

FBISD

FBISD SHAC Meeting
October 16th, 2024



Lead
THE PAC

SHAC MINDFUL MOMENT

Take a look at your Raisin:

- The way the raisin looks;
- How it feels;
- How their skin responds to its manipulation;
- Its smell;
- Its taste.

Focusing on the single object of the raisin is meant to bring the participant's mind to the present, to what is right in front of them. We may be used to raisins, and not used to taking time to actually notice them.



Shared Dreams – Food Donations



THANK YOU!!!

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 2024-2025 EXECUTIVE TEAM

Parent Chair: Catalina Flores-
Rau



Vice-Chair: Nicole Juracek



Secretary: Derek Craig



Membership: Jigisha Doshi



Ex Officio Chair: Allison
Thummel



SHAC SUBCOMMITTEE LEADS

Advocacy:
Chassidy Olainu-Alade



Campus Wellness Committees:
LaDonna Green



Health & Safety:
Bart Rosebure



Nutrition:
Susan Nayeri



PE/Physical Activity:
Kim Taylor



Student Wellness Committees &
Whole Child Health:
Lori Sartain



FBISD

Be SMART

Leslie Morrison
Be SMART Volunteer



Lead
THE PAC

BE SMART

S

Secure

All guns in your home and vehicle

M

Model

Responsible behavior

A

Ask

Unsecured guns in other homes

R

Recognize

The role of guns in suicide

T

Tell

Your peers to Be SMART



Secure guns in homes and vehicles

- 13 million households with children contain at least one gun
- One study found that the majority of children in gun-owning households knew where the gun was stored
- Store guns locked up and inaccessible to kids
- Hiding a gun is not “securing” a gun



Full-Size Gun Safe

Storage of multiple guns in one place.
Biometric lock more secure than key
or passcode.

\$200-\$2,000

- Prevents access by children
- Prevents access by unauthorized users
- Prevents theft (if secured to a structure in home)
- Enables fast access



Lock Box/Locker

Smaller and lighter than safe.
Biometric lock more secure than key
or passcode.

\$25-\$350

- Prevents access by children
- Prevents access by unauthorized users
- Provides secure vehicle storage
- Enables fast access



Console/Vehicle Gun Safe

For storage in a vehicle. Biometric lock
more secure than key or passcode.

\$50-\$350

- Prevents access by children
- Prevents access by unauthorized users
- Prevents theft (if secured to a structure in car)
- Provides secure vehicle storage
- Enables fast access



Gun Case

For home or in-transit storage of one firearm. Uses external lock

\$10-\$150

Prevents access by children
Prevents access by unauthorized users
Enables fast access



Trigger Lock

Locks trigger of single weapon. Never use with loaded gun. May be dismantled with minimal tools and skills, so not as effective with older children and teens.

\$10-\$75

Prevents use by small children
Enables fast access



Cable Lock

Cable runs through action of single weapon to prevent firing. Ammunition must be removed for lock use. May be dismantled with minimal tools and skills, so not as effective with older children and teens.

\$0-\$50

Prevents use by small children
Enables fast access
*Often provided free with firearm purchase.



Model Responsible Behavior

- It is always an adult's responsibility to prevent unauthorized access to guns, not a curious child's responsibility to avoid guns
- Make it a part of the normal safety conversation you have with your children
- Keep the language simple; for example: "If you see a gun, don't touch it. Tell an adult right away."



A

Ask About Unsecured Guns in Other Homes

- Make it a part of your general safety conversation you have when sending your child to any home
- Try email or text
- 4.6 million U.S. children live in a household with at least one loaded, unlocked gun

Be SMART Campaign

Bro.

Junior just told me that he found your gun the other day.

Nah.

It's hidden.

Is it in the shoe box on the second shelf on your closet?

Next to the old console?

You gotta lock that up, man.

It's good to be sure
Secure firearm storage protects your family
besmartforkids.org

BE SMART

Hey, how's Jayden?
He seems really down lately.

I'm worried about him...

He just comes home and shuts himself in his room.

He won't talk to me.

I'll talk to him.

Thanks so much. He always listens to you.

Hey, I spoke with Jayden.
He mentioned your firearm.

Do you have it locked up?

It's good to be sure
Secure firearm storage protects your family
besmartforkids.org

BE SMART

OMG

A kid in Jerome's class got caught with a gun in his backpack.

