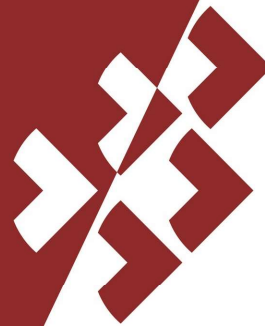


**School Health Advisory Council
April 8, 2026**



FBISD SHAC 2025-2026
April 8th, 2026 Meeting Agenda

Theme: Active Learning

#YouAreNotAlone

- | | | |
|------|--|--------------------------------|
| I. | Welcome – Catalina Flores-Rau, SHAC Chair | (Time: 12:00 - 12:05pm) |
| A. | Brain Energizer – Student Wellness Coalition | 5 min |
| II. | Presentations | (Time: 12:05-12:50pm) |
| A. | Active Learning Update | |
| | - Dr. Derek Craig, PhD and Dr. Tim Walker, PhD, UTHealth | 25 min |
| B. | United Against Human Trafficking | 20 min |
| | - Taylor Johnson, Outreach & Prevention Manager, UAHT | |
| III. | Administration | (Time: 12:50-1:30pm) |
| A. | Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| B. | Vote on Minutes from the February SHAC Meeting - Derek Craig, SHAC Secretary | 5 min |
| C. | 2026-2027 Board Officer Vote & Recognition– Catalina Flores-Rau, SHAC Chair | 5 min |
| D. | 2026-2027 Goals – Nicole Juracek | 5 min |
| E. | Legislative Review – Sumita Ghosh, PhD, JD, Advocacy Advisor to the SHAC | 10 min |
| F. | Past & Upcoming Events- Shannon Nash, Wellness, Health & Prevention Specialist | 10 min |
| IV. | Meeting Closure - Catalina Flores-Rau, SHAC Chair | |



Welcome

- Second to last meeting of the school year!
- Thank you
 - Student Wellness Coalition
 - Speakers
 - SHAC Members
 - April Membership drive
 - Officers
 - Legislative Review



Applications open *Today!*

Join our team of parents, community members, and District staff on the SHAC and become a champion!

2025-2026 SHAC GOALS



Availability **MENTAL HEALTH**

Streamlining the District process across campuses for students to gain access to their counselors.

Best Practices **SLEEP HYGIENE**

Support all efforts to minimize activities before 8:30 AM for high school students.

Champion **ACTIVE LEARNING**

Purposely integrate movement activities, such as brain energizers, in the classroom at all levels.

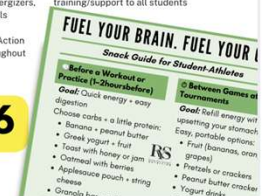
Educate **PERFORMANCE NUTRITION**

Provide Nutritional training/support to all students.



fortbenisd.com/shac

Due 4/1/2026



Brain Energizer



GOAL: To engage participants in a fun exercise that uses all their senses.

Supporting students' physical activity and learning with MAGIC

Fort Bend ISD SHAC Meeting, April 2026



Presented by: Derek Craig, PhD & Timothy Walker, PhD

Presentation Overview

- Background about physical activity promotion in schools
- Provide overview of MAGIC
- Update current progress

True-False Physical Activity Game

I will read a statement, if you believe it is...

True: Stand up



False: Sit down



1) Exercise is good for learning

True: Stand up



False: Sit down



1) Exercise is good for learning

True – studies consistently show physical activity and exercise can help students learn

Let's all stand – and do 5 squats to help our learning!

Centers for Disease Control and Prevention. *The association between school based physical activity, including physical education, and academic performance*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

2) Guidelines recommend youth engage in 30 minutes of daily physical activity

True: Stand up



False: Sit down





2) Guidelines recommend youth engage in 30 minutes of daily physical activity

FALSE – Guidelines recommend youth engage in 60 minutes of daily physical activity

30 minutes of the daily physical activity should be performed in school

Let's all stand - and do 5 arm raises

3) About 35% of US high school students have daily physical education

True: Stand up



False: Sit down

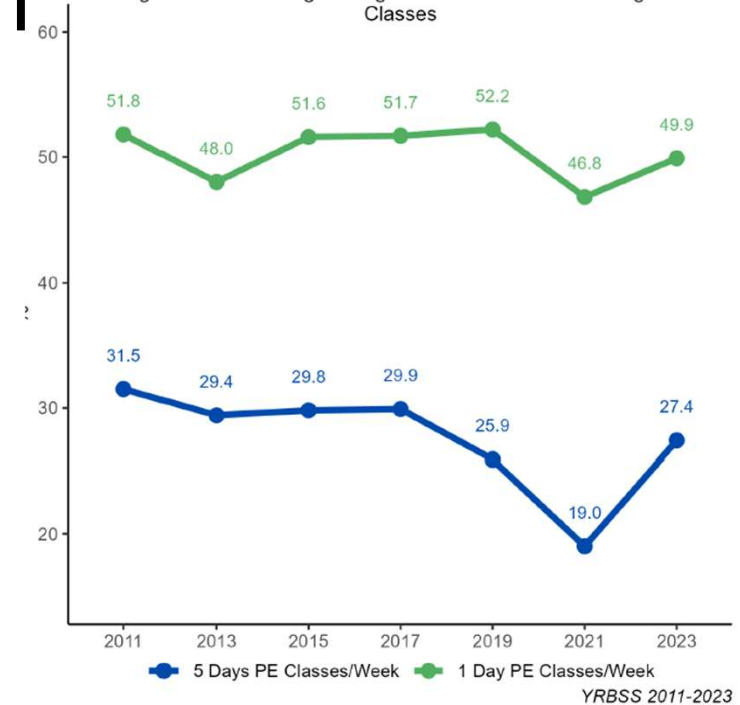


3) About 35% of US high school students have daily physical education

False – about 27% of high school students have daily physical education

Lets all stand - and do 5 knee touches!

Figure 10: Percentage of High School Students Attending PE Classes



Physical Activity Alliance. The 2024 United States Report Card on Physical Activity for Children and Youth. Washington, DC: Physical Activity Alliance, 2024.

4) Research suggests students are physically active for about 16-25% of a typical recess period

True: Stand up



False: Sit down



4) Research suggests students are physically active for about 16-25% of a typical recess period

True: for an average recess period of 16 minutes

- Boys engaged in an average of 4 minutes of moderate-to-vigorous physical activity
- Girls engaged in an average of 2.5 minutes of moderate-to-vigorous physical activity

Let's stand and do 5 lateral arm raises

Wong, L. S., Reilly, J. J., McCrorie, P., & Harrington, D. M. (2024). Physical Activity Levels During School Recess in a Nationally Representative Sample of 10- to 11-Year-Olds. *Pediatric Exercise Science*, 36(1), 37-43.

5) About 25% of youth meet physical activity guideline recommendations

True: Stand up



False: Sit down



5) About 25% of youth meet physical activity guideline recommendations

True – between 20%-28% of youth ages 6-17 participate in 60 minutes of daily physical activity

Let's stand and do 5 calf raises

Summary

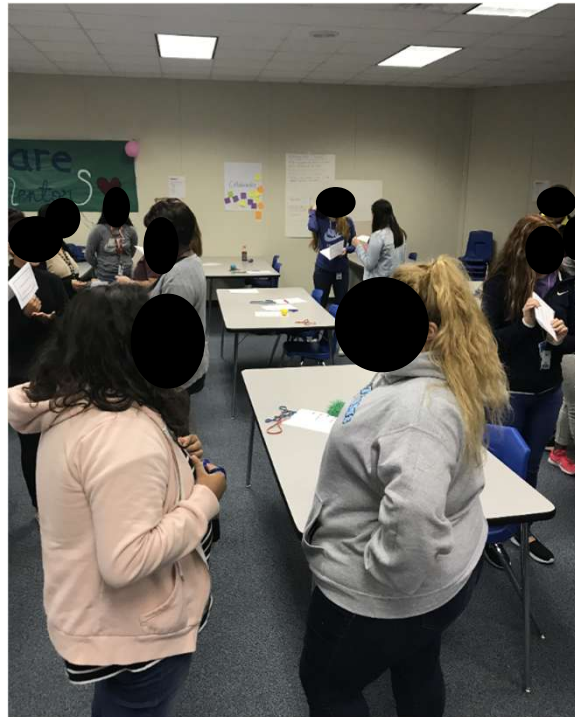
1. Physical activity and exercise is good for learning
2. Guidelines recommend youth engage in 60 minutes of physical activity each day (30 minutes performed in school)
3. Most students in the US do not have daily PE
4. Youth are mostly inactive during recess periods
5. $\approx 75\%$ of youth do not meet physical activity guideline recommendations

