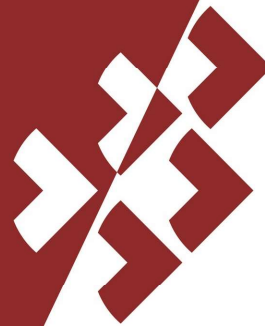


**School Health Advisory Council
May 13, 2026**



FBISD SHAC 2025-2026
May 13th, 2026 Meeting Agenda

Theme: SHAC Celebrates

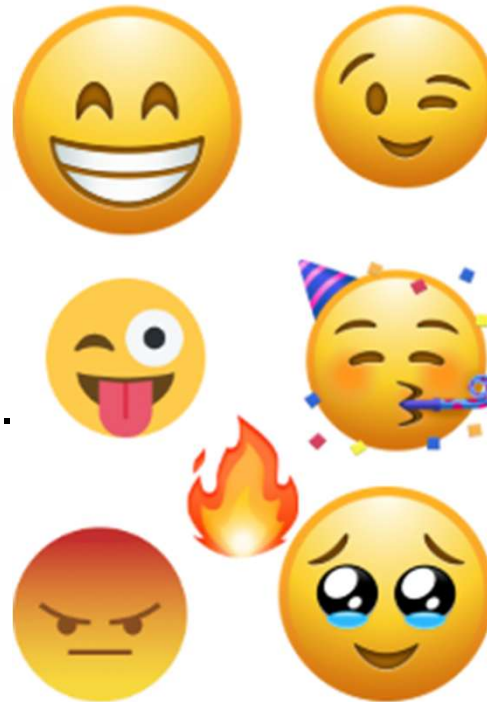
#YouAreNotAlone

- | | | |
|-------------|---|-------------------------------------|
| I. | Welcome– Catalina Flores-Rau, SHAC Chair | (Time: 12:00 - 12:05pm) |
| A. | Brain Energizer – Kim Taylor, Coordinator Health, PE, Wellness | 5 min |
| II. | Presentations | <u>(Time: 12:05-12:50pm)</u> |
| A. | Summer Sun and Water Safety | |
| | - Victoria Cottledge, Program Specialist Community Health Services, Texas DSHS | 20 min |
| B. | New Programs at FBISD | 25 min |
| | - Melissa Hubbard, FBISD Assistant Superintendent, Teaching & Learning | |
| III. | Administration | <u>(Time: 12:50-1:30pm)</u> |
| A. | Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| B. | Vote on Minutes from the April SHAC Meeting - Derek Craig, SHAC Secretary | 5 min |
| C. | 2026-2027 Goals & Meeting Dates – Nicole Juracek, 2026-2027 SHAC Chair | 10 min |
| D. | Legislative Review - Sumita Ghosh, PhD, JD, Advocacy Advisor to the SHAC | 10 min |
| E. | SHAC Recognitions- Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| F. | Past & Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist | 10 min |
| IV. | Meeting Closure- Catalina Flores-Rau, SHAC Chair | |

Brain Energizer

Emoji Charades

GOAL:
Guess your partner's favorite
emoji! Partners act your emoji.



FBISD SHAC Water Safety and Drowning Prevention

Texas DSHS PHR 6/5 South
Community Health Improvement Program

Victoria Cottledge, MPH, CHES, CHW
Program Specialist II :Title V Injury Prevention

Water Safety & Drowning Statistics



TEXAS
Health and Human
Services

Texas Department of State
Health Services

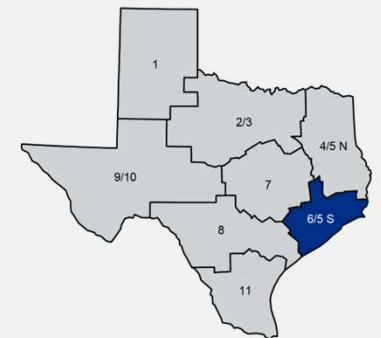
What is Water Safety?

DSHS Southeast Texas

Public Health Region 6/5 S Serving You



- Preventing injury, drowning, and heat/sun-related harm whenever families are in, on, or around water.
- It includes active supervision, barriers, swim skills, life jackets, sun protection, hydration, and emergency response.



Why is Water Safety Important?

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

Prevents drowning, a leading cause of death for young children

Helps children and adults recognize water-related dangers

Builds confidence and swimming survival skills

This involves:

- Learning how to swim
- Practicing safe water entry techniques
- Being aware of the risks of different water environments

Saves lives through education, preparation, and awareness

Nearly all drownings are preventable with the right steps

U.S. Child Drowning Statistics

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

- Drowning is the leading cause of death for U.S children ages 1-4.
 - For children ages 5-14, drowning is the second leading cause of unintentional injury death (behind motor crashes).
 - Recent U.S data show nearly 900 children and adolescents die from drowning annually
- CDC data shows drowning is often quick and silent.