Oh no.
Is everyone OKAY?

Yes, thankfully everyone is safe. He's in a lot of trouble though.

The kid took it from his grandma's nightstand.

She kept it in her nightstand???

This is why everyone should lock up their guns.

It's good to be sure
Secure firearm storage protects your family
besmartforkids.org

BE SMART

Bro.

Junior me acaba de decir que encontró tu pistola el otro día.

Noooo.
Está escondida.

¿Está en una caja de zapatos en la segunda tablilla de tu closet?

¿Al lado de la consola vieja?

Tienes que guardar eso bajo llave, socio.

Es bueno estar seguro
Mantener las armas bajo llave protege a tu familia
besmartforkids.org

BE SMART



R

Recognize the Role of Guns in Suicide

- Most people who attempt suicide do not die—unless they use a gun
- 90% of suicide attempts with a gun result in death—a much higher fatality rate than any other means of self harm
- This contributes to the fact that 41 percent of child suicides involve a gun

A survey of High School students found that 20% had seriously considered attempting suicide within the last year.

And one study showed that 41% of adolescents in gun-owning households report having “easy-access” to the guns in their home.

Resources Contact Info

National Suicide Prevention Line

1 (800) 273-8255
(24 hours/day)

988 Suicide & Crisis Lifeline

can be reached by calling or texting
988, or chatting on
<http://988lifeline.org>



Trevor Project

*The LGBTQIA+ Youth Suicide
Prevention Line*

Trevor Lifeline

1 (866) 488-7386

Text "Home" to 741-741

From anywhere in the United States,
anytime, about any type of crisis



Tell Everyone You Know to Be SMART

- Your voice, and all voices are critical. How will you commit to Be SMART today?
- Consider at least THREE people that you want to share the Be SMART message with right now
- Share Be SMART within your community
- Text SMART to 64433 to learn more

FBISD

Safe Gun Storage HB 3

Bart Rosebure

*Executive Director of Emergency Management & Life Safety
Systems*



Lead
THE PAC

School Safety and Security Legislation

- 88th Legislative Session
- Approximately 26 Legislative Bills Pertaining to Safety and Security
- House Bill 3
 - HB 3 Approximately 40 New or Updated Mandates
 - Section 19 of HB 3 – Safe Firearm Storage Information
 - Texas Education Code 37.222



Texas Education Code 37.222

- Resources On Safe Firearm Storage
 - Texas School Safety Center
 - Shall Provide Each School District Safe Firearm Resources
 - Each School District Shall Provide Information to Parent or Guardian



Safe Firearm Storage Resources

Information for School Districts and Open-Enrollment Charter Schools to Assist with New Legislative Requirements

[House Bill 3](#), Section 19 (88th Texas Legislature) requires the Texas School Safety Center, in collaboration with the Texas Department of Public Safety (DPS), to provide to each school district and open-enrollment charter school information and other resources regarding the safe storage of firearms, including information on section [46.13 of the Texas Penal Code](#), for distribution by the district or school.

The Texas DPS has created a public relations campaign – [Keep 'Em Safe Texas](#) – that offers free downloadable resources to promote safe gun storage.

Districts must provide this information to the parent or guardian of each student enrolled in the district or school. The Texas School Safety Center recommends districts provide this information multiple times annually—at the beginning of the school year, before holidays and breaks, and at the end of the school year.

Keep 'Em Safe Texas Resources

In the educator toolkit below, you will find links to resources in English and Spanish to assist districts with meeting this legislative mandate. Districts may select the resources and formats that best fit their needs.

[Keep 'Em Safe Texas Educator Toolkit](#)

Parent Letter

The Texas School Safety Center has also prepared a parent cover letter template that districts may adapt to introduce the resources above and provide parents with information on section [46.13 of the Penal Code](#).