Evidence-Based Approaches

Brain Boosts



Physically Active Lessons

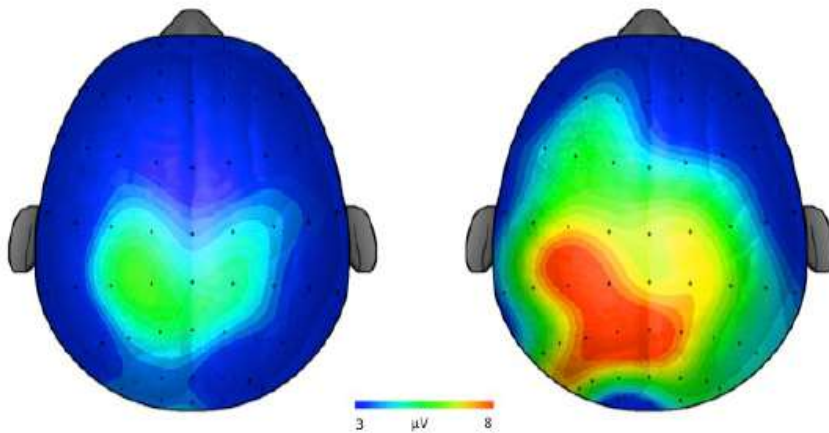


Motor Labs



Benefits of Activity

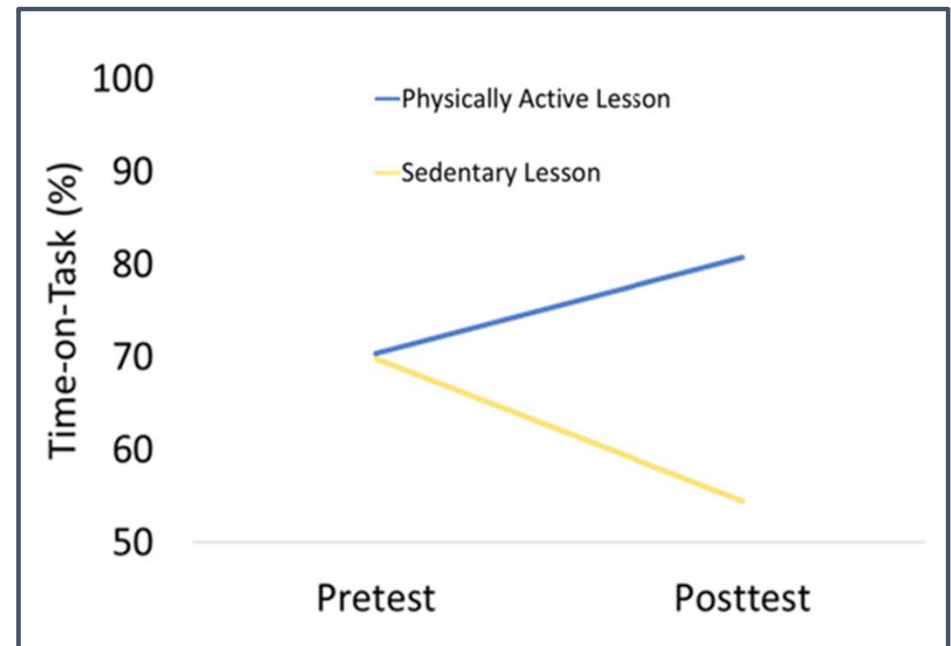
These two brain images, taken from the top of the head, represent the average amount of students' neural activity during a test following sitting and walking for 20 minutes. The color blue represents lower neural activity, while the color red denotes higher brain activity in a given region.



After 20 minutes of sitting quietly After 20 minutes of walking

Image courtesy of Charles Hillman, University of Illinois at Urbana-Champaign

Hillman, Charles H., et al. "The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children." *Neuroscience* 159.3 (2009): 1044-1054.



Grieco, Lauren A., et al. "Physically active vs. sedentary academic lessons: A dose response study for elementary student time on task." *Preventive medicine* 89 (2016): 98-103.

Implementation Barriers

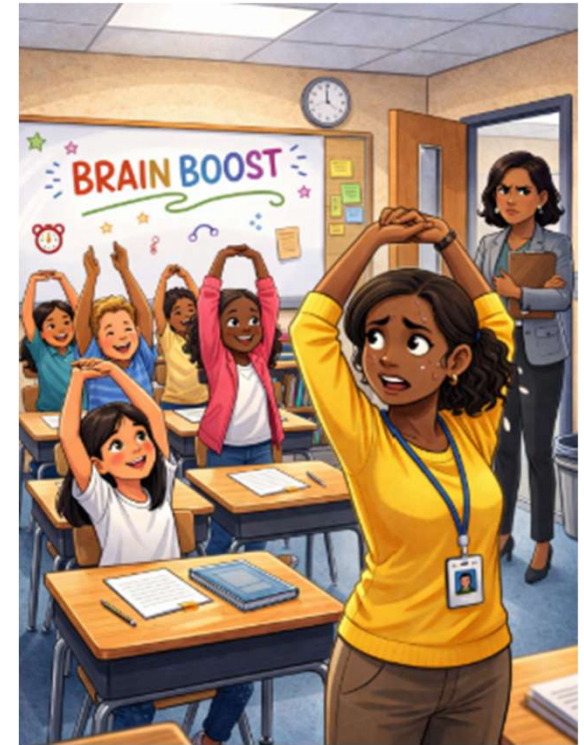
Poor Student Behavior



Lack of Time



Lack of Leader Support



Research Study



Purpose: Better understand how to help schools & teachers use classroom-based physical activity approaches

Approvals: Fort Bend ISD and UTHealth Houston's Committee for the Protection of Human Subjects

Funded by: The American Heart Association

Strategy Overview



What is MAGIC?

An implementation support approach

How does MAGIC Work?

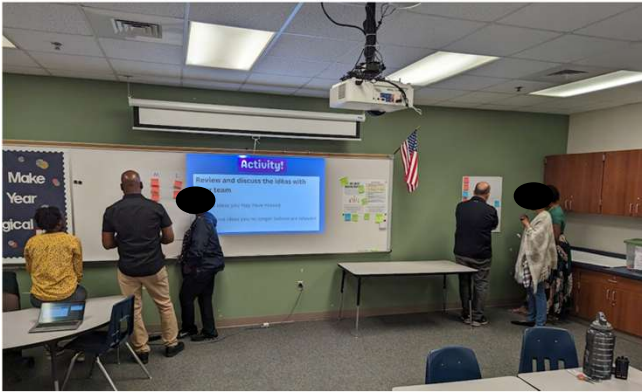
Provides schools with leader training, teacher training, & monthly newsletters to promote physically active breaks and physically active lessons (and motor labs)

Strategy Overview



Strategy Overview

Leader Sessions



Teacher Sessions



Newsletters



Two tips to help you include brain boosts when your schedule is busy:

- **Identify strategic times** in your schedule to use brain boosts:
 - Beginning/end of the day
 - Transitions between subjects
 - After lots of sitting time
 - Before assessments/important lessons
- **Have a pre-selected brain boost ready** for when students show signs of:
 - Sleepiness
 - Restlessness/Fidgeting
 - Lack of focus/Daydreaming



Do you ever lose focus after sitting through a long training session? Your students probably feel this way too!

Boosts improve the quality of instruction time because students will be less interruptive.



REMEMBER

Use a variety of brain boosts. This will help keep students motivated and engaged.

Results from 5th grade Science Teacher

Released STAAR

(BOY assessment)

Average score: 34.3

Approaches: 25.4%

Meets: 0%

Masters: 0%

STAAR

(EOY assessment)

