling 600+ Child Nutrition employees who will want to keep the same hours. Will need a lot of advance schedule

Grab and go Logistic challenges

Campus cafeteria not equipped for change

Kids out earlier, may need more capacity for after school care

High school Kids in schools later, unable to work or take care of siblings if parents work

No time to eat, or study between end of school and games

Worried that practice will be later, go to bed later because of AP classes, won't be enough time in the day to get it all done

Sports Teams will have to consider changes. Facilities not adequate showers, lights?

## SUGGESTIONS

Look at implementing grab and go. Put kiosks in the high traffic points

Look at HS Double lunches, (CHS, BHS) already doing this. 11:27-12:10 and 12:12-12:55. WHS has 2 lunches but 30 minutes

Improve WiFi or easier workarounds to writing down ID #, money (walmart?)

Dedicate a Day of Caring to revamp cafeteria to better meet needs

Best Practices: Do Skits during lunch, Music during lunch (BHS best practice campus)

Looking at big picture of kids in elementary school, will eventually be in high school and have same issue. Trying to change the environment now to decrease issues in your child later. And only changing 15 minutes

High school students will not be on the road in the am morning rush. Identify and measure car accidents/ pedestrian accidents and tardiness

Consider guidelines in the event of severely cold weather? Provider resources for parents

Scheduling of games, buses, practice fields as well as facilities require a plan. Will it be of any help that HISD is changing times to match? Create a master plan to assist coaches in transition and look at facilities, create a best practice. Consider looking at how late practice is?

Consider looking at alternative bell schedules that allow for block time to reduce stress of student athletes, or working students.



# Has Anything Changed Since 2018?

- Hotter School Days
  - Starting earlier in the calendar year
  - Current Weather Patterns are forcing our sports to shift practice times
- Split Lunch Schedules
  - Most schools now have more than one lunch time
- Bus Driver Shortages?
- Preschools are now offered for most of the District



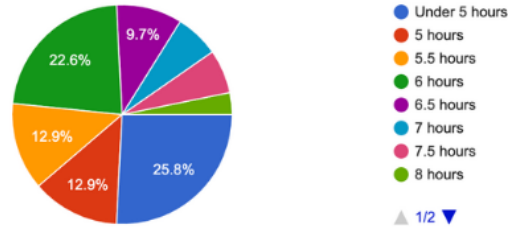
# Survey Results

## SCHOOL START TIMES

### 31 STUDENTS FROM THE WELLNESS COALITION

On average, how many hours of sleep does your child get on school nights?

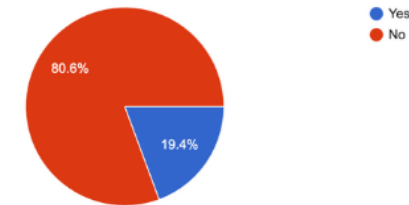
31 responses



The American Academy of Pediatrics (AAP) recently recommended that schools delay start times until 8:30 am or later for teens.

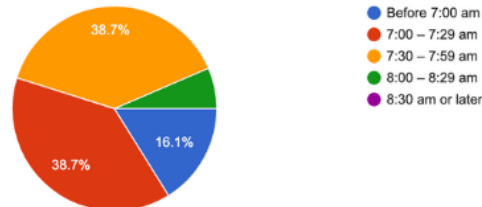
Have you previously heard or read about these new AAP guidelines?

31 responses



What time does your child's school day begin?

31 responses

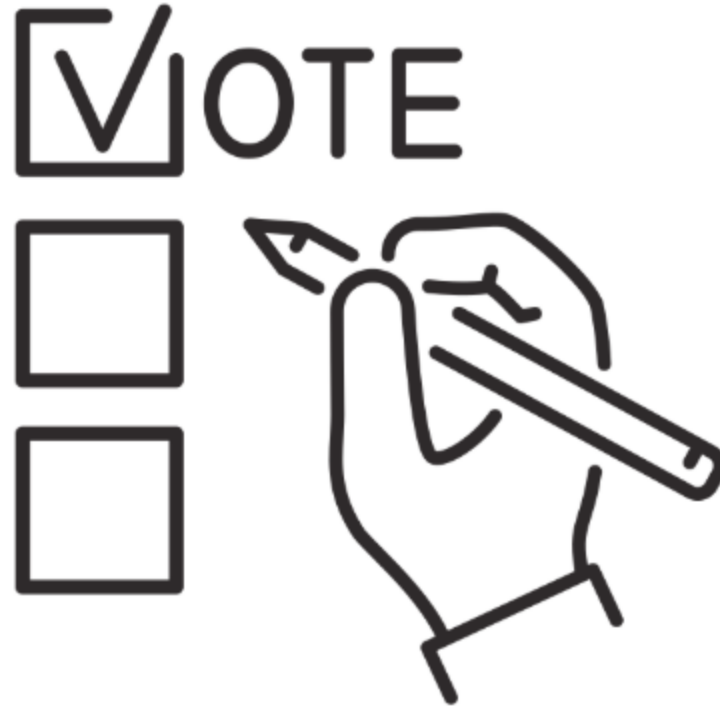


### Concerns:

- change of routine
- HS picking up Elementary
- after school activity participation