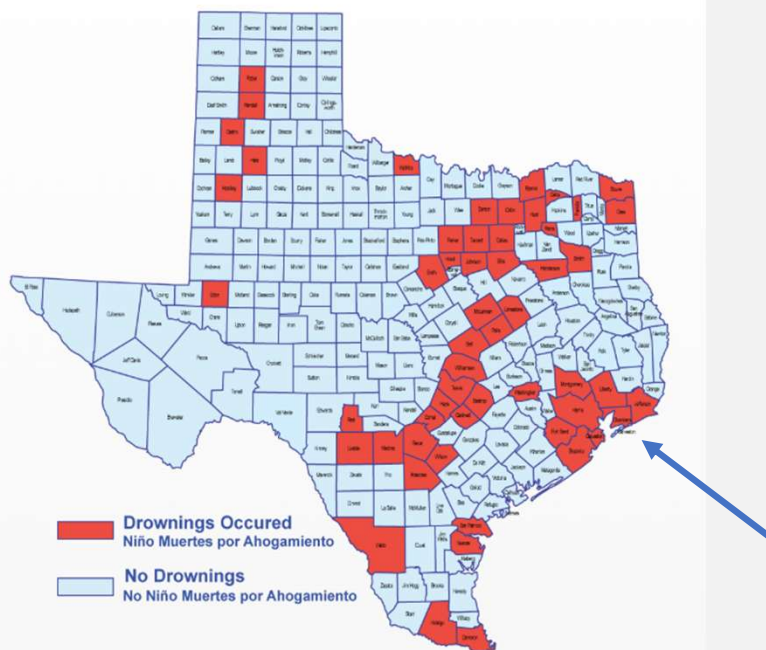
(CDC, 2026; CPSC, 2025); (Child Safety Network, 2025)

Texas Child Drowning Statistics (<19)

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

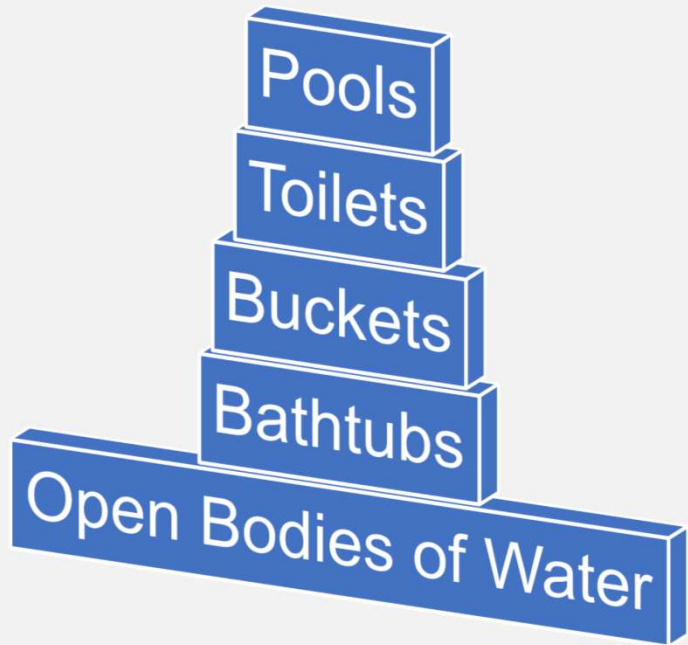
2025 Child Drownings



[zoom](#) / [download map \(pdf\)](#)

- In 2025, 88 children drowned in Texas.
- Currently in 2026, there have been 21 child drownings.
 - Fort Bend County and Harris County each have 3 of these recorded drownings (totaling 6) as of April 2026
- Drowning can happen in almost any amount of water: pools, bathtubs, buckets, ponds, lakes, rivers, and beaches.

Common Risk Areas for Drowning



(CDC, 2025)

What Increases the Risk of Drowning?

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

- Lack of close, distraction-free supervision
- Limited swimming or water safety skills
- Unsupervised access to pools or open water
 - Missing or inadequate pool barriers/fencing
- Not wearing a U.S Coast Guard approved life jacket
- Open-water hazards such as currents and poor visibility
- Children with autism spectrum disorder and males face higher drowning risks



(CDC, 2025)

Consequences of Drowning Injuries

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

Drowning injuries can include:

- Brain damage
- Memory loss
- Motor skills problems
- Respiratory problems
- Cardiovascular problems
- Post-traumatic stress disorder
- Lifelong disabilities



Drowning Prevention



TEXAS
Health and Human
Services

Texas Department of State
Health Services

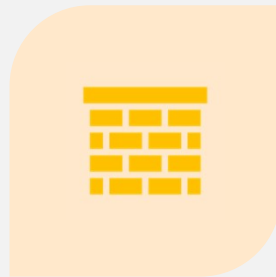
Types of Preventions

DSHS Southeast Texas

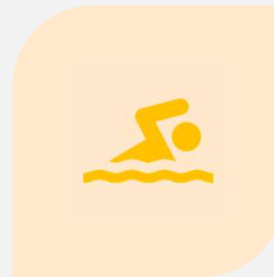
Public Health Region 6/5 S Serving You



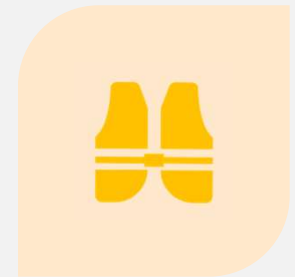
SUPERVISION



BARRIERS



SWIM SKILLS



LIFE JACKETS & ATTIRE

Supervision: What is a Water Watcher?

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

- A "water watcher" is a responsible adult assigned to actively and attentively supervise children in and around water, like a pool or lake, **without distractions**.
- Why are Water Watchers Important?
 - Drowning happens quickly and is often silent.
 - Gives children close and constant attention without phones, alcohol, reading, or multitasking.
 - Switch Water Watchers every 15–30 minutes
 - After swim time, shut and lock doors/gates that lead to water and check the water first if a child is missing.



Barriers: Fencing and Safety Devices

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

- Install a 4-sided fence around pools with self-closing, self-latching gates
- Use pool alarms and safety covers for added protection
- Keep bathroom doors closed and supervise bath time closely
- Empty buckets, kiddie pools, and containers immediately after use
- Store floatation devices and pool toys away from the water when not in use
- Keep rescue equipment and a phone near the pool area



(CDC, 2025; CPSC Pool Safety, 2025)

Swim Skills: Building Water Competency

DSHS Southeast Texas

Public Health Region 6/5 S Serving You



- Formal swim lessons can reduce drowning risk in children ages 1–4 by up to **88%**.
 - Help build water competency, confidence, and survival skills.
 - Children should learn swimming and water safety skills early.
 - Lessons should never replace close, constant adult supervision.
- Practice swimming skills in different environments
- Adults and older children should learn CPR and emergency water rescue skills.
- Over half of U.S. adults report never taking a swimming lesson, highlighting the need for greater access to swim education.