Average score: 51.3

Approaches: 62.9%

Meets: 22.6%

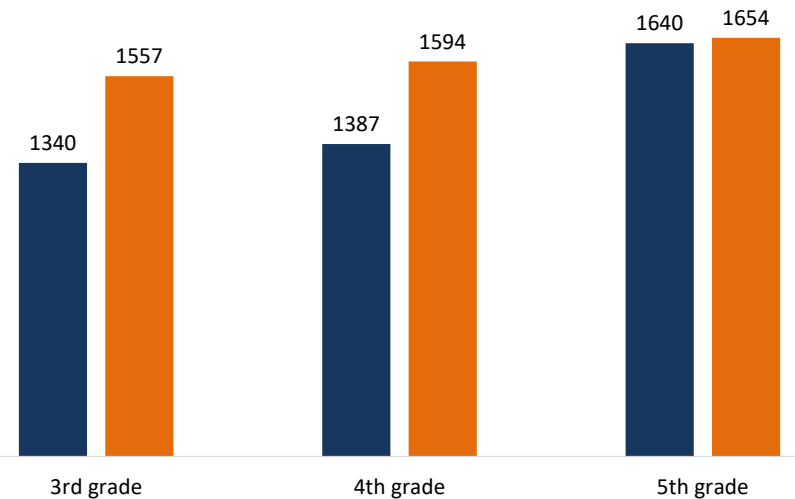
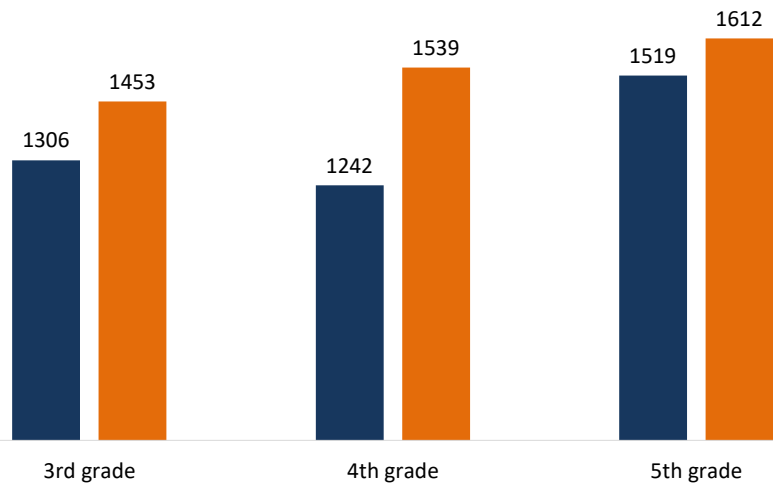
Masters: 9.7%

Results from previous partner schools

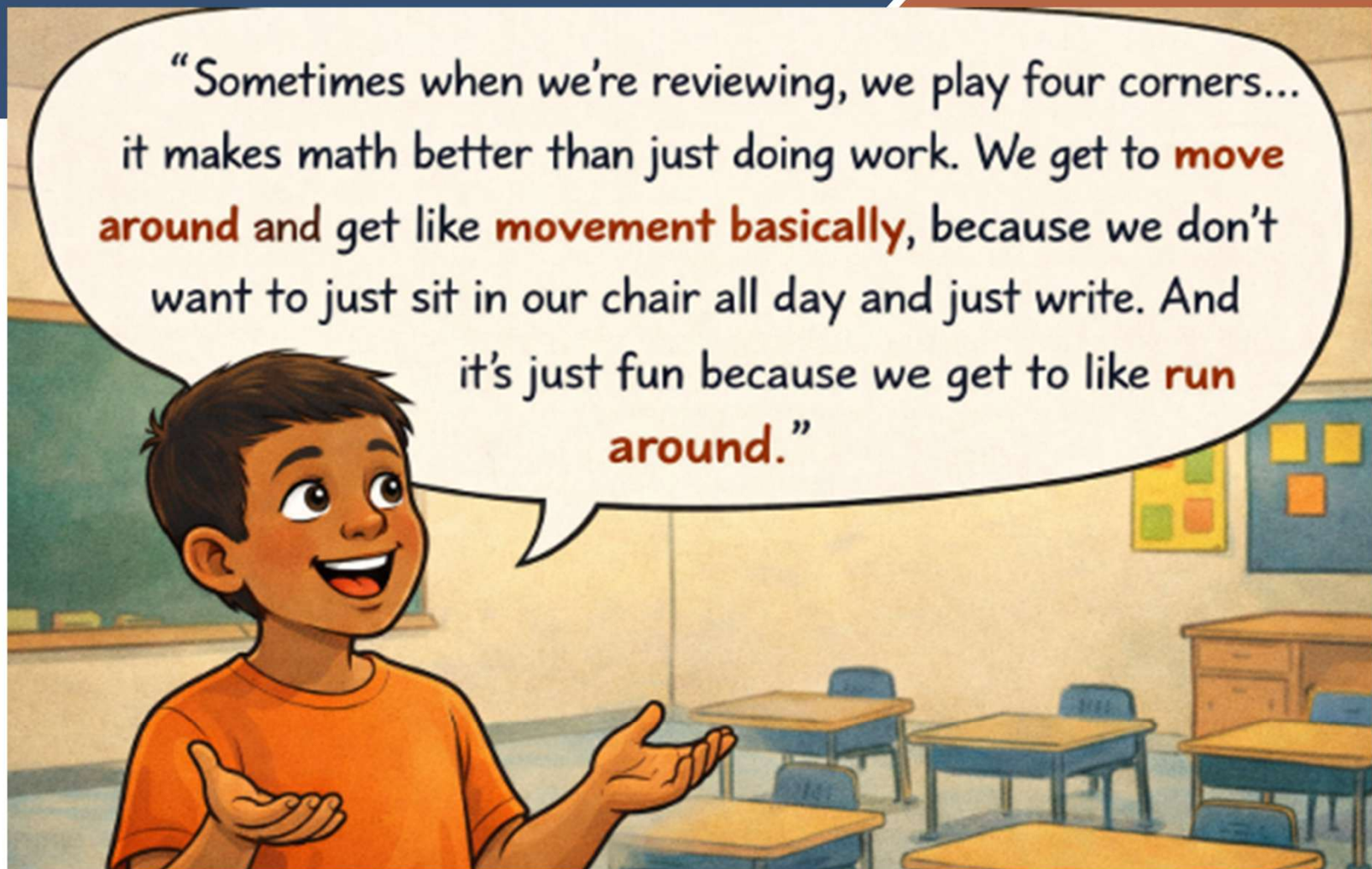
Students in classrooms where teachers provided 4-10 minutes of physical activity had higher academic scores

STAAR Reading

STAAR Math

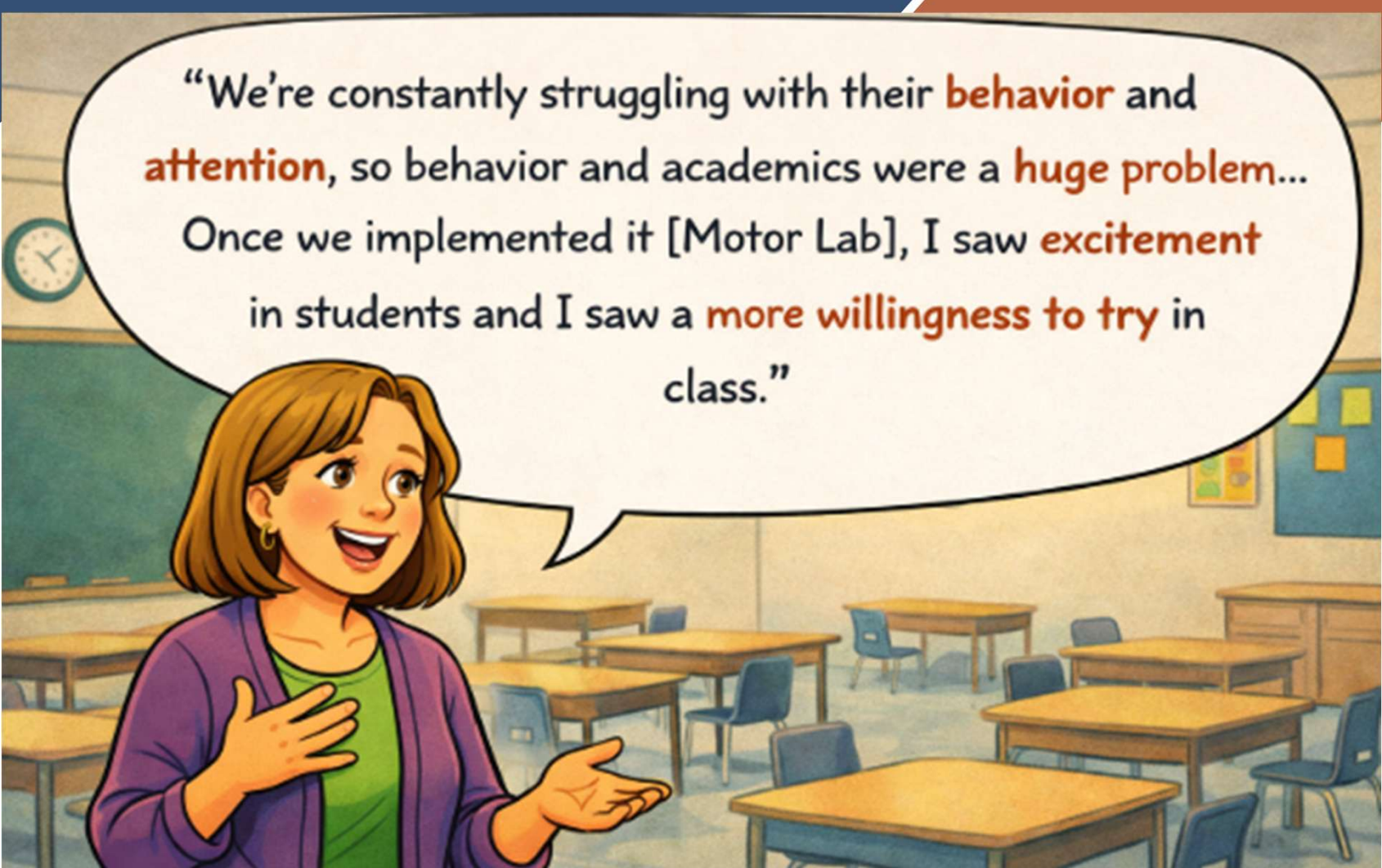


■ no activity
■ 4-10 mins



“Sometimes when we’re reviewing, we play four corners... it makes math better than just doing work. We get to **move around** and get like **movement basically**, because we don’t want to just sit in our chair all day and just write. And it’s just fun because we get to like **run around.**”

3rd Grade Student

An illustration of a female elementary teacher with short brown hair, wearing a purple cardigan over a green shirt. She is smiling and gesturing with her hands in a classroom setting. The classroom contains several wooden desks with blue chairs, a green chalkboard, a clock, and a bulletin board. A large speech bubble originates from her, containing text about her experience with a 'Motor Lab' program.