Parent Letter Template - English: [Download here](#)

Parent Letter Template - Spanish: [Download here](#)



Fort Bend ISD Communication

- Communication Tempo
 - May 23, 2024
 - September 27, 2024
- Scheduled Future Communications
 - January 2025
 - May 2025
 - September 2025
- Continuous on the Fort Bend ISD PD Website



FORT BEND ISD
Established 1959

FBISD exists to inspire and equip all students to pursue futures beyond what they can imagine

Home > Departments > Police

POLICE

Department Home

- Command Staff
- Compliment / Complaint Process
- Employment

Safety and Security Measures

- Safety and Security Committee
- Safety and Security Master Plan

Safety Resources

- District Safety Information and Updates
- Severe Weather and Emergency Information
- Standard Response Protocol
- CrimeStoppers
- Threat Management Program
- Safe Storage of Firearms
- See Something, Share Something App

FORT BEND ISD POLICE DEPARTMENT

Our Mission

The mission of the Fort Bend ISD Police Department is to provide a safe environment in and around our schools and district facilities while serving as educators and building positive relationships with our students, staff and families.



Safe Storage of Firearms

The Fort Bend ISD Police Department is accredited through the Texas Police Chiefs Association Best Practices Recognition Program and works in compliance with 170 Texas Law Enforcement Best Practices. These Best Practices were developed by Texas Law Enforcement professionals to assist agencies in the efficient and effective delivery of service, the reduction of risk, and the protection of individual's rights.

CONTACT US

Fort Bend ISD Police

550 Julie Rivers - Building 1
Sugar Land, Texas 77478

Phone: (281) 634-5500 (answers 24 hours/365 days a year)
Fax: (281) 634-5507

Student Crime Stoppers Hotline:
(281) 491-TIPS (8477)

24-Hour Dispatch: (281) 634-5500

The 24-Hour Dispatch gives employees, parents, and students a direct line of communication with Fort Bend ISD on a 24-hour basis.



Fort Bend ISD Police Department Newsletter





FBISD exists to inspire and equip all students to pursue futures beyond what they can imagine

[Home >](#) [Departments >](#) [Police](#)

POLICE

- [Department Home](#)
- [Command Staff](#)
- [Compliment / Complaint Process](#)
- [Employment](#)

- [Safety and Security Measures](#)
- [Safety and Security Committee](#)
- [Safety and Security Master Plan](#)

- [Safety Resources](#)
- [District Safety Information and Updates](#)
- [Severe Weather and Emergency Information](#)
- [Standard Response Protocol](#)
- [CrimeStoppers](#)
- [Threat Management Program](#)
- [Safe Storage of Firearms](#)
- [See Something, Share Something App](#)

SAFE STORAGE OF FIREARMS

We want to inform you about an important initiative regarding firearm safety that is a part of Fort Bend ISD's ongoing commitment to the safety and well-being of our students.

In accordance with Sec. 37.222 of the Texas Education Code, school districts are now required to inform parents and guardians about the safe storage of firearms.

It is illegal to store, transport, or leave an unsecured firearm in a location where children are likely to have access to it. Under **Texas Penal Code 46.13**, a person commits the offense of making a firearm accessible to a child if the child gains access to a readily dischargeable firearm, and the person with criminal negligence:

- Failed to secure the firearm; or
- Left the firearm in a place to which the person knew or should have known the child would gain access

The penalty for allowing a child access to a firearm can range from a Class C misdemeanor (punishable by a \$500 fine) to a Class A misdemeanor (punishable by a \$4,000 fine, a year in jail, or a combination of the two).

It is important to store guns unloaded in a safe or locked container, with ammunition stored separately to prevent suicide, unintentional shootings and other tragedies. Texas exempts the purchase of firearm safety equipment from **Texas Sales and Use Tax**.

To learn more and to find additional safe storage resources, please visit <https://safegunstorage.texas.com>.

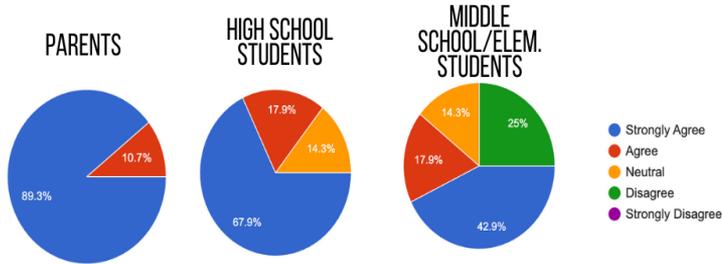
Thank you for your continued support in prioritizing the safety of our students.



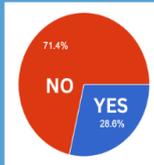
GUN SAFETY

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.