(CDC, 2025; Red Cross, 2021)

Life Jackets and Swim Attire

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

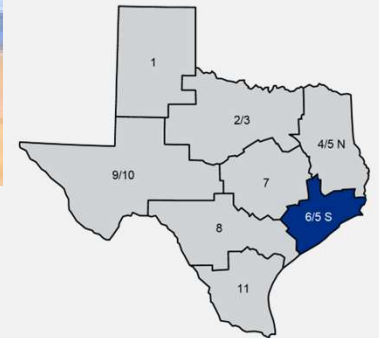


- Wear a U.S. Coast Guard-approved life jacket in lakes, rivers, oceans, and while boating
 - Life jackets should fit snugly and be appropriate for the child's weight and size
 - Water wings and inflatable floaties are not substitutes for life jackets or supervision
- Bright-colored swimwear can improve visibility in pools and open water
 - Pool: neon pink/orange/green stand out well.
 - Lake/river: neon orange/green/yellow often contrast better.
 - Ocean: bright/neon colors plus rash guards or swim caps improve visibility.
- Continue close, active supervision even when life jackets are used

How to Fit a Life Jacket?

DSHS Southeast Texas

Public Health Region 6/5 S Serving You



Sun Safety & Heat Protection



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Skin Protection: Prevent Sunburn While Around Water

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

Sunscreen

- Use broad-spectrum, water-resistant SPF 30+.
- Apply before going outside.
- Reapply every 2 hours and after swimming/sweating.
- Use enough to cover all exposed skin.

Shade + Clothing

- Seek shade, especially 10 a.m.–2 p.m.
- Use wide-brim hats and UV-blocking sunglasses.
- Choose lightweight long sleeves/rash guards.
- Keep infants 6 months and under out of direct midday sun.



Proper Hydration: Make Water Breaks Part of Water Safety

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

Plan ahead

- Bring refillable water bottles for everyone.
- Start hydrated; do not wait until thirsty.
- Schedule shade/cooling breaks.
- Offer water-rich snacks like fruit.

Watch for heat illness

- Headache, dizziness, weakness, nausea, heavy sweating, muscle cramps, or shortness of breath.
- Move to shade/cool area and hydrate.
- Call 911 for confusion, fainting, or heat stroke symptoms.

For kids

- Plain water is a best-choice drink for children.
- Young children depend on adults for hydration reminders.
- Use sports drinks only when appropriate for prolonged heat/intense activity.

Safety Tips and Skills



TEXAS
Health and Human
Services

Texas Department of State
Health Services

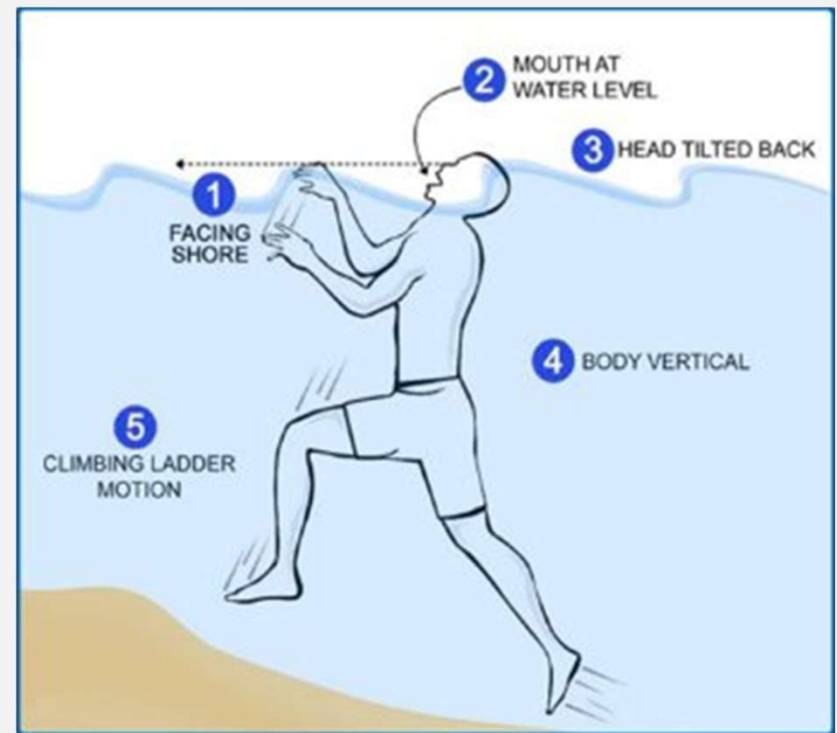
Recognizing Signs of Drowning

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

Key Signs of Drowning:

- **Head Position:** Head low in the water with mouth at water level or tilted back with mouth open.
- **Breathing:** Hyperventilating or gasping for air.
- **Movement:** Trying to swim in a particular direction without making headway or appearing to climb an invisible ladder.
- **Body Position:** Upright in the water, not using legs.
- **Silence:** Drowning is often quiet, with no cries for help.
- **Lack of Focus:** Unable to hold eye contact or fixate on anything.



After-Water Warning Signs: When to Seek Medical Care

DSHS Southeast Texas

Public Health Region 6/5 S Serving You



- After a water rescue or breathing scare, monitor for coughing that does not improve, trouble breathing, chest pain, extreme tiredness, confusion, or blue/gray lips.
- Call 911 or seek emergency care if breathing symptoms appear or worsen after a water incident.
- Prevention still matters most: supervision, barriers, swim skills, life jackets, and CPR.