“We’re constantly struggling with their **behavior** and **attention**, so behavior and academics were a **huge problem**... Once we implemented it [Motor Lab], I saw **excitement** in students and I saw a **more willingness to try** in class.”

Elementary Teacher

Year 1

**Received Project
Funding**

Spring
2025

**District Needs
Assessment**

Fall
2025

**Update MAGIC
Materials**

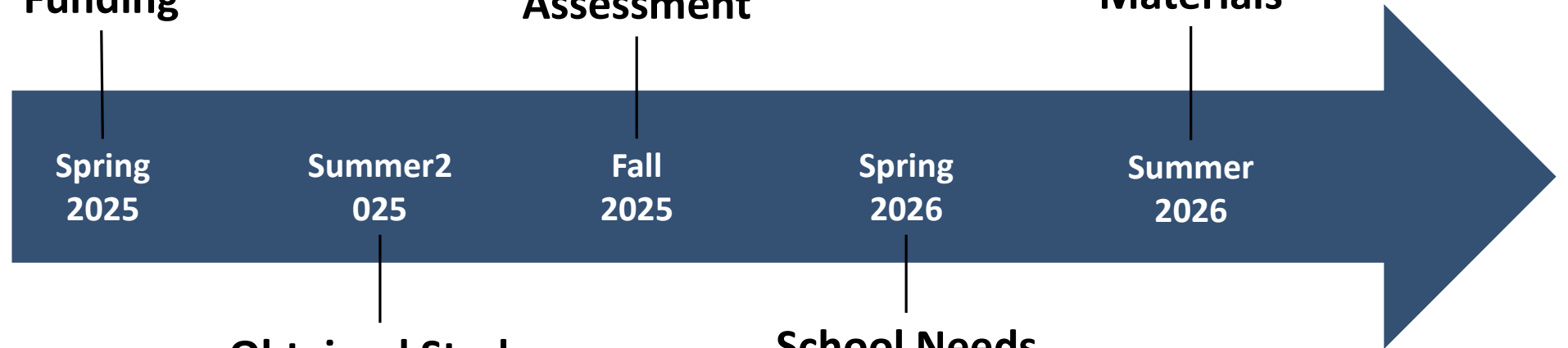
Summer
2026

Summer2
025

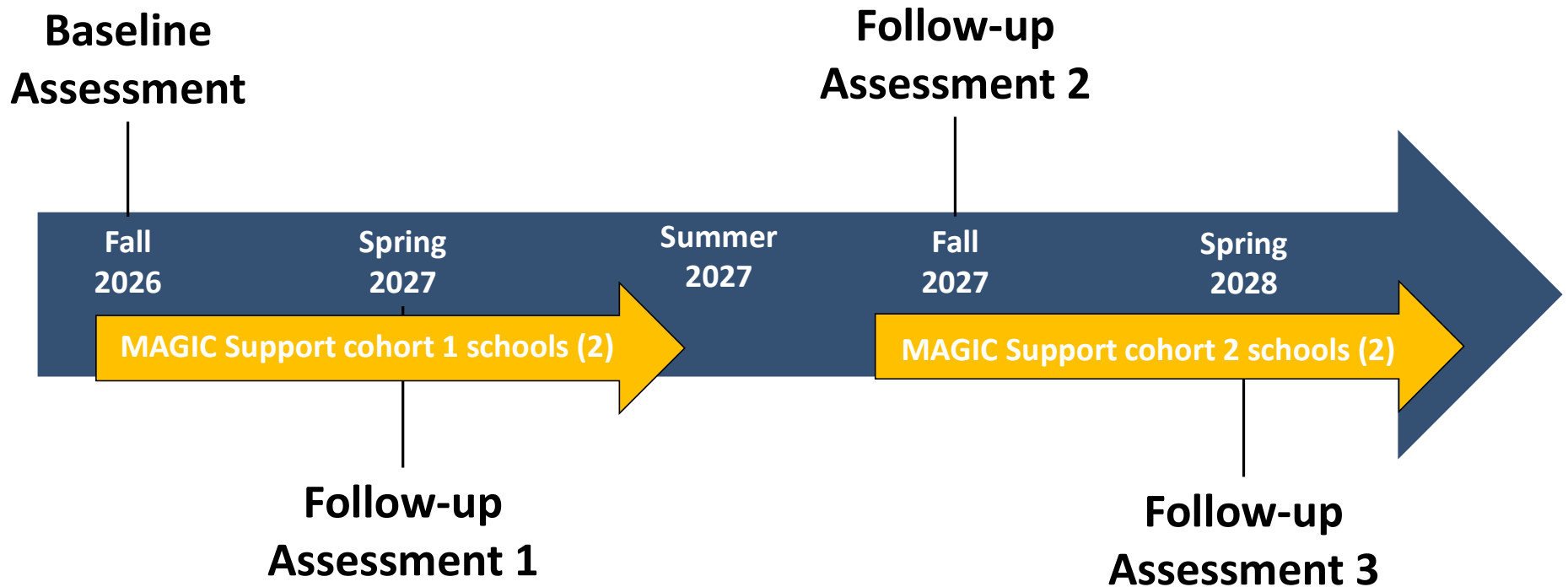
**Obtained Study
Approvals**

**School Needs
Assessment**

Spring
2026



Years 2 & 3



Questions?

Derek Craig, PhD, Co-Investigator

Assistant Professor

Derek.W.Craig@uth.tmc.edu

Timothy Walker, PhD, Principal Investigator

Assistant Professor

Timothy.J.Walker@uth.tmc.edu

 UTHealth[®] Houston

School of Public Health

Center for Health Promotion
and Prevention Research



a training on
HUMAN TRAFFICKING

**United Against
Human Trafficking**
is ending human
trafficking through



Educating the Community

- Frontline Professionals
- Coalition



Preventing Exploitation

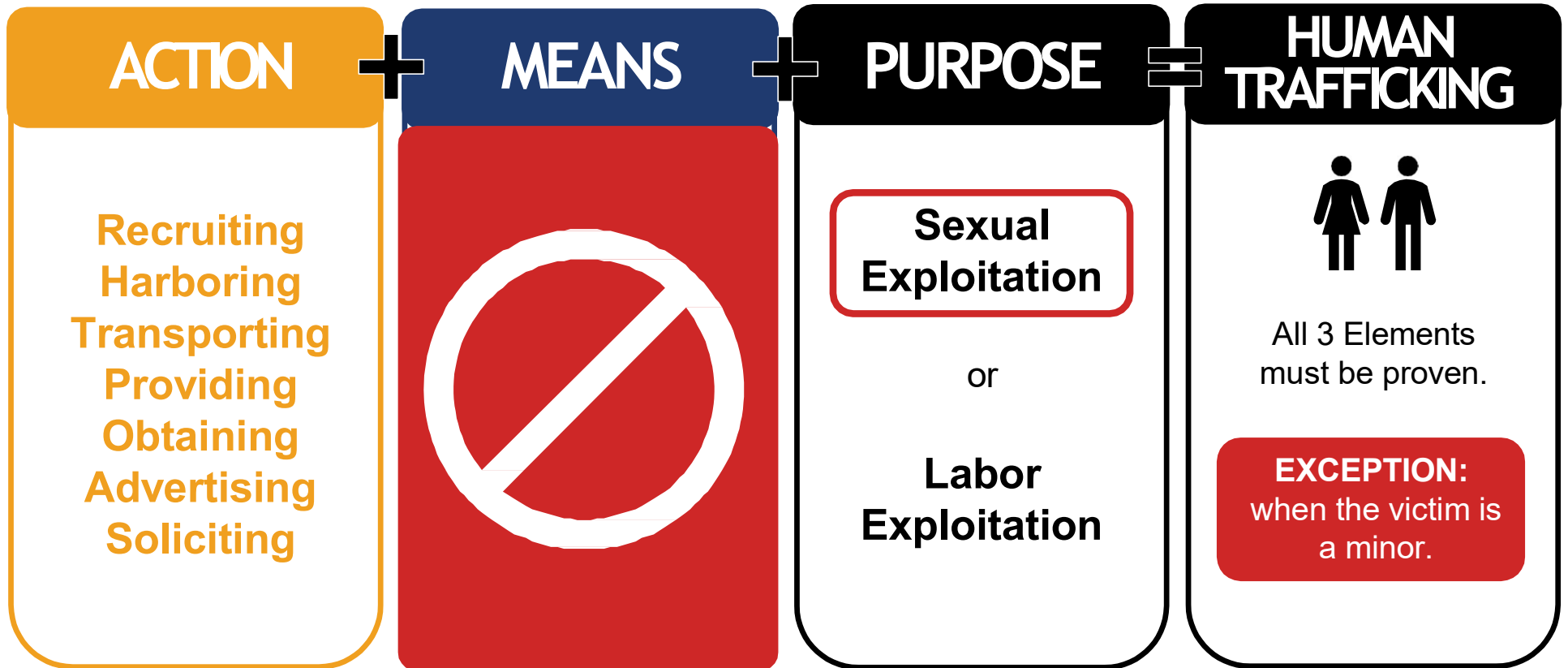
- Youth Programs
- Outreach to overlooked communities