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



Meeting Minutes Vote – September 4th, 2024

VOTE



How to Play



Play (k)

Jump



Duck



Dodge



Freeze



0:10 / 4:56

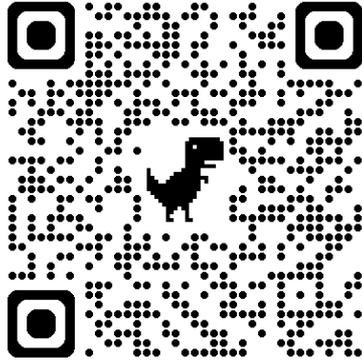


Upcoming Events – Whole Child Health Events

October 2024
Walk to School Day 10/9
National School Lunch Week 10/14-10/18
Red Ribbon Week (Drug Prevention) 10/23-10/31
National Bullying Prevention Month
November 2024
American Diabetes Month
December 2024
National Handwashing Awareness Week 12/1-12/7
National Influenza Vaccination Week 12/6-12/12



Upcoming Events – Sound Bites



FBISD 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.



August 28 Whole Child Health #YouAreNotAlone

This sound bite shares with families the resources available to students and families through the district's Whole Child Initiative.



October 8 Fentanyl Awareness – One Pill Can Kill

This sound bite raises awareness about the risks of fentanyl, emphasizing how a single pill can be lethal.



November 12 Emotional Regulation

This sound bite emphasizes the ability to recognize, understand, and effectively respond to one's own emotions in a healthy and constructive manner.



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.



Scan for
more
resources

Whole Child Health Initiative
FORT BEND ISD



Upcoming Events

FBISD Think Tank Event



The poster features a central illustration of a woman meditating on a globe. Surrounding the globe are four circular icons representing different health domains: Physical Health (heart and pulse line), Nutritional Health (apple and fork), Mental Health (brain), and Social Health (two people). At the top left is a large red heart icon. The text 'FORT BEND ISD DISTRICT STUDENT WELLNESS COALITION' is at the top, 'Think Tank' is in the middle, and the date and time are at the bottom. Logos for FBISD and Whole Child Health Initiative are at the bottom corners, along with contact information.

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 • ENGAGE • EMPOWER
SCHOOL HEALTH ADVISORY COUNCIL

Whole Child Health Initiative
FORT BEND ISD

Contact: Lori.Sartain@fortbendisd.gov



Upcoming Events

Food Fair



Wednesday, October 23, 2024, from 4 p.m. - 6 p.m.,
@ Almeta Crawford High School



UPCOMING EVENTS

*Child Nutrition
Department*



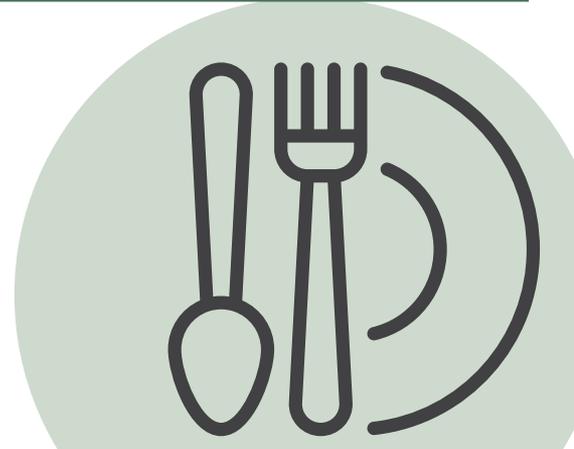
OCTOBER

- **HOM:** Gala Apples
- **Farm to School Month**
- **National School Lunch Week**
 - Oct. 16th - 18th
 - Pirate: Find Your Treasure
 - Special menu items
- **Food Fair @ Crawford HS**
 - Oct. 23rd @ 4pm-6pm

NOVEMBER

- **HOM:** Carrots **R**
- **National Pepper Month**
- **Holiday Meal**
 - Nov. 21st

Turkey, mashed potatoes, green beans, and
a cinnamon crumble for dessert



Upcoming Events

FBISD Employee Benefits & Wellness Fair

FBISD **LiveWell**
for a healthy life!

