# **FBİ**SD

### FBISD SHAC Meeting December 4th, 2024







#### FBISD SHAC 2024-2025 December 4th, 2024 Meeting Agenda

#### Theme: SHAC Supports Healthy Cell Phone Use Practices

#YouAreNotAlone

#### (Time: 12:00 - 12:15pm)

١.	Welcome– Catalina Flores-Rau, SHAC Chair	
	A. Mindful Moment- Derek Craig, SHAC Secretary	5 min
	B. Nutrition Subcommittee	10 min
	Community Eligibility Provision	
	- Tiffany Ireland, CND Director	
	Collect Food & Toys for the Fort Bend Association for School Nutrition	
	-Briana Garcia, Child Nutrition Marketing Coordinator	
п.	Presentations	(Time: 12:15-1:00pm)
	A. Hazards of Cell Phone Use and Other Addictive Technologies	30 min
	-Heather Lambert, Clear Hope Counseling LPC	
	B. Cell Phone Policies Across FBISD	10 min
	-Dr. Schur, Chief of Schools	
	C. Review of Wellness Coalition Cell Phone Use Surveys	5 min
		(Time: 1:00 – 1:20pm)
III.	Administration	
	A. Vote on Minutes from the October SHAC Meeting-Derek Craig, SHAC Secretary	5 min
	B. Brain Break- Lori Sartain, Director Behavioral Health & Wellness	5 min
	C. Upcoming Events- Lori Sartain, Director Behavioral Health & Wellness	10 min
IV.	Meeting in Closed Session	(Time: 1:20-1:45 pm)
	Subcommittees Convene – Discuss Healthy Cell Phone Use Practices	
٧.	Meeting Closure- Catalina Flores-Rau	





# **SHAC OVERVIEW**

### 2024-25 Goals:

- Increase awareness and actionability of **Student Wellness Committees** and recognition of their sponsors
- Recommend and explore Best Practices for **cell phone use on campuses**
- Investigate the benefits of a shift in **school start times** and review prior District Study
- **Expand District-level mental health supports** available to ALL students and evaluate and improve the effective and time-sensitive access of Multi-Tiered System of Support
- Develop a process for the District to provide families with gun safety and storage information
- Recommend expansion of Action Based Learning Labs and including movement in classrooms (all levels).
- Ensure Campus Improvement Plans include wellness strategies created by their Campus Wellness Committee







# **2024-2025 SHAC MONTHLY THEMES**

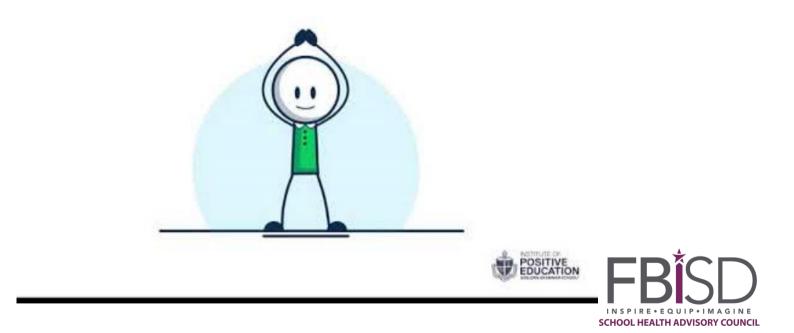
- Mental Health
- Gun Safety
- Hazards of Cell Phone Use
- Effects of School Start Times
- Action Based Learning Labs







# **SHAC MINDFUL MOMENT**







## Nutrition Sub-committee Update



Fort Bend Association for School Nutrition Food & Toy Drive

**Briana** 

Garcia

Tiffany Ireland, CND Director

# **FB**<sup>†</sup>SD

# CHILD NUTRITION DEPARTMENT

**Tiffany Ireland- Director of Business** 



# **Community Eligibility Provision**

- The Community Eligibility Provision (CEP) is a USDA non-pricing meal service option for schools in low-income areas.
- Schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), and Medicaid.
- CEP allows schools and to serve breakfast and lunch at no cost to all enrolled students without collecting household applications.
  - The district needs families at CEP campuses to complete Income Surveys for Socio-Economic data.