Empowering Survivors

- Support Groups
- Direct Services

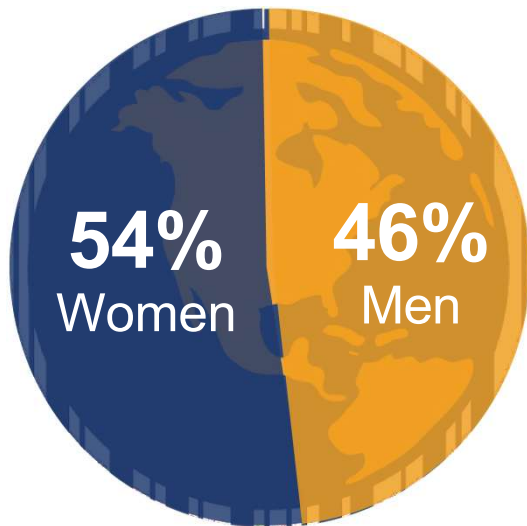
HUMAN TRAFFICKING: DEFINED



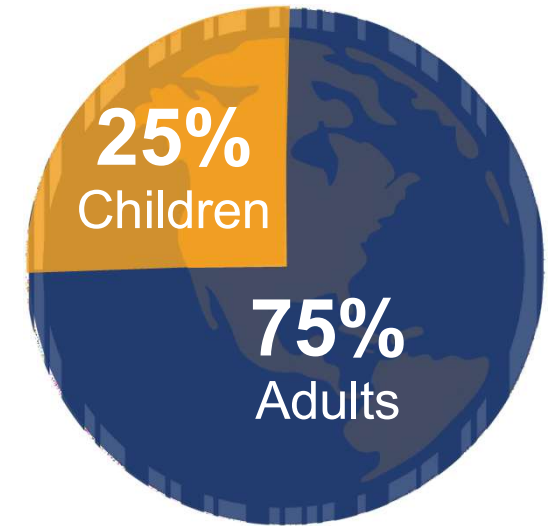
Human Trafficking | A Global Issue

Estimates Of Trafficking Victims Around the World

GENDER



AGE



International Labour Organisation 2022

DEFINE ——— DESCRIBE ———

Human Trafficking | A Texas Issue



UT Austin 2016



Human Trafficking | A Houston Issue

Why Houston?

- Proximity to U.S.-Mexico border
- Major airports and interstate roadways
- Diverse labor sector
- Diverse and sprawling communities
- Large immigrant populations

What is Houston doing?

- Human Trafficking Rescue Alliance (HTRA) Regional Task Force
- Special Advisor to the Mayor
- United Against Human Trafficking Coalition

DEFINE

RECALL

Specific Risks and Vulnerabilities



HOMELESSNESS



LACK SUPPORT SYSTEMS

such as schools, congregations, and community



PHYSICAL OR SEXUAL ABUSE AT HOME



DRUG AND ALCOHOL ISSUES



FOSTER YOUTH AND JUVENILE JUSTICE

LGBTQ+ YOUTH

LOW SELF ESTEEM

Crimes Most Often Confused with Human Trafficking

**Human
Smuggling**

**Hostage
Taking**

Prostitution

Kidnapping

Child Abuse

**Domestic
Violence**

**Sexual
Assault/Rape**

Wage Theft



Red Flags

Grooming and Recruiting



Someone asking for sexual pictures or videos



Lovebombing



Offers too good to be true



Someone offering gifts, trips, or promises of a better life



Offers to make quick, easy money



Pushing boundaries



Someone asking for a lot of personal information



Undermining supportive relationships by saying things like, “No one understands you like I do”

Red Flags

Trafficked Person



Signs of substance use / misuse



A lot of new possessions



Odd social media use changes



Signs of abuse/suspicious injuries



Tattoos/branding



A significantly older boyfriend / girlfriend



Partner being controlling over who they communicate with/someone not having control over their time or money

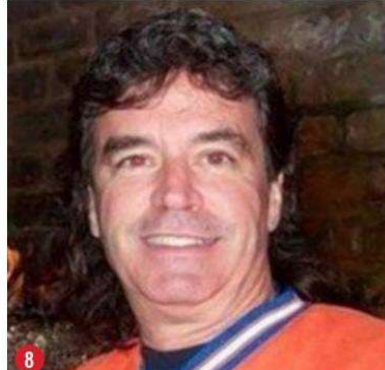
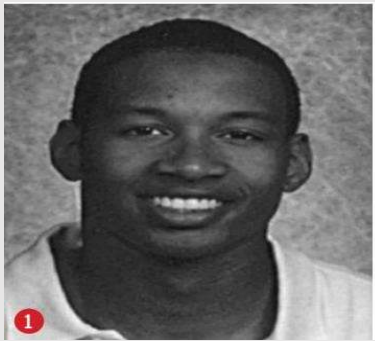


Lots of trips out of town

Who are the traffickers?

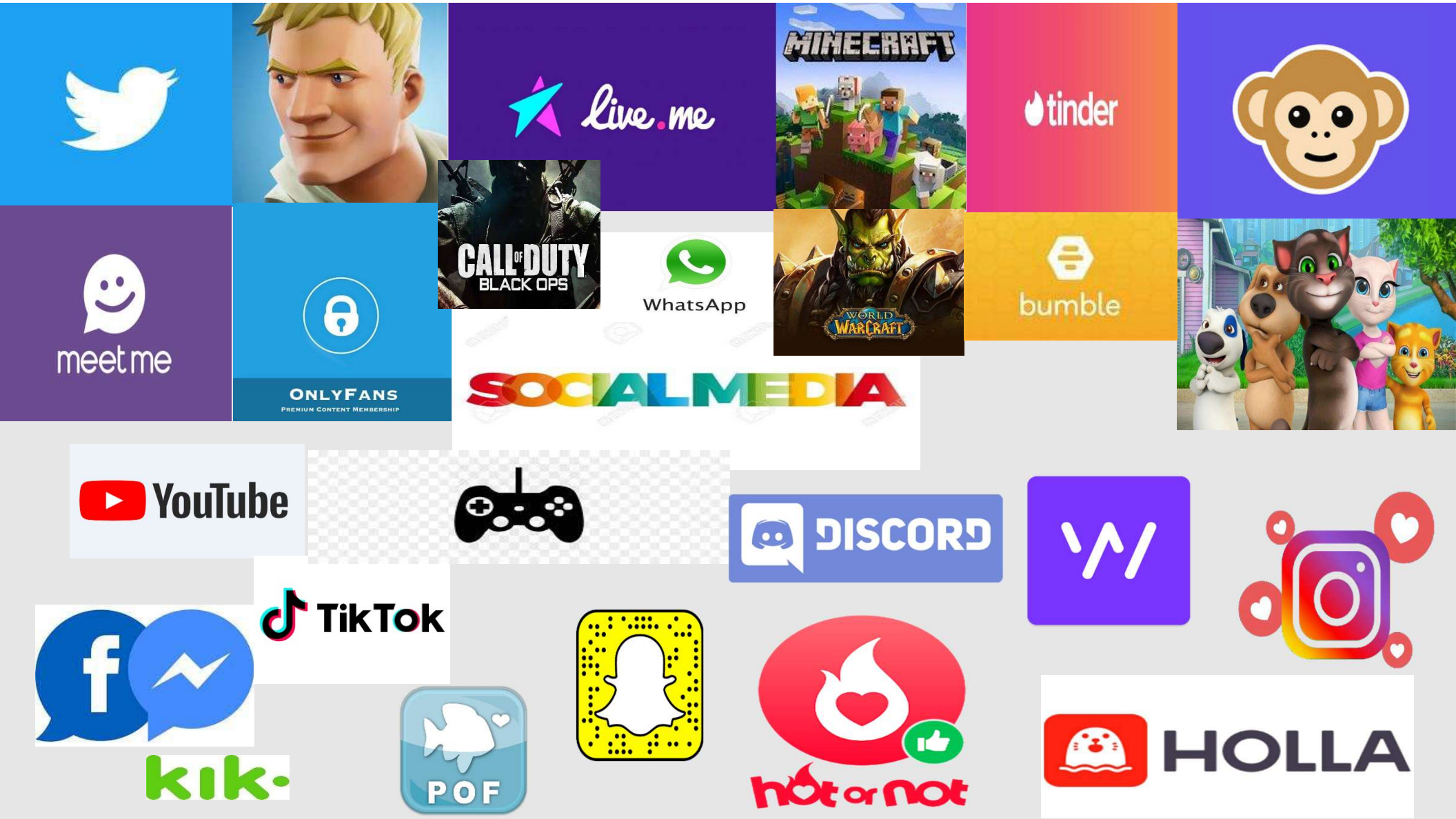
© 2014 United Against Human Trafficking. All rights reserved. This document is for informational purposes only and does not constitute an offer of any financial product or service. Please consult your financial advisor for more information.