Chain of Drowning Prevention Tips

DSHS Southeast Texas

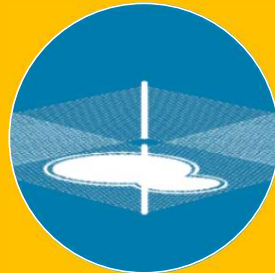
Public Health Region 6/5 S Serving You



Always swim in a lifeguarded area



Provide close and constant attention to children you are supervising in or near water



Fence pools and spas with adequate barriers, including four-sided fencing



Learn swimming and water safety survival skills



Children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets

Chain of Drowning Survival Tips

DSHS Southeast Texas

Public Health Region 6/5 S Serving You



Recognize the signs of someone in trouble and shout for help



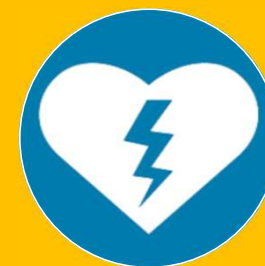
Rescue and remove the person from the water (without putting yourself in danger)



Ask someone to call emergency medical services (EMS). If alone, give 2 minutes of care, then proceed to calling EMS



Begin rescue breathing and CPR



Use an AED if available and transfer care to advance life support



Parent/Caregiver Water-Day Checklist

Use this quick plan before pool parties, lake days, and beach trips.

Before you go

- Check weather, beach flags, or pool rules.
- Pack water, sunscreen, hats, sunglasses, and life jackets.
- Choose bright swimwear.
- Identify the nearest lifeguard/exit.

While there

- Assign Water Watcher shifts.
- Keep non-swimmers within arm's reach.
- Take sunscreen, shade, and hydration breaks.
- Use the buddy system.

Emergency ready

- Know “reach or throw, don’t go.”
- Call 911 early.
- Start CPR if trained and needed.
- Seek care after any breathing scare.

Resources

Resources and Additional Information



TEXAS
Health and Human
Services

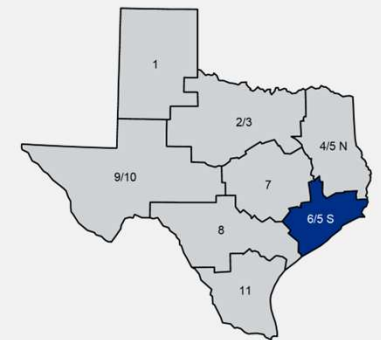
Texas Department of State
Health Services

Resources

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

- CDC Drowning Prevention and Sun Safety
- Texas DFPS Child Drowning Statistics and Watch Kids Around Water
- CPSC Pool Safety
- American Red Cross Water Safety, CPR, and Water Watcher resources
- American Academy of Dermatology sun protection guidance
- NOAA/National Weather Service beach and rip current safety
- Children's National swimsuit visibility guidance



Water Safety Online Courses

DSHS Southeast Texas

Public Health Region 6/5 S Serving You

Water Safety Online Courses

[American Red Cross - FREE Water Safety for Parents and Caregivers Course](#)

[American Red Cross – FREE Water Safety for Parents and Caregivers Course in Spanish](#)

[American Red Cross – FREE Become an Ambassador for Water Safety Online](#)

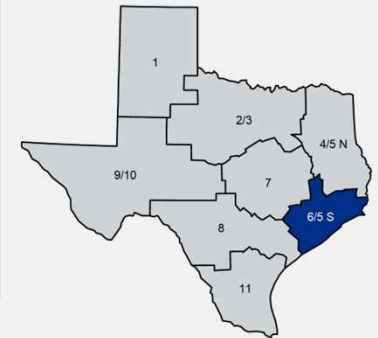
[American Red Cross](#)

Swim Lesson

[SwimWise](#) – Free

[Houston County Aquatics Program](#) – Free

[Houston Parks and Recreation Department \(FLOAT2FLY\) Classes](#) - Free



Thank You

Questions or Comments?

Victoria Cottledge MPH, CHES, CHW

victoria.cottledge@dshs.texas.gov



FBISD Redesigned

May 13, 2026

SHAC





Agenda

1 Expanding Language Opportunities

2 Increasing Student Choice and Access

3 Supporting Employee Retention and Wellness

Increase Successful Student Outcomes Through Enhanced Learning Opportunities



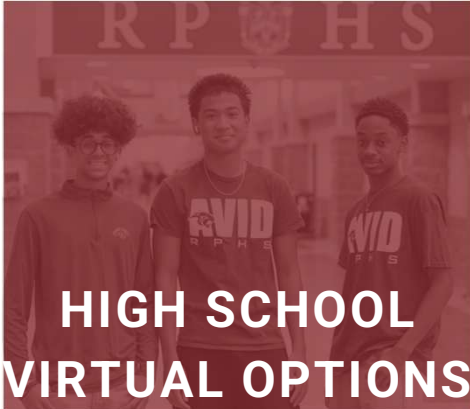
Priority

1

2026 REDESIGN Opportunities



**BEGINNING
FALL 2026**



**HIGH SCHOOL
VIRTUAL OPTIONS**



**MIDDLE SCHOOL
CHOICE
PROGRAMS**



**TWO WAY DUAL
LANGUAGE**



**MANDARIN
IMMERSION
PROGRAM**



**LIMITED OPEN
ENROLLMENT**



**EMPLOYEE
CHILDCARE**



**LEADERSHIP
PIPELINES**



Destination



SCHOOL CHOICE

INTRAdistrict (FBISD resident) transfers

- ✓ open to **ALL FBISD Students** who meet eligibility requirements
- ✓ **by Application** for “available” campuses / programs of choice
- ✓ **Transportation not provided**