FBISD EMPLOYEE BENEFITS
& WELLNESS FAIR

SAVE THE DATE
HEALTH & WELLNESS
Family Fun Day

Join the fun at Fort Bend ISD's Health & Wellness
Family Fun Day at Kelsey-Seybold!

Saturday, October 19, 2024
9 am - 1pm

Kelsey-Seybold Clinic Fort Bend Campus
11555 University Blvd. • Sugar Land, TX 77478

FBISD **LiveWell**
for a healthy life!



Texas Action for Healthy Kids
Virtual Summit
School Health – It's Academic!
October 22-23, 2024



Agenda will include:

- How School Health Impacts Student Success
- SHAC 101/ Wellness Policies/WSCC for Administrators
- How Local Foods can Improve Your Program
- The Youth Voice - *Hear from some of our active, engaged youth how they are coping and helping their peers.*
- Mental Health/SEL – Student and Staff
- Physical Education, Physical Activity and the Whole Child
- Youth Risk Prevention

AND Featuring CATCH brain breaks!



[Register today!](#)

This Virtual Event is two half days - and it is FREE!

Oct 22 - 11:30am-5pm

Oct 23 - 8:30am-12Noon

Register with QR code or use link below:

https://www2.actionforhealthykids.org/e/21152/r-TAHKFall2024/7p8rht/1084755645/h/U_8wutQOUMQW0s-VT2NVrLFqXNZz6e2OHxMSdQBZ_KU



2024 SHAC September Meeting Breakout Discussion

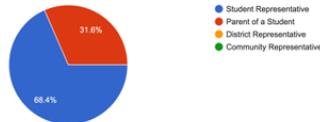
What are your thoughts about counselor accessibility when it comes to mental health?

- It's crucial
- Accessibility is very important
- They don't really talk about it

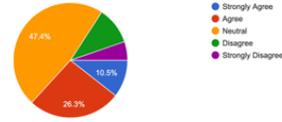
Are there any issues with access to Mental Health specific to your campus?

- It's not spoken about on campus
- Hard to recognize when you need help
- People don't realize counselors are an emotional resource
- It's not talked about or discussed

Choose which description best describes you:
19 responses



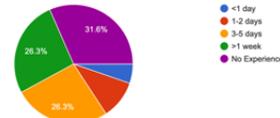
School counselors are readily available to provide mental health support to students.
19 responses



Please indicate your level of agreement with the following statement: It is important to provide students with mental health resources.
19 responses



In your experience, how long does it usually take to see a Counselor after making the initial contact?
19 responses



How can we increase exposure to the services that are available?

- Promote services in morning announcements. Suggest showing sound bites in morning announcements or during advisory time.
- Having to see the counselor at least once a month. We have QR codes to access information, but we don't have our phones.
- Expand to platforms like TikTok and Instagram reels. Posting short-form content on social media to raise awareness of mental health and services.
- Make sure students are a priority to counselors
- Parent newsletters
- Students should be reminded regularly that they can go to a teacher or counselor for any mental health concerns.

What are some things you think you can do to bring back to your campus/child/community?

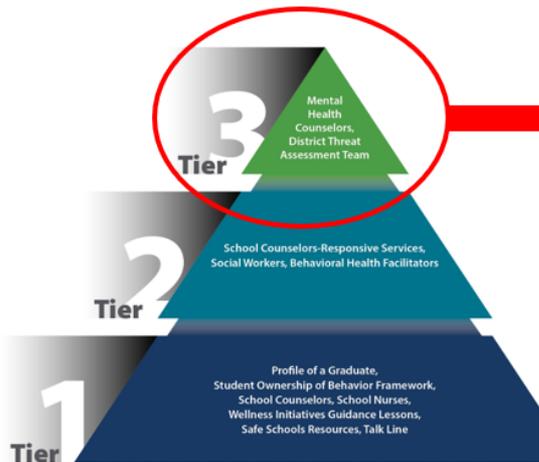
- **Have conversations about mental health.** Conversations can happen between students and resources should be made more public. Bring up mental health topics and open up serious issues for discussion.
- We can emphasize mental health resource accessibility through announcements and videos, posters, activities, etc. Brain-break from Shac, found out big games are now at campus.
- Make TikTok videos, Instagram reels
- Mental health tips like how to deal with test anxiety etc.