# **CEP Locations** (**31 schools**)

- Two new campuses for the 24-25 school year
- All students will eat for free at these campuses
- <u>Still need households to</u> <u>complete Income</u> <u>Surveys</u>

Site Name Site ID 0002 WILLOWRIDGE H S HIGHTOWER H S 0008 0012 THURGOOD MARSHALL HIGH SCHOOL 0038 F HENRY CTR. FOR LEARNING 0042 MISSOURI CITY MIDDLE 0043 SUGAR LAND MIDDLE 0046 CHRISTA MCAULIEFE MIDDLE 0047 HODGES BEND MIDDLE 0048 LAKE OLYMPIA MIDDLE 0101 E A JONES EL 0109 **RIDGEMONT EL** 0111 OAUIL VALLEY EL 0112 DULLES EL 0114 TOWNEWEST EL 0115 LANTERN LANE EL 0116 RIDGEGATE EL 0122 HUNTERS GLEN FL 0127 BARRINGTON PLACE EL 0129 MISSION WEST EL 0131 FDGAR GLOVER IR FL 0133 ARIZONA FLEMING EL 0134 BURTON EL 0139 LULA BELLE GOODMAN ELEMENTARY 0141 BARBARA JORDAN ELEMENTARY 0143 MARY AUSTIN HOLLEY ELEMENTARY 0144 DR. LYNN ARMSTRONG ELEMENTARY 0146 ROSA PARKS ELEMENTARY 0150 HERITAGE ROSE EL FORT BEND ISD EARLY LITERACY CENTER 0158 0163 BLUE RIDGE BRIARGATE EL 0164 MISSION BEND GLEN EL





### **CEP** Awareness

- CEP website
- CEP flyers provided to campuses
- Notification banners in SchoolCafé:
  - Parent dashboard- "Students can enjoy FREE meals every day at our CEP campuses"
  - Student dashboard- "Enjoy FREE meals every day at your campus."
- Campus morning announcements
- Blackboard messages
- Digital Menu board signage





### CND CEP Webpage (www.fortbendisd.com/CEP)

#### **CHILD NUTRITION**

Department Home

#### Community Eligibility Provision (CEP)

Child Nutrition Leadership Team

Fort Bend ISDs enrolled students at the CEP campuses listed below will receive breakfast and lunch meals daily at no charae.

As a result of the Healthy Hunger-Free Act of 2010 and the Community Eligibility Provision (CEP), the listed schools are able to serve free breakfast and lunch meals

#### Chi

SchoolCafé

FBISD Catering

#### **Student Meals**

Menu and Nutritional Information Harvest of the Month

Nutrition Policy

#### Fundraising

Frequently Asked Questions

**Helpful Forms** 

Find My Cafeteria Manager

#### Free and Reduced Meals

Benefits of Free & Reduced CACFP At-Risk Supper Community Eligibility Provision (CEP) Frequently Asked Questions Income Survey How-To Guia Para Encuesta de Ingresos Online Meal Application Online Application Job Aid Ayuda con Aplicación Electrónica

Farm Fresh Initiative

#### Although a meal application is not required to receive free meals, we ask parents/guardians to complete the **Income Survey** online at https://www.schoolcafe.com/fbisd. Parents/guardians may add money to their students' meal account to purchase à la carte items.

to all students.

#### ELEMENTARY

Arizona Fleming Elementary Armstrong Elementary Barbara Jordan Elementary Barrington Place Elementary Blue Ridge-Briargate Elementary Dulles Elementary EA Jones Elementary Glover Elementary Goodman Elementary Heritage Rose Elementary Holley Elementary Hunters Glen Elementary Lantern Lane Elementary Mission Bend-Glen Elementary Mission West Elementary Quail Valley Elementary Ridgegate Elementary Ridgemont Elementary **RME Early Literacy Center** Rosa Parks Elementary Townewest Elementary Walter Burton Elementary

#### SECONDARY

Hightower High School Hodges Bend Middle School Lake Olympia Middle School Marshall High School McAuliffe Middle School Missouri City Middle School MR Wood Center for Learning Sugar Land Middle School Willowridge High School





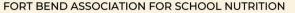
## CEP SchoolCafe TV Display







CHILD NUTRITION DEPARTMENT Nourishing the Minds of Tomorrow's Leaders



# FOOD & TOY DRIVE

LET'S PROVIDE FOR THOSE IN NEED





## **December Presenters**



Hazards of Cell Phone Use and Other Addictive Technologies - Heather Lambert, Clear Hope Counseling LPC