LIMITED OPEN ENROLLMENT

INTERdistrict (non-resident) transfers

- ✓ open to **Nonresident students** who meet eligibility requirements
- ✓ **by Application*** for “available” campuses / programs of choice
- ✓ **Transportation not provided**

**Priority given to FBISD Resident students.*



ELEMENTARY - MANDARIN IMMERSION PROGRAM



Kinder Class ONLY for 2026 - 2027



Promotes Bilingualism in
Mandarin & English



Proposed Campus -
Colony Meadows Elementary

Requires an Application Process



Application Window Opened
2/1 and Closes 2/28



Transportation is Not Provided





ELEMENTARY - TWO WAY DUAL LANGUAGE



Kinder Class ONLY for 2026 - 2027



Promotes Bilingualism & Biliteracy
in Spanish & English



Proposed Campuses -
Barrington Place & Colony Bend

Requires an Application Process



Application Window Opened
2/1 and Closes 2/28



Transportation is Not Provided



MIDDLE SCHOOL Choice Programs



Coleman

→ *Aviation & Aerospace*

Crockett

→ *Artificial Intelligence*

Garcia

→ *Creative Arts & Innovation*

Hodges Bend

→ *EnviroTech Learning Lab*

Missouri City

→ *First Responders*

Sartartia

→ *Leadership & Civic Engagement*

HIGH SCHOOL Virtual Options

Overview

- Offers a **full time** virtual option for students across the state of Texas - Content is 100% online
- Functions as a program within FBISD schools
- Provides **accredited curriculum** & student support
- **Aligns** with **TEA** accountability, assessments, and attendance requirements

Logistics

- Open to any **rising 9th grader** previously enrolled in a Texas school
- Approximately **100 Seats Available**
- **Kempner** will be the "Host" Campus (For the 2026- 27 SY)
- FBISD will **apply** (TEA) to open a "**Stand Alone**" virtual campus
- **Plan to expand grade levels** as interest and enrollment grows

Extracurricular/UII

NEW!

Fort Bend ISD Residents

- Will be able to participate in extracurricular/UII activities for the 2026 - 27 SY if the student:
 - ✓ Attends designated classes, events, etc throughout the day
 - ✓ Has transportation available to get to/from daily classes, practice, events, etc.

NON Fort Bend ISD Residents

- Will **NOT** be able to participate in extracurricular/UII activities for the 2026 - 27 SY





EMPLOYEE CHILDCARE

1

Employees & Grandparents

Available to Fort Bend ISD parents and grandparents while employed in FBISD

2

2 Years & Older

As we work towards accreditation (approx. 1 year process), we will only accept students ages 2 and older

3

Tuition Based

Tuition will be comparable to surrounding districts and childcare facilities

4

Proposed Location: Reese

Early Lab is currently available, well-known centralized location, and will require minimal modifications for licensing

5

30 Spots Available Year 1

To ensure minimal impact to the budget, we will begin with 30 spots with a plan to expand each year

6

Application Opens March

Due to limited spots available, we will launch applications March 2026 with communication regarding a waitlist



LEADERSHIP PIPELINES



Teachers → Assistant Principals



Assistant Principals → Principals



Associates → Principals



Principals → Central Office



Wellness at the Center

Wellness-Driven Design: Building programs that support students and staff through balance, belonging, and care.

Healthy Minds, Stronger Schools: Prioritizing mental health as a foundation for success, retention, and growth

QUESTIONS



123



Brain Break

1,2,3

Snap, Clap, Stomp

Meeting Minutes



SHAC GOALS 2026-2027

· SHAC Chair: Nicole Juracek

Movement & Learning

- Promote the expansion of Action Based Learning (ABL) Labs and integrate movement into classrooms across all levels.

Later High School Start Times

- Study the feasibility of shifting high school start times to 8:30 am or later, in alignment with recommendations from the American Academy of Pediatrics (AAP) and the American Medical Association (AMA) to support improved student health, academic performance and safety.

Nutrition

- Encourage families to grown their own food, promoting healthier eating habits and greater access to fresh produce at home.