Who are the Traffickers?





Social Media and
Human Trafficking



Staying Safe on Social Media



Keep your profile on **private** and only interact with people you know.



Avoid posting intimate details and locations.



Limit the amount of time you spend on social media.



Don't believe everything you see online. Do your **research!**



Report behavior that is abusive, harmful or uncomfortable.

Addiction | **Trafficking** | Sexting | Safety

Trafficking & Social Media



55% of those trafficked met and developed a relationship with their trafficker **online**.



50% reported that there were **no warning signs** that the person they met was a trafficker.



42% reported that their trafficker gained their **trust within a month**.



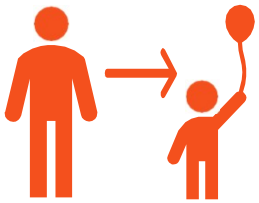
42% of victims trafficked through social media **never met their traffickers face to face**.



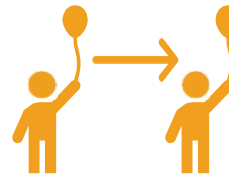
15% of traffickers **impersonated their victim** while on social to their social network.

Addiction | **Trafficking** | Sexting | Safety

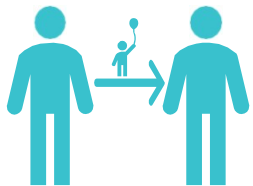
Texas Sexting Laws



Distributing or displaying harmful or unhealthy material to a minor under age 18 is a crime for an adult. That means, **sexting is a crime when an adult shares sexual material with a minor.**



Texas law holds that a minor commits a crime by knowingly and **deliberately sending electronic messages involving sexual conduct by minors to other minors.**



It is also illegal for **an adult to send a sexual image of a minor to another adult**, and the other adult receives it. That is possessing or distributing of child pornography.



Under Texas law, it's illegal to **possess visual material showing other minors in sexual behavior** if the minor possessing it created the material and knows a minor who did so.

Addiction | Trafficking | **Sexting** | Safety



Prevalence

Sexts are commonly sent to desired or actual romantic and/or sexual partners but are often redistributed **without the permission or knowledge** of the original sender.

Young women's engagement in sexting is directly linked to real or perceived **pressure or coercion**, even though sexting is common in relationships.

How is sexting perceived when **women and girls** participate in it? What about **men and boys**?

Threats & coercion can be powerful in compelling an individual into a trafficking situation.

Addiction | Trafficking | **Sexting** | Safety





What Comes Next?

How can we be resilient and fight trafficking?



How You Can Fight Trafficking



Develop a support system:
friends, family, teachers,
counselors, clubs,
communities



Know the signs.



Share information.



If you see something,
SAY SOMETHING.

See It. Report It.

Polaris Project

National Human Trafficking Hotline



1-888-373-7888



233733

200+ Languages

1

CREDIBLE TIP

- Call ASAP after observations
- Provide actionable information
- Do NOT intervene

2

RESOURCES

- Ask Questions
- Online Resource Library
- Directory of Victim Services

Local Resources

IMMEDIATE EXIT

Rescue Houston
(713) 322-8000

- Local Hotline
- Immediate Response

CASE MANAGEMENT

YMCA International
(713) 339-9015

- Primary victim service provider

The Landing
(713) 766-1111

- Drop-In Center
- Meet basic needs
- Find resources
- Rest

SUPPORT & ADVOCACY

Joseph Project
1-855-436-5020

- Pro bono legal counsel

Twelve 11 Partners
Twelve11.org

- Mentorship
- Career development
- Housing

HOUSING OPTIONS

Redeemed Ministries
(832) 447-4130

- Long-term residential program for survivors of sex trafficking

HAWC
(713)528-6798

- Domestic violence, sexual assault, emergency shelter, children's court services

CONNECT





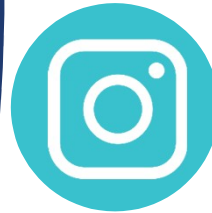
**UNITED AGAINST
HUMAN TRAFFICKING**



Contact@UAHT.org



(713) 874-0290



@UnitedAgainstHumanTrafficking



/UnitedAgainstHT

Brain Break

THE OBJECT OF THE GAME IS TO FIND UNIQUELY HELPFUL PARTNERS AS QUICKLY AS POSSIBLE.

Varsity // Brands

PARTNER SCAVENGER HUNT



LEAD BY EXAMPLE BELIEVE IN YOU

Varsity // Brands

TOE-TO-TOE

Everyone is battling something difficult in their personal lives. They are going toe-to-toe with a challenge!

Turn to your partner and say,
"I'm glad that I have someone who will stand and battle with me!"

LEAD BY EXAMPLE BELIEVE IN YOU

Varsity // Brands

BACK-TO-BACK

Life gets hard for everyone. In fact, over a lifetime, life will get difficult over and over again.

Turn to your partner and say,
"I'm glad that someone has my back. You have my back and I have yours."

LEAD BY EXAMPLE BELIEVE IN YOU

Varsity // Brands

PINKIE PROMISE

There is greatness inside of every person. However, everyone needs people to encourage their greatness.

Turn to your partner and say,
"I pinkie promise to help you unlock your greatness for the world's benefit."

LEAD BY EXAMPLE BELIEVE IN YOU

Meeting Minutes



SHAC 2026-2027 EXECUTIVE TEAM

- . Parent Chair: Nicole Juracek
- . Vice-Chair: Derek Craig
- . Secretary: Anthony Collins
- . Membership: Whitney Moody
- . Ex Officio Chair: Catalina Flores-Rau



THANK YOU!




Allison Thummel, Ex Officio Chair

- Thank you!



2025-2026 Meetings

2025-2026 updated 9/17

MO	DATE OF MTC	PLANNING MTC	THEME	BRAIN BREAK (2-5 MIN)	MAIN SPEAKER (25-30 MIN)	POLICY OR CURRICULUM (10 MIN)	OTHER MENTIONS
Sept	10 @ 12PM	August 20 @ 10AM	Mental Health -Bullying 	student-led CAMPUS WELLNESS	No Place for Hate Student Affairs	*Intro to SHAC	
Dec	3 @ 12PM	Oct. 22nd @ 10AM	Mental Health -Suicide -Sleep Hygiene	HEALTH & SAFETY	Counselor from Ridgepoint and/or HOPE Squad Dr. Swatsina		Collect Food for Shared Dreams Think Tank (11/19) Results? Wellness Event? Screen for interest for next year's board
Feb	11 @ 12PM	Dec 10 @ 10AM	Nutrition -Sports Nutrition -Eating disorders 	student-led NUTRITION			<i>Discuss Goals for 2026-2027 School year for SHAC</i> <i>Request for SHAC Board Officer Nominations</i> <i>Think Tank (11/19) Recognition?</i>
April	8 @ 12PM	Feb 18 @ 12PM	Active Learning -Review work with UHealth/Dr. Craig 	student-led PE/PHYSICAL ACTIVITY			<i>Discuss 2026 Goals</i> <i>Vote on SHAC Board Officers</i>
May	13 @ 12PM	April 15 @ 10AM	SHAC Celebrates -Culture & Climate Survey Results -Goal Review	student-led			SHAC 2026 Goals and Brag Book <i>SHAC Board Officers Intro</i>

2025-2026 SHAC GOALS



Availability

Mental Health

Streamlining the District process across campuses for students to gain access to their counselors

Best Practices

Sleep Hygiene

Support all efforts to minimize activities before 8:30 AM for high school students

Champion

Active Learning

Purposely integrate movement activities, such as brain energizers, in the classroom at all levels Support the expansion of Action Based Learning Labs throughout the District

Educate

Sports Nutrition

Create an ongoing nutrition education series to encourage and support a healthy lifestyle to students districtwide.