- **Cell Phone Policies Across FBISD**
- Dr. Schur, Chief of Schools

### SHAC Review of Wellness Coalition Cell Phone Use Surveys







# MENTAL HEALTH & SOCIAL MEDIA

- Heather Lambert, LPC
- Clearhope Counseling & Wellness Center
- Houston, TX
- www.clearhopewellness.com



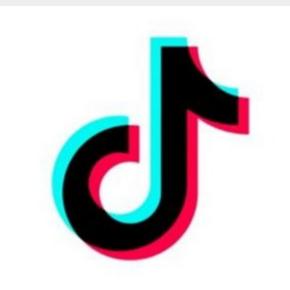
### The Impact:

 According to HHS.gov, children and adolescents who use social media for more than three hours a day are <u>twice</u> <u>as likely</u> to experience mental health problems, such as anxiety and depression.



### Unrealistic beauty standards

 Social media platforms often feature images of people with seemingly perfect faces and bodies, often using filters and photo editing tools to enhance their appearance. This can create unrealistic beauty standards, leading to body dissatisfaction and low self-esteem.



# **Tik Tok**

## The feed algorithms

"What's more, the social media algorithms are built to promote whatever you seem interested in," says Dr. Mayes. "If a teen searches for any kind of mental health condition, such as depression or suicide, it's going to feed them information about those things, so soon they may begin to think that everyone around them is depressed or thinking about suicide, which is not necessarily good for mental health."





# Addiction

- The excessive use of social media can harm teens by disrupting important healthy behaviors. Some researchers think that exposure to social media can overstimulate the brain's reward center and, when the stimulation becomes excessive, can trigger pathways comparable to addiction.
- Excessive use has also been linked to sleep problems, attention problems, and feelings of exclusion in adolescents.

### The Usage

 Social media use among young people is nearly universal now, based on surveys from the Pew Research Center. In 2022, up to 95% of teenagers surveyed (ages 13 to 17) reported using social media, and more than a third of them use it "almost constantly."





### FOMO—fear of missing out

 If everyone else is using social media sites, and if someone doesn't join in, there's concern that they'll miss jokes, connections, or invitations.



### Comparisons

- To boost self-esteem and feel a sense of belonging in their social circles, people post content with the hope of receiving positive feedback. Couple that content with the structure of potential future reward, and you get a recipe for constantly checking platforms.
- When reviewing others' social activity, people tend to make comparisons such as, "Did I get as many likes as someone else?," or "Why didn't this person like my post, but this other person did?" They're searching for validation on the internet that serves as a replacement for meaningful connection they might otherwise make in real life.



### Unpredictable Outcomes...

- "When the outcome is unpredictable, the behavior is more likely to repeat. Think of a slot machine: if game players knew they never were going to get money by playing the game, then they never would play," Sperling says.
- "The idea of a potential future reward keeps the machines in use. The same goes for social media sites. One does not know how many likes a picture will get, who will 'like' the picture, and when the picture will receive likes. The unknown outcome and the possibility of a desired outcome can keep users engaged with the sites."



— Abhijit Naskar, <u>Mucize Insan</u> <u>When The World is Family</u>

Social Meeta and Mental Health



## **Technology Guidelines**

### **Appropriate Limits**

2-5 yrs: One hour per day of high-quality, educational programming.
6 yrs and up: set appropriate and consistent time limits and avoid screens for one hour before bed

### Avoid overreacting

Avoid restrictive limits Technology has pros and cons Teach children about healthy technology usage Model healthy technology usage

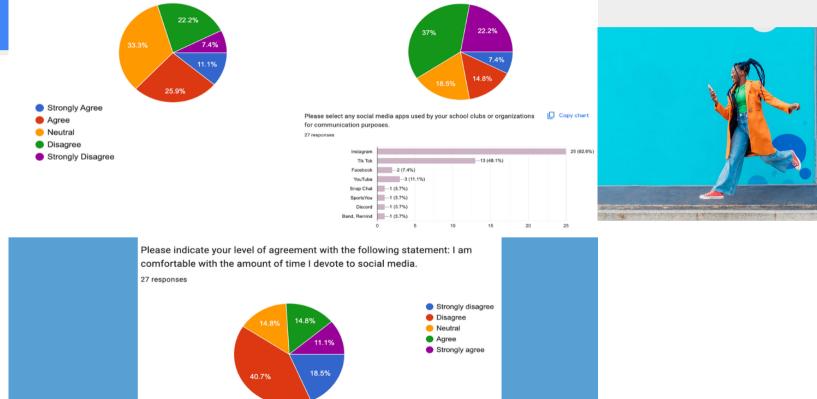
### **Attention!**

Pay attention to what children are doing on-line. Teach good online behavior Discuss digital decision making. Encourage in person relationships over online relationships

### **CELL PHONE USAGE** 27 STUDENTS FROM THE WELLNESS COALITION

Do you feel cell phone use should be controlled on campus? 27 responses Do you feel the cell phones should be prohibited in classrooms?