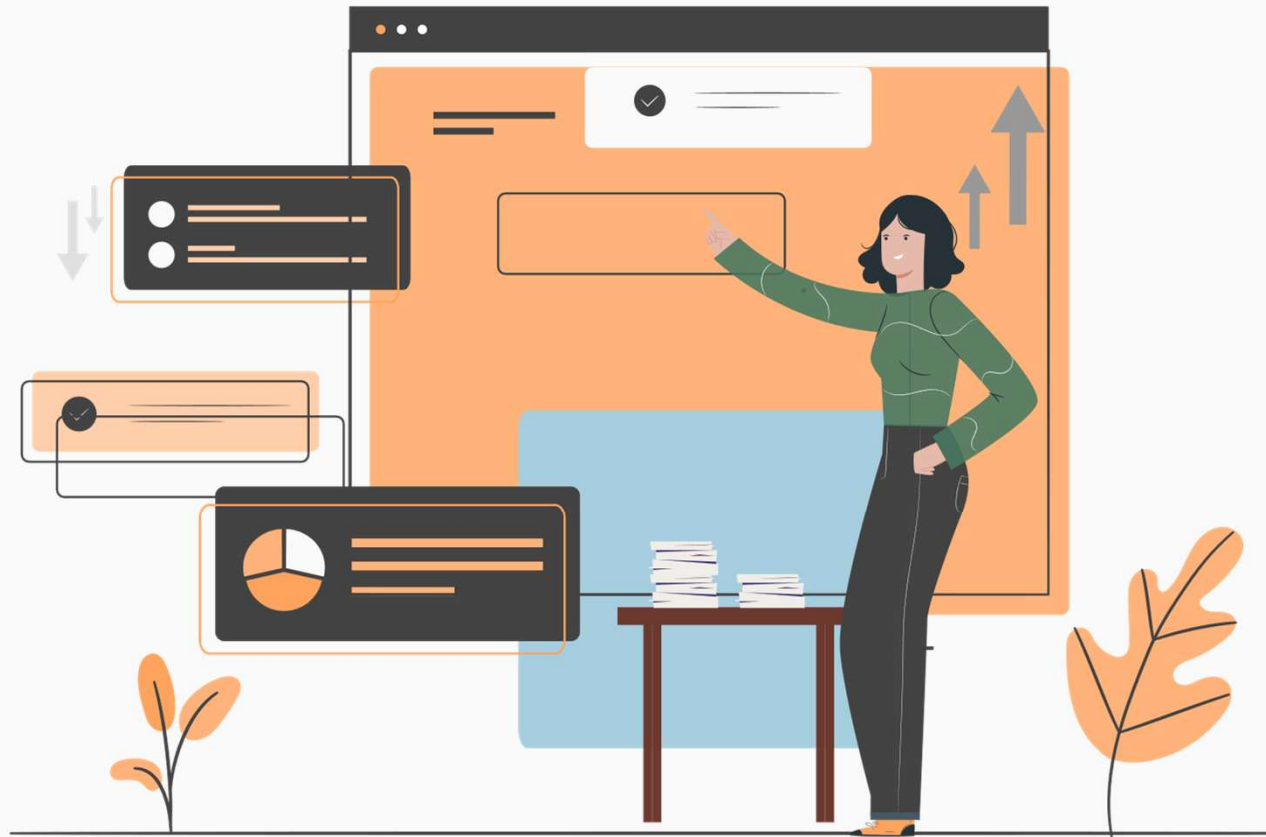
26-27 Meeting Schedule

DATE	DAY	LOCATION	TIME
September 2 nd , 2026	SHAC	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
October 7 th , 2026	SHAC	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
November 11 th , 2026	SHAC	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
November 18 th , 2026	THINK TANK COALITION	Fort Bend ISD Administration Building – Board Room	7:30 am- 2:00 pm
February 3 rd , 2027	SHAC	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
April 7 th , 2027	SHAC	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm
May 12 th , 2027	SHAC	Fort Bend ISD Administration Building – Board Room	12:00 pm – 1:30 pm

WELCOME!

SUMITA GHOSH

SUMITAGHOSHTX@GMAIL.COM



IMPORTANT LEGE DATES

NOVEMBER
2026

9

Bill filing began

JANUARY 2027

12

First day of
session

MARCH 2027

10

60th Day
Last day to file bills

MAY 2027

31

Sine Die = last day of
session, unless the
Governor declares
special session

September 2027

1

Effective date of
bills/laws passed
and not vetoed by
Governor

Other Deadlines: <https://lr1.texas.gov/sessions/sessionDeadlines.cfm>



HOW OFTEN DOES THE LEGISLATURE MEET?

90TH BIENNIAL LEGISLATURE	Odd years	The Texas Legislature operates under an every-other year system, and convenes in January of odd-numbered years. The upcoming session will be the its regular sessions on the 2nd Tuesday of January 90th Legislative Session.
DURATION OF LEGE	140 days	The maximum duration of a regular session is 140 days
SPECIAL SESSIONS	+30 days max	A special session is an extra period of lawmaking called at the discretion of the Governor only. Legislative activity works similarly to the regular session, but the pace is much faster. There are no limits on how many special sessions the Governor can call.

Source: [Legislative Reference Library \[Special Sessions\]](#)

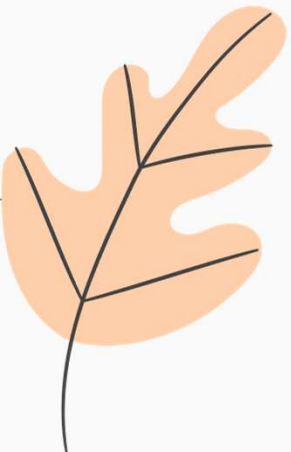


“AN INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE.” – MLK JR.

**THE TEXAS LEGISLATURE HAS FILED HUNDREDS OF BILLS THAT
AFFECT EVERY ASPECT OF OUR LIVES, INCLUDING FBISD**

[HTTPS://LEGISCAN.COM/TX](https://legiscan.com/TX)

EXAMPLE: SHAC SEARCH



Search Texas laws, statutes, and the state constitution for free primarily through the official Texas Constitution and Statutes website (statutes.capitol.texas.gov), which allows searching by keyword, code, or phrase.

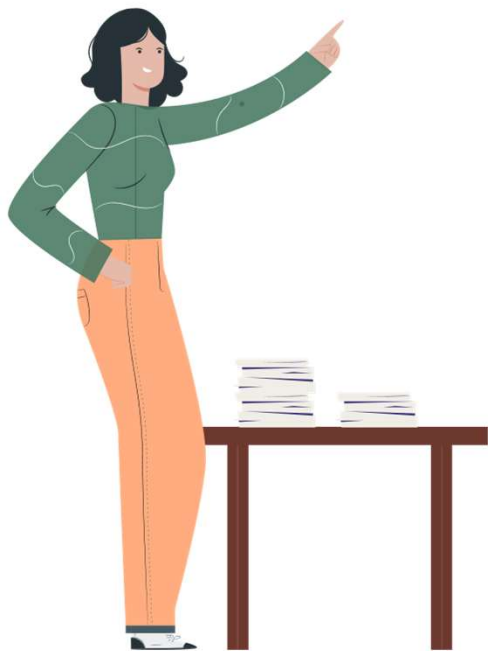
<https://statutes.capitol.texas.gov/>

For bills, legislative history, and active sessions, use Texas Legislature Online (capitol.texas.gov)