2025-2026 SHAC SPEAKERS



SEP. 10 - BULLYING & SUICIDE PREVENTION

- Margi Levin, No Place for Hate
- Kelli Upshaw, FBISD Student Affairs

Understand how bullying is defined at FBISD and its impacts on mental health.

DEC. 3 - SLEEP HYGIENE & SCREEN HEALTH

- Dr. Forbes, H.O.P.E. Squad
- Dr. Swatzyna, Houston Neuroscience Brain Center

Reduce the incidence of suicide in our schools and communities by working together. Support all efforts to minimize activities before 8:30 AM for high school students. Better understand the effect of

FEB. 11 - PERFORMANCE NUTRITION

- Misty Cey, Nutritionist
- Ashley Wheatly, SUPPORTS

The basics of sports nutrition while showing how eating well improves energy, focus, recovery, and academic performance. Bringing mental health supports to all campuses to fulfill legislative priorities.

APR. 8 - ACTIVE LEARNING

- Dr. Craig & Dr. Walker, UT Health

Purposely integrate movement activities, such as brain energizers, in the classroom at all levels. Support the expansion of Action Based Learning Labs throughout the District.

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.

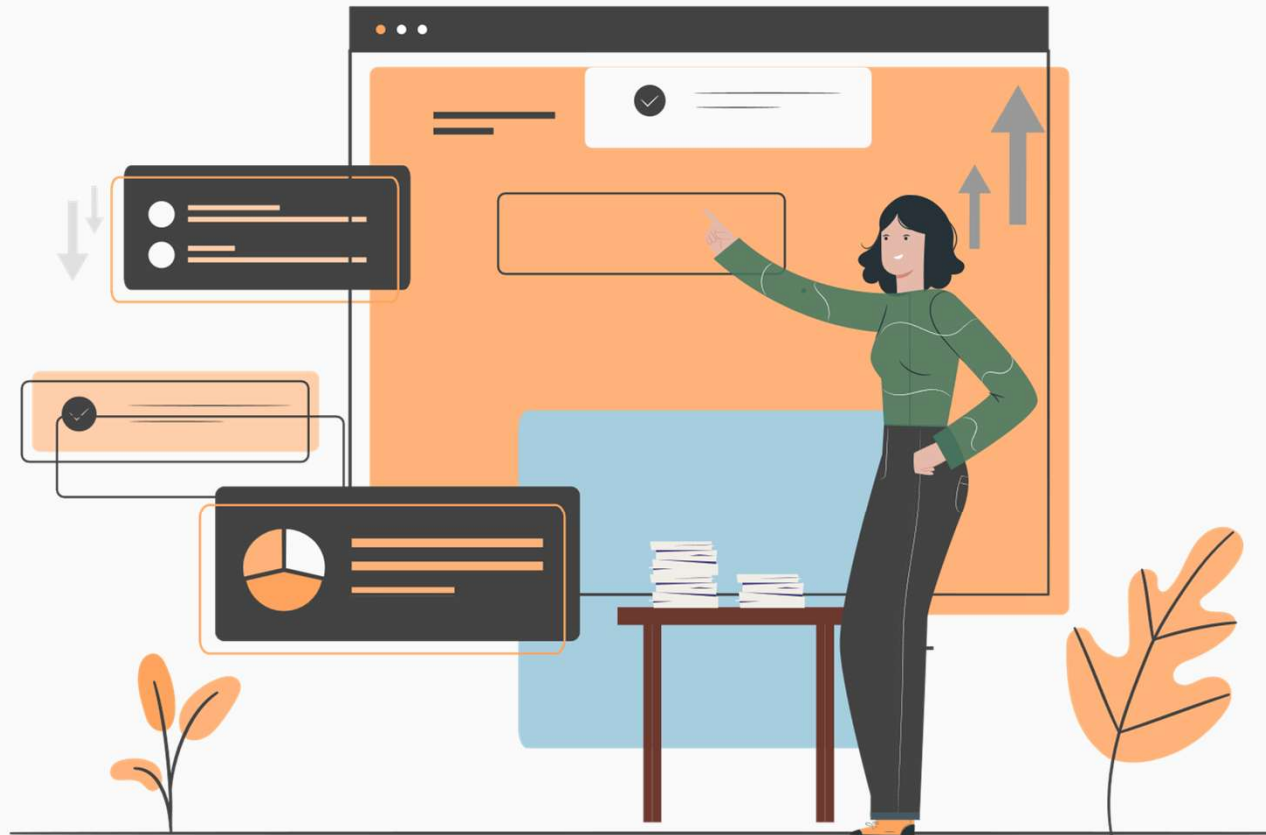
Nutrition

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

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 \[Special Sessions\]](#)



House vs. Senate

HOUSE

- 150 Members / Reps House members
- serve 2-year terms and represent a smaller number of constituents.
 - Thus, House members are able to remain more closely in tune to their constituents. This is why the state constitution requires that all bills increasing taxes/raising revenue for use by the state **originate** in the **House of Representatives**.
- **The House has 36 standing committees**

SENATE

- 31 Members / Senators Senators serve
- 4-year terms & represent a relatively larger number of constituents. **The Senate has 18 standing committees**

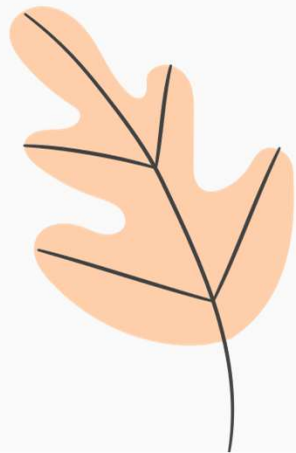
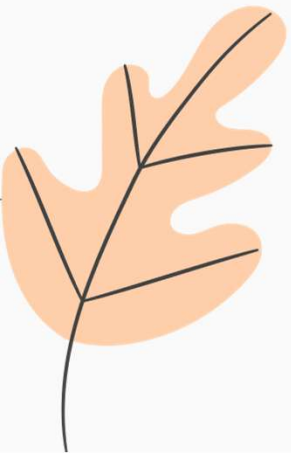


“AN INJUSTICE ANYWHERE IS A THREAT TO JUSTICE EVERYWHERE.” – MLK JR.

**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



HOW DOES A BILL MOVE THROUGH THE LEGE?



Thanks again, Rep. Wu

- 1) **Bill Number:** Bills receive receive bill numbers to identify the legislation throughout the process. The number will be assigned in the order of filing, with a few exceptions. It will read 'House Bill ##' or 'Senate Bill ##'. If the bill is changed in committee, the bill name changes to: '*Committee Substitute House Bill (CSHB) ##*' or '*Committee Substitute Senate Bill (CSSB) ##*'
- 2) **Line Numbers:** Each line of the bill is numbered. Amendments are referenced by page and line.
- 3) **Addition of new language:** Underscore is used when proposing to add new language to an existing statute. It will also be used in the case of new statute creation.
- 4) **Repeal of existing Language:** A ~~striketrough~~ is used when language is deleted from an existing statute.

Please refer to page 3 of hand-out

- [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.

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.

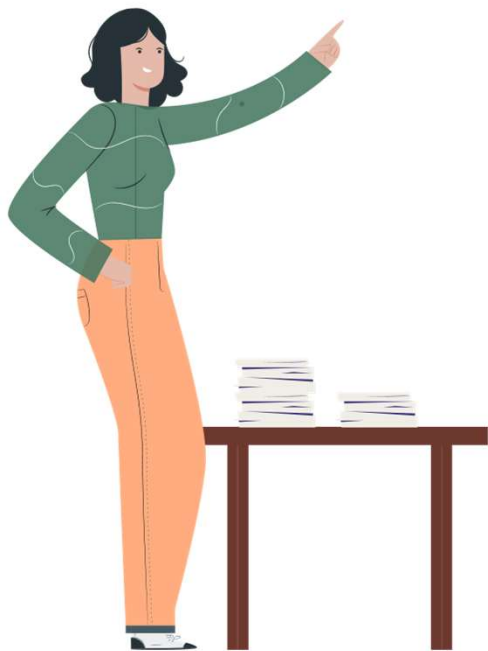
<https://statutes.capitol.texas.gov/>

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>



SHAC Spotlight:

Elkins High School PTO, Safety & Wellness Committee

In recognition of National Distracted Driving Awareness Month

Goal: Educate students on safe driving habits and responsible pedestrian behavior.