2024 SHAC September Meeting Mental Health Overview

OUR SCHOOL COUNSELORS ARE RESPONSIBLE FOR ASSISTING WITH:

- school attitudes and behaviors
- test anxiety
- peer relationships
- study skills
- career planning
- suicide prevention
- school safety
- harassment issues
- bullying and victimization
- gang pressures
- conflict resolution
- college choice
- death of a family member or friend
- family divorce
- substance abuse
- family abuse
- scholarships and financial aid



Intensive and Individualized Therapy

- Crisis Intervention (i.e. Texana)
- Referral to District Mental Health Therapist
 - 6 District LPC/LCSWs
- Referral to Campus Community Mental Health Partner
 - Clearhope, Depelchin, Invocare IMPACT, Safe Place Counseling and TCHAT/ASUD

Parents must submit a Permission to Refer for Mental Health Services!

BILLING OPTIONS

- Insurance
- Private Pay
- No pay
- **Qualify for VOCA Services**
 - **Bullying, Abuse, Being a witness**

ABUSE <ul style="list-style-type: none"> • Physical abuse • Sexual abuse • Emotional abuse • Child Pornography • Neglect • Elder abuse or neglect • Adult physically abused by the child • Family psychological abuse (verbal or emotional threats) 	BULLYING <ul style="list-style-type: none"> • Verbal • Physical • Cyberbullying • Hate Crime: Racial/Religious/Gender/Sexual Orientation, etc.
DOMESTIC AND FAMILY ISSUES <ul style="list-style-type: none"> • Family violence <ul style="list-style-type: none"> • Physical violence • Verbal/emotional violence • Witness to domestic abuse • Mother abused drugs while pregnant • Exposure to drug abuse or drug trade • Personally affected by incarceration • Legally forced family separation 	VIOLENT CRIMES <ul style="list-style-type: none"> • Witnessing someone aid or encourage suicide (attempted or completed) • Witness attempted homicide • Mass violence or terrorism (domestic or international) • Survivors of homicide victims • Assault (aggravated and simple) • Robbery • Exposure to criminal gang activity • Animal cruelty
UNLAWFUL TRANSPORTING OR COERCION <ul style="list-style-type: none"> • Human Trafficking: sex • Human Trafficking: labor • Kidnapping non-custodial • Kidnapping custodial • Stalking/harassment • Teen dating victimization 	MISCELLANEOUS CRIMES <ul style="list-style-type: none"> • Hit and run • DUI/DWI • Arson • Burglary • Identity theft, fraud and financial crime • Violation of court order

**2023-2024
STATS**

- 470 Students Received Tier III Mental Health Services through the district
- 4,204 Clinical sessions were conducted at no cost to the parent. Covered either by the VOCA grant or district mental health therapists
- Services were provided by 19 therapists
- 103 Instances of Self-Harm and 609 Instances of Suicidal Ideation

VOCA



SHAC 2024-2025 Subcommittees

WHOLE CHILD HEALTH

Lori Sartain

Dana Tran
Shell McClue
Nichole Brathwaite-Dingle, MD, MPH
Lori Sartain
Vanessa Gaona
Christina Brittingham
Allison Thummel

CAMPUS WELLNESS

Lori Sartain

Dana Tran
Shell McClue
Nichole Brathwaite-Dingle, MD, MPH
Tracey Rich
Cheryl McClamrock
Christina Brittingham

ADVOCACY

Chassidy Olainualade

Grayle James
Jigisha Doshi
Shell McClue
Ivette Castillo
Kathleen Jones-Graves
Catalina Flores-Rau
Chassidy Olainu-Alade
Angie Hanan
Stephanie Brown
Sumita Ghosh

PE & PA

Kim Taylor

Derek Craig
doug earle
Eugenia Peck
Cheryl McClamrock
Christina Brittingham
Stephanie Brown

CAMPUS SAFETY

Bart Rosebure

Shell McClue
Anthony Collins

NUTRITION

Susan Nayeri

Pearl Lam
Sandy Bristow
Elizabeth Garcia
Whitney Moody
Allison Thummel

STUDENT WELLNESS COALITION

Lori Sartain

Anthony Collins
Jennifer Chadwick
Stephanie Brown
Allison Thummel



SHAC WANTS TO KNOW WHAT YOU THINK ABOUT...



GUN SAFETY



**Membership Form &
Subcommittee Selection**