27 responses



# THANK YOU





- Heather Lambert, LPC
- www.clearhopewellness.com



### Sources

https://www.yalemedicine.org/news/social-media-teen-mentalhealth-a-parentsguide#:~:text=According%20to%20a%20research%20stud y%20of%20American,higher%20relative%20concern%20of %20harm%20in%20adolescent https://www.mcleanhospital.org/essential/it-or-not-socialmedias-affecting-your-mental-health https://www.apa.org/topics/social-media-internet/technologyuse-children

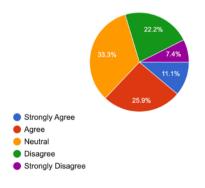
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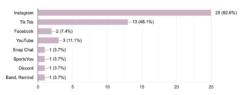
27 responses





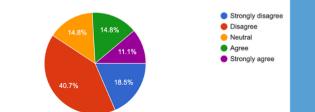
Please select any social media apps used by your school clubs or organizations [] Copy chart for communication purposes.

27 responses



Please indicate your level of agreement with the following statement: I am comfortable with the amount of time I devote to social media.

27 responses



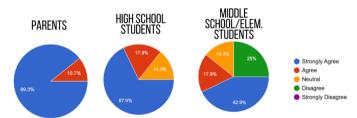
#### 2024 SHAC October Meeting Breakout Discussion

**October Survey Results** 

#### **Coalition Students**

**GUN SAFETY** 28 STUDENTS FROM THE WELLNESS COALITION

#### PLEASE INDICATE YOUR LEVEL OF AGREEMENT WITH THE FOLLOWING STATEMENT: IT IS IMPORTANT TO PROVIDE \_\_\_\_\_\_ WITH INFORMATION ABOUT PROPER GUN STORAGE.



Recommend we include graphics in communications to parents. Consider getting SMART flyers out to high school students

**SHAC Attendees** 



### PLEASE INDICATE YOUR LEVEL OF AGREEMENT WITH THE FOLLOWING STATEMENT: IT IS IMPORTANT TO PROVIDE \_\_\_\_\_\_ WITH INFORMATION ABOUT PROPER GUN STORAGE. PARENTS HIGH SCHOOL STUDENTS STUDENTS 5005 0 0005 0

#### HAVE YOU EVER BEEN EDUCATED ABOUT GUN SAFETY AND Proper storage?



93 % WERE UNFAMILIAR WITH LEGISLATION THAT MANDATES FBISD PROVIDE INFORMATION ABOUT THE SAFE STORAGE OF GUNS BEFORE TAKING THIS SURVEY. 85 % WERE FAMILIAR WITH THE "SEE SOMETHING, SHARE SOMETHING" INITIATIVE





72 % WERE UNFAMILIAR WITH LEGISLATION THAT MANDATES FBISD PROVIDE INFORMATION ABOUT THE SAFE STORAGE OF GUNS BEFORE TAKING THIS SURVEY.

#### 72 % WERE FAMILIAR WITH THE "SEE SOMETHING, SHARE SOMETHING" INITIATIVE

# **December Event**

December 2024	
National Handwashing Awareness Week 12/1-12/7	
National Influenza Vaccination Week 12/6-12/12	





### FBİSD Sound Bites

#### Fall 2024 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.



#### December 11 Personal Responsibility

This sound bite will remind us of what we need to focus on and what we need to release, especially when we feel like the weight of the world is on our shoulders.







# **December Event**

December 2024	
National Handwashing Awareness Week 12/1-12/7	
National Influenza Vaccination Week 12/6-12/12	





## **Meeting Minutes - Vote**







## **Brain Break**









#### SHAC WANTS TO KNOW WHAT YOU THINK ABOUT...



**CELL PHONE USE** 