Guest Partners:

Missouri City Police Department- Community Outreach & Traffic Unit
Officer Paxton- “Drive Focused. Drive Smart. Get Home Safely Presentation.”

Student Involvement: Elkins Excel Club support and staffing the booth, Banner designed by Aamana Azeem, Kaitlyn Johns & Madison Null; Sachi Amin represented the club and engaged students.

Students signed banner pledging to “ Put Down the Phone While Driving; Keep Eyes on the Road; Use Crosswalks When Available; Stay Alert When Walking.

This event provided resources and practical guidance to support making safe choices while driving and walking and avoid distractions.

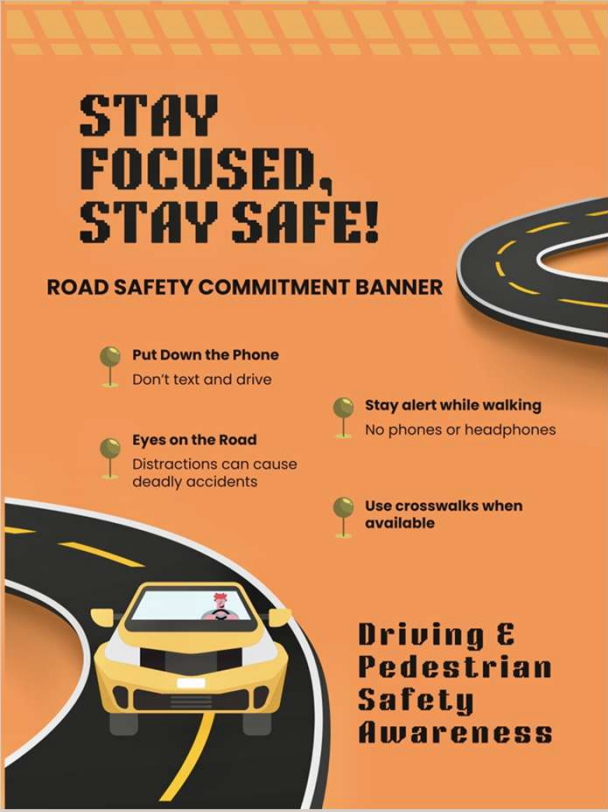


SHAC Spotlight:

Elkins High School PTO, Safety & Wellness Committee



Aamna Azeem, Kaitlyn Johns, and Madison Null — the three Excel Club members who created the banner.



Officer Paxton, Sachi Amin (Excel Club), and Ayesha Saleem at the event held during all lunch periods.



LEVEL UP! ➤

Special thanks to Ms. Ayesha Saleem for her safety, health and wellness leadership at Elkins HS.

Whole Child Health District Initiatives & Events 2025-26

APRIL 2026
Child Abuse Awareness Month
Autism Acceptance Month – World Autism Awareness Day – 4/2
National Fruit & Vegetable Day - April 3 rd
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





FBISD Violence Prevention Support Materials

Child Abuse Awareness Month

Per SB9, you may share announcements and facts with students regarding this topic.

**** If you are going to bring in an actual program:**

- The campus must ensure the program is on the approved list provided here: [Prevention Campus Toolkit](#).
- The campus has written parent consent for ALL students participating.
- If you have additional questions, please reach out directly to Lori Sartain, Director Behavioral Health & Wellness.

Autism Acceptance Month- April
World Autism Day- April 2, 2026



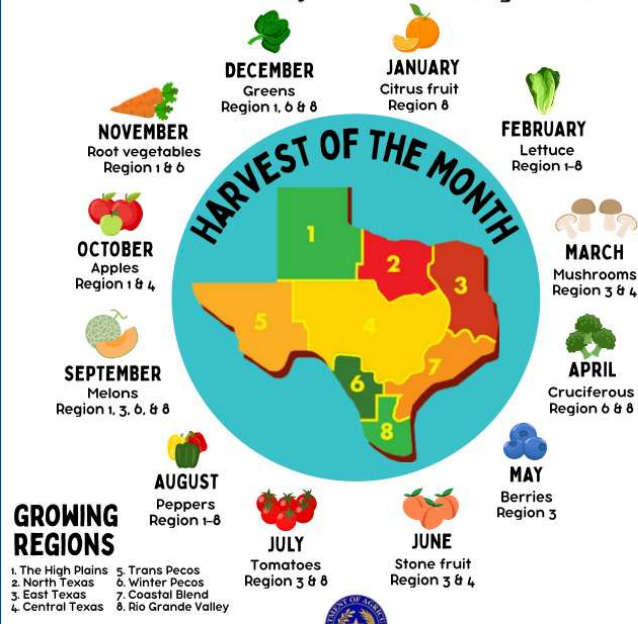
world autism month

APRIL 3rd

Fruit & Vegetable Day.

TEXAS FRUIT & VEGETABLE DAY

Dive in and explore a plate bursting with a rainbow of tasty fruits and vegetables!



- The first Friday in April is designated Texas Fruit and Vegetable Day in public schools. This designation will be used to promote awareness of the health benefits of fruits and vegetables and encourage students to consume more fruits and vegetables.

Mental Health Awareness Month



Mental Health Day- Wear Green 5/15





MAY 1 - 7

NATIONAL PE & Sport Week

#MoveInMay



SCHOOL LUNCH HERO DAY



National Bike to School Day 5/6

BIKE & ROLL
TO SCHOOL DAY

The first-ever national Bike & Roll to School Day took place on May 9, 2012, in coordination with the League of American Bicyclists' National Bike Month. Today, thousands of schools across America—from all 50 states, the District of Columbia, and Puerto Rico—participate every May to encourage children to safely walk, bike or roll to school. Join the movement!

Nurse Appreciation Week 5/6-5/12

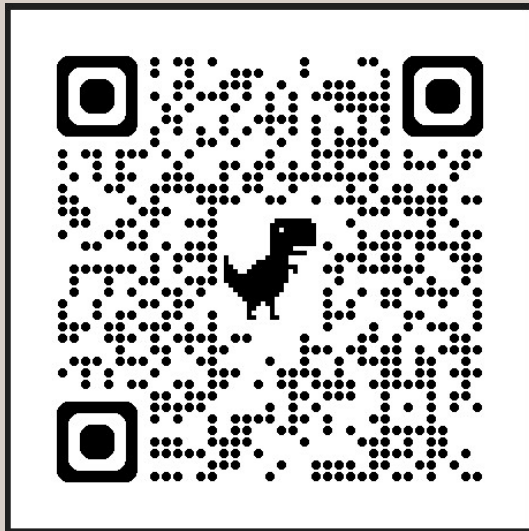
School Nurse Day 5/6

- Since 1972, National School Nurse Day has been set aside to recognize school nurses.
- National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting.
- School Nurse Day is celebrated on the Wednesday within National Nurses Week. National Nurses Week is May 6-12 each year.



Mental Health Therapist Day 5/12

FBISD Mental Health Therapists provide support to
all campuses in the district.



Thank our Mental Health
Therapists



DSWC 2026-2027 Application is Open

FBISD District Student Wellness
Coalition Application '26 - '27
Cohort



HIGH SCHOOL
Student Leadership
Opportunity



Application Opens:
March 30, 2026



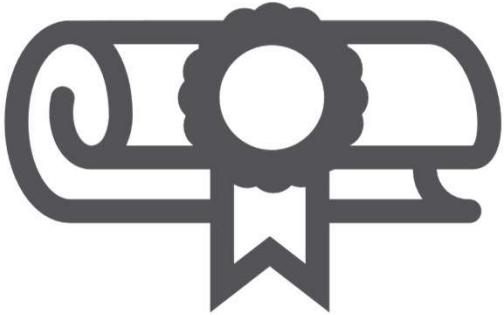
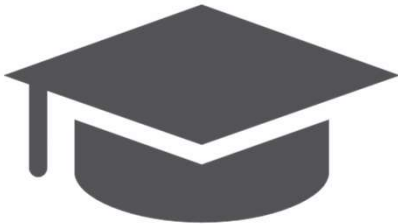
Deadline to apply
May 1, 2026

FBISD
INSPIRE • EQUIP • IMAGINE
SCHOOL HEALTH ADVISORY COUNCIL

Whole Child Health Initiative
FORT BEND ISD

contact: FBISDStudentWellnessCOALITION@fortbendisd.gov

Super Seniors



Announcements

Next SHAC Meeting: May 13, 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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