<https://capitol.texas.gov/>

For getting updates on pending legislation:

<https://legiscan.com/TX>



- [Texas Education Code \(Mental and Behavioral Health\)](#): This website seeks to assist school personnel with resources for supporting student mental health. In Texas, there are numerous collaborative efforts, statutes, services, programs, and strategies available to support the identification of mental health challenges and to address them.
- [Texas Department of State Health Services \(DSHS\)](#): Texas' comprehensive prevention and behavioral health promotion approach includes both substance use and suicide prevention programs and services. There is a strong connection between the missions of substance use prevention and the suicide prevention community; prevention and treating substance use, prevents suicides. This alignment of services is designed to enhance our Prevention System to implement evidence-based programs, recognize signs of suicide risk, and work collectively toward prevention by promoting healthy individuals and healthy communities across Texas.
- [Texas Legislature Online](#): SEE ABOVE
- School District Policies: Local school board policies (often found on district websites)



Recent Legislation

HB 18

Relating to consideration of the mental health of public school students in training requirements for certain school employees, curriculum requirements, counseling programs, educational programs, state and regional programs and services, and health care services for students and to mental health first aid program training and reporting regarding local mental health authority and school district personnel.

HB 1525

Relating to updated procedures in recommending human sexuality instruction curriculum and changes in meeting requirements to include posting a notice of the meeting, recording the meeting, and posting minutes to school district website

Recent Legislation

SB 9

(Special Session) Relating to updated procedures in recommending child abuse, family violence, dating violence, and sex trafficking curriculum.

SB 12

Relating to parental rights in public education, to certain public school requirements and prohibitions regarding instruction, diversity, equity, and inclusion duties, and social transitioning, and to student clubs at public schools.

SB 11

Relating to policies, procedures, and measures for school safety and mental health promotion in public schools and the creation of the Texas Child Mental Health Care Consortium.

SB 13

Relating to a school district's library materials and catalog, the establishment of local school library advisory councils, and parental rights regarding public school library catalogs and access by the parent's child to library materials.

SB 435

Relating to recommendations by local school health advisory councils regarding opioid addiction and abuse education in public schools.

Recent Legislation

Physical Health & Wellness Requirements

Under Texas law, schools must provide coordinated programs covering:

- Physical health
- Nutrition
- Physical activity
- Mental health education
- Substance abuse prevention
- Parent involvement

These requirements are laid out in Texas Education Code §38.013.

The state's coordinated health framework now explicitly includes:

- emotional regulation,
- relationship skills,
- responsible decision-making,
- and mental well-being instruction.

The Texas Education Agency Coordinated School Health page and the Texas DSHS School Health Program both emphasize the “Whole School, Whole Community, Whole Child” model now guiding many districts.

Recent Legislation

Mental Health & Counseling Changes

Expanded mental health focus

Recent Texas policy has pushed districts to:

- improve suicide prevention training,
- expand trauma-informed care,
- strengthen threat assessment teams,
- and increase access to school counselors and mental health resources.

Texas schools are also required to include mental health education within coordinated health programs.

Parental consent requirements

A newer Texas law strengthened parental control over student health services in schools.

Districts must now obtain parental consent before providing many health-related services, including:

- counseling,
- psychological services,
- certain screenings,
- and some medical care.

Supporters describe this as a “parental rights” measure; critics argue it may reduce student access to mental health support.

Recent Legislation

Cell Phone Restrictions for Student Wellness

One of the biggest recent school-wellness developments has been the statewide push to restrict cellphone use during the school day.

House Bill 1481 (2025) requires districts to adopt policies limiting student use of:

- phones,
- smartwatches,
- earbuds,
- tablets,
- and other communication devices during school hours.

FBISD has implemented strict all-day bans.

The stated goals include:
improved academic focus,
reduced cyberbullying,
better student mental health,
and increased face-to-face interaction.
This has become one of the most discussed “student wellness” issues in Texas education recently.

Recent Legislation

Physical Activity & Recess

Texas continues to require elementary and middle school physical activity standards.

School Health Advisory Councils (SHACs) must:

- review recess policies,
- recommend increased physical activity,
- and promote student fitness.

Texas law also requires districts to publicly report:

- physical activity policies,
- fitness initiatives,
- and whether campuses have full-time nurses or counselors.

Nutrition & Obesity Prevention

Texas coordinated school health programs still heavily emphasize:

- obesity prevention,
- nutrition education,
- diabetes prevention,
- and healthy food standards.

TEA rules require evaluation of nutritional services and compliance with food guidelines.

Recent Legislation

School Safety & Student Well-Being

Following the Robb Elementary School shooting, Texas lawmakers passed several school safety measures that overlap with wellness policy.

Recent laws expanded:

- campus threat assessment teams,
- emergency response requirements,
- mental health intervention systems,
- and student discipline authority.

House Bill 6 (2025) broadened disciplinary and removal powers related to disruptive or violent student behavior.

Supporters say these laws improve safety and classroom stability; critics worry about over-discipline and exclusionary practices.

Recent Legislation

Health Education & Sex Education Debates

Texas has also seen intense debate around:

- sex education,
- LGBTQ-related policies,
- parental notification rules,
- and school counseling practices.

Recent “Parental Bill of Rights” proposals sought to:

- restrict social transitioning support in schools,
- limit instruction on gender identity,
- expand parental access to student records,
- and reduce DEI-related programming.

These proposals are often framed by supporters as protecting parents’ rights and by opponents as negatively affecting student mental health and inclusion.