- 39% start school before 7AM!
- 90% would support a change to start 8:30AM or later
- 90% thought they would be more likely to get more sleep
- 77% said it would not impact their ability to get a job
- 88% said it would impact their transportation plans

# Meeting Minutes - Vote



# Brain Break

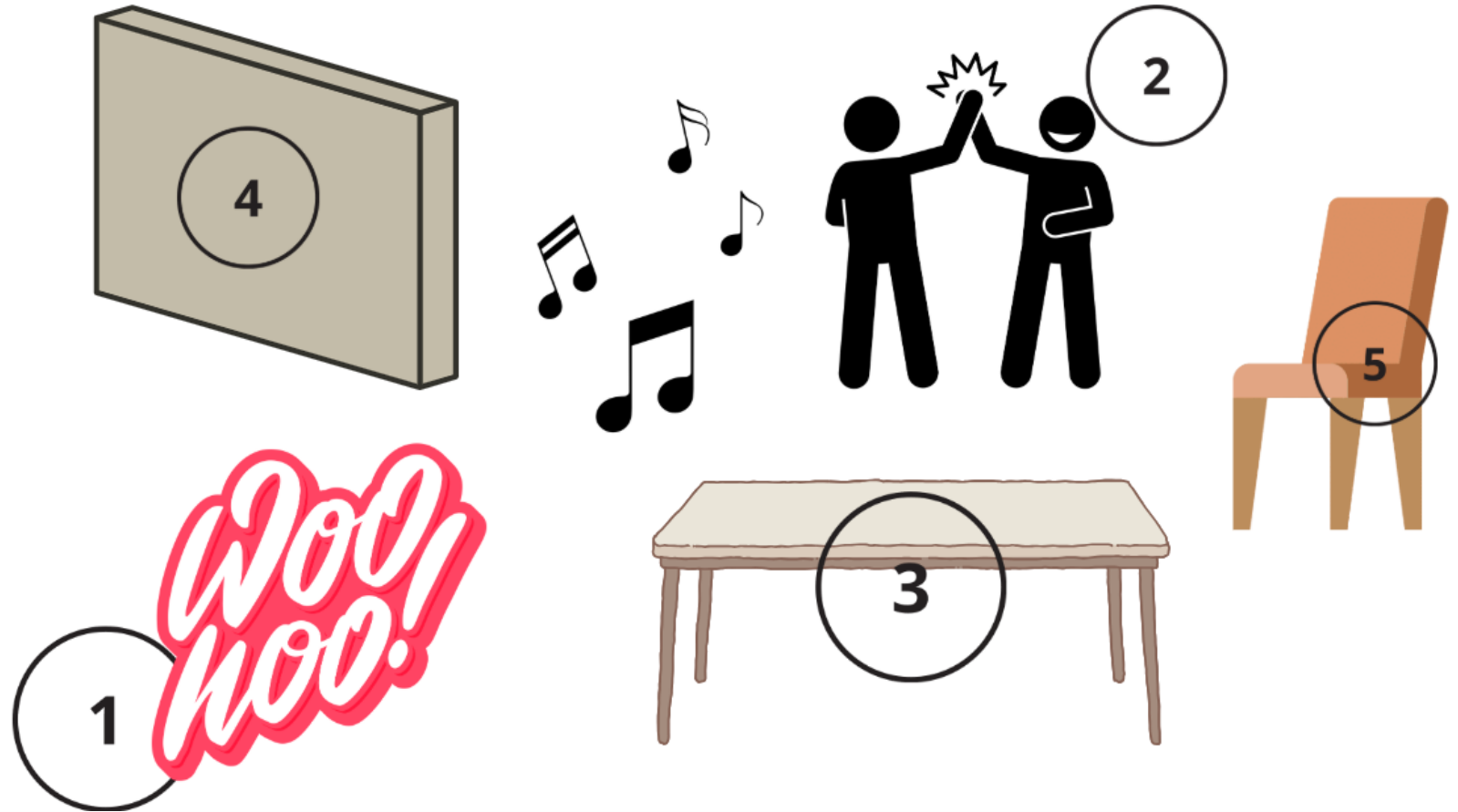
**Movement: Walking Feet**  
When the music starts  
complete each action  
below then return to your  
seat:

## Touch

- 5 Chairs
- 4 Walls
- 3 Tables

## Give

- 2 High Fives
- 1 Woo Hoo!



A brain break allows the brain time to reset and prepare for learning.  
Physical activity increases blood flow to the brain that aids with focus and attention when returning to content.



# 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.



#### February 26 Grief & Loss

This sound bite offers guidance for students and parents coping with grief and loss, emphasizing the importance of open communication and seeking support from trusted individuals.



#### March 26 Healthy Relationships

This sound bite offers advice to students and parents on fostering healthy relationships, emphasizing the importance of mutual respect and open communication.



Scan for  
more  
resources

**Whole Child** Health Initiative  
FORT BEND ISD

#YouAreNotAlone



### MARCH 2025

WATCH Week 3/3-3/7

National School Breakfast Week 3/3-3/7

National Social Work Week 3/2-3/8

World Behavior Analysis Day – 3/20

National Drug Facts Week 3/17-3/23

National Nutrition Month



# Closed Session

Subcommittees convene – discuss school start times.





SHAC WANTS TO KNOW WHAT YOU THINK ABOUT...



**SCHOOL START TIMES**