

FBISD



SHAC Annual Report

SCHOOL HEALTH ADVISORY COUNCIL
May 2026



Lead
THE PAC

WHAT WE DO

We are a state-mandated advisory group of parents, community members, and district employees working together to improve the health of all students and families through coordinated school health programs.



WELLNESS POLICY REVIEW

Review and address goals regarding nutrition education, nutrition promotion, marketing food and beverages to students, physical activity and recess requirements, and school-based activities like wellness committees, mental health resources, and training (3-year review).



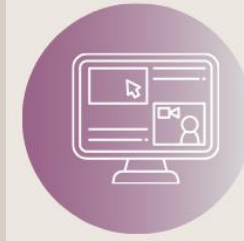
WELLNESS CHAMPIONS

Support campus wellness committees and the student coalition in providing a space for cross-campus collaboration, and creating a venue for students to elevate the most pressing wellness concerns.



VIRTUAL HEALTHY SCHOOLS

Support nutrition, physical education, physical activity, and Social Emotional Learning (SEL) with an online, interactive collection of resources.



PUBLIC FORUM

Host meetings throughout the school year to promote evidence-based wellness programs and to increase awareness of issues relevant to district students and families.

OUR TEAM

Executive Team

- Parent Chair: Nicole Juracek
- Vice-Chair: Derek Craig
- Secretary: Anthony Collins
- Membership: Whitney Moody
- Ex Officio Chair: Catalina Flores-Rau
- FBISD Coordinators: Lori Sartain, Kim Taylor, & Shannon Nash



District Subcommittee Leads

- Whole Child Health: Lori Sartain
- Campus Wellness Committees: Shannon Nash
- Nutrition: Susan Nayeri
- PE/Physical Activity: Kim Taylor
- Student Wellness Coalition: Shannon Nash
- Communications: Briana Garcia



OUR NUMBERS

41

members

7

community members

1

trustee rep

5

meetings

20

parents

14

district employees

40

student coalition members



2025-2026 SHAC MEETINGS



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 screen usage on student performance and brain health.

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

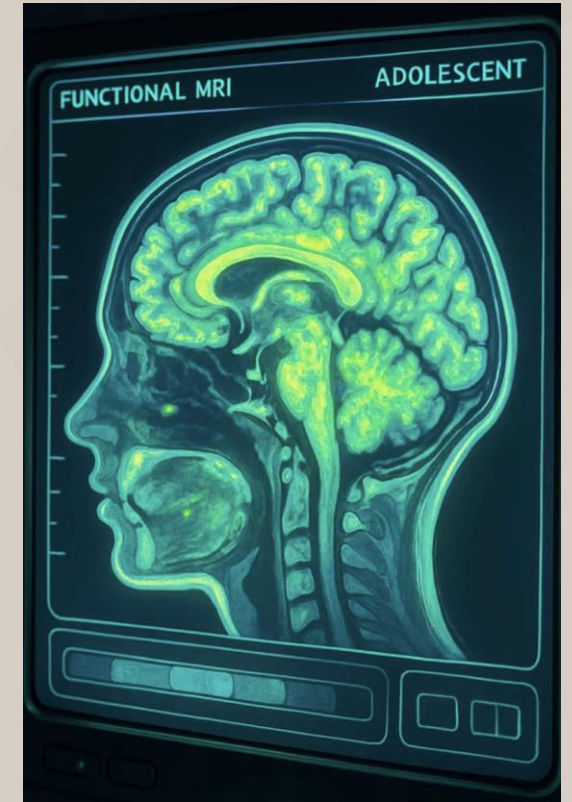
- Dr. Craig & Dr. Walker, UT Health
- Taylor Johns, United Against Human Trafficking

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.

Labor and Sexual Trafficking in our area and ways to educate, prevent, and empower.

OUR TAKEAWAY

- 2025-2026 has brought a lot of change
 - School closures
 - Dependency on screens
 - Affect sleep schedules
 - Increase in anxiety
 - Sedentary lifestyles
- Continue to make mental health a priority
 - Only four mental health therapists left for our 80,000 students
- Continue to support students in building healthy screen habits



2025-2026 STUDENT INITIATIVES

Think Tank - 2025-2026 STUDENT WELLNESS COALITION

- Coalition students identified health challenges and proposed innovative solutions.
- Winning proposals received \$2,500 in grant funding from United Healthcare
- Winners:
 - Austin High School \$500
 - Crawford, Clements, Hightower, Travis and Dulles received \$400 each

FBISD SHAC/Gulf Coast Blood Student Wellness Champion Scholarship

- Four \$2,000 scholarships
- Recognizing students pursuing life science or health-related fields

2026-2027 SHAC GOALS

1. Movement and Learning

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

2. Later High School Start Times

Study the feasibility of shifting high school start times to 8:30 a.m. 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.

3. Nutrition

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

Thank you!

- Questions?