Recent Legislation

Religion & School Climate Policies

Two recent laws with indirect wellness/school-climate implications have drawn major attention:

Senate Bill 10 — Ten Commandments displays in classrooms

Senate Bill 11 — optional prayer periods in schools

Many Texas districts, including FBISD, declined to implement the prayer provisions.

These laws have sparked ongoing debate over:

- student inclusion,
- religious freedom,
- campus climate,
- and emotional safety for minority-faith students.

Recent Legislation

Big Picture Trend

Texas education policy is moving in two directions at once:

Increased attention to:

- mental health,
- school safety,
- physical wellness,
- nutrition,
- and technology impacts on students

while also increasing:

- parental control,
- restrictions on certain counseling/instruction topics,
- and state oversight of school culture issues.

So “health and wellness” legislation in Texas now covers far more than PE class and cafeteria food — it increasingly includes:

- mental health,
- phones/social media,
- counseling access,
- school climate,
- discipline,
- religion,
- and parental authority.

SHAC Spotlight:

Sullivan ES Campus Wellness Committee

Chris Brittingham, Parent CWC Rep



ASE's Wellness Corner for May 2026

As we begin the final month of the school year, let this month's themes of **Mental Health Awareness** and **Physical Fitness/Sports** be a reminder to be **INTENTIONAL** about taking care of our minds **AND** bodies.

May 1-7 **PE & Sport Week**
Write a thank you note to our PE Coaches:
Coach Chauvin and Coach Link 

May 6 **Nurse Appreciation Day**
Write a thank you note to:
Nurse Peluse and her aide Ms. Davis 

May 8 **Field Day**
(No spectators; volunteers only) 

May 15 **Wear Green Mental Health Day** 

May 20 **Walk & Roll to School with Patches**
(Parent must accompany student; Stay tuned for details) 

Houston Chronicle Salute to Nurses Award Top 10 School Nurses of the Year!

**HOUSTON CHRONICLE
SALUTE TO NURSES**

Celebrating
**HOUSTON'S
TOP SCHOOL
NURSES!**

Your caring hands, comforting smiles, and tireless dedication make our schools brighter, our children safer, and our communities stronger.

As we celebrate National Nurses week, we applaud the endless contributions school nurses make every day to improve the health, safety, and academic success of all students and staff.

Houston Chronicle

 Natalie Bostic Fort Bend ISD	 Lara Cotter Humble ISD	 Rita Fiakpui Alief ISD	 Danni Fontenot Aldine ISD
 Dana Frazier Richards ISD	 Jeny George Fort Bend ISD	 Fay Martinez Alief ISD	 Ingrid Pool Aldine ISD
 Jennifer Taylor Humble ISD	 Velika Thomas Aldine ISD	 Katy Wilson Humble ISD	



TOP 200 NURSES

The Women's Hospital of Texas
Lily Daigle
Chijoke Ezeana
Fernando Jimenez
Aly Kidder
Rosalia Llerena

Thomas Street at Quentin Mease Health Center
Terry Hogue
Virginia Jones
Colin Keller
Lindsay LeCates (Duncan)
Kim Looby
Ashley Malara
Melisa Marcial
Elizabeth
Marcia
Jaso
Troy
Michelle
Rita
Ulysses
Arly Van Meesteren

Children's Memorial
Bryant
Ann Callejo
Issa Coronado
Cummings

Sarah Hibbs
Bustra Manakatt
UT Physicians
Diana Martinez
Michael Reyes
UTHealth Houston
Jennifer Beauchamp
Sam George
Jessica Gomez
Sini Mathew
Niki Tavoussit

Top School Nurses
Natalie Bostic
Lara Cotter
Rita Fiakpui
Danni Fontenot
Dana Frazier
Jeny George
Fay Martinez
Ingrid Pool
Jennifer Taylor
Velika Thomas
Katy Wilson

Scholarship Winners
Amirah Abutair
Unique Perez
Rachel Tempelt

Nurse George, SOE and Nurse Bostic, CTE

**Whole Child Health District Initiatives & Events
2025-26**

MAY 2026
Mental Health Awareness Month
Food Allergy Awareness Month/Week 5/10-5/16
National PE & Sport Week May 5/1-5/7
School Lunch Hero Day 5/1
National Bike to School Day 5/6
Nurse Appreciation Week 5/6-5/12 – Nurse Appreciation Day – May 6 th
Mental Health Therapist Day – 5/12
Mental Health Day – Wear Green 5/15

Interested?

Contact Susan Nayeri

• Susan.Nayeri@fortbendisd.gov



**CHILD NUTRITION
DEPARTMENT**

SENIOR SCHOLARSHIP
FUNDRAISER

**1 FOR \$15
2 FOR \$25**

SUPPORT OUR
FBISD STUDENTS
WITH EVERY
PURCHASE!

AVAILABLE IN RED, NAVY BLUE,
AND BLACK

The poster features two tote bags: one with a black and white design and another with a red and white design. The red and white bag has the text 'FBISD' and 'CHILD NUTRITION' on it.

DSWC Application Update



25-26 Cohort

- Total Applications Received- 60
- 10 campuses represented

26-27 Cohort

- Total Applications Received- 71
- This year ALL, 12, campuses have applicants

FBISD SHAC/Gulf Coast Blood Student Wellness Champion Scholarship Recipients Named!



Vani Patel
Austin High School
Texas A&M University- Public Health, Pre-Med Track

Anna Gratz
Clements High School
Elon University- Public Health

Lana Nguyen
Elkins High School
Rice University- Public Health Sciences/Medical School

Madison Nguyen
Kempner High School
Rice University- Psychology, Pre-Med

Announcements

Next SHAC Meeting: September 2, 2026



12:00 pm -1:30 pm

Fort Bend ISD

Administration Building: Board Room

<https://www.fortbendisd.com/Page/1129>- WATCH Recorded Meetings Here!

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