



## 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>  |        | (Time: 12:10-1:00pm)    |
|      | A. The Science of Teen Sleep: Aligning School Schedules with Biology                          | 20 min |                         |
|      | - Dr. Jessica Meers, 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- Shannon Nash, Specialist Health, Wellness, & Prevention                       | 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 Convened – Discuss School Start Times Survey                                    |        |                         |
| V.   | <b>Meeting Closure- Catalina Flores-Rau, SHAC Chair</b>                                       |        |                         |



SHAC WANTS TO KNOW WHAT YOU THINK ABOUT...



**SCHOOL START TIMES**

**NEXT FBISD SHAC MEETING: April 9, 12:00 pm-2pm, Location: FBISD Board Room**