

School Health Advisory Council

September Meeting

9/2/2026

WELCOME TO SHAC

Share • Connect • Grow

WELCOME

Agenda



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@FBISD_SHAC



FBISD SHAC 2026-2027 September 2, 2026 Meeting Agenda

SHAC Welcomes!

- | | | |
|------|--|-------------------------------|
| I. | Welcome– Nicole Juracek, SHAC Chair | (Time: 12:00 - 12:10pm) |
| | A. Mindful Moment & Welcome | |
| | B. 2026/27 SHAC goals | 10 min |
| II. | Presentations | (Time: 12:10-12:50pm) |
| | A. Start with Hello | |
| | Emily Chapelle, Sandy Hook Promise | 20 min |
| | B. Bike and Scooter Safety | |
| | Alvin Gamez, Safe Kids Houston/Texas Children's | 20 min |
| III. | Administration | (Time: 12:50-1:05pm) |
| | A. Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| | B. Vote on Minutes from the May SHAC Meeting – Anthony Collins, SHAC Secretary | 5 min |
| | C. Past & Upcoming Events – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| IV. | SHAC Committees: Structure, Roles & Call to Action
Sub Committee Breakout | (Time: 1:05-1:25pm)
20 min |
| V. | Meeting Closure- Nicole Juracek, SHAC Chair | (Time: 1:30 pm) |

MAKE YOUR MARK

Nicole Juracek, SHAC Chair



WELCOME

Glad you're here

Thank you for giving your time to SHAC. Members, students, staff, and community partners are all in this room, and every one of you brings something the work needs.

WHO WE ARE

Parents, students, educators, and community partners advising FBISD on student health.

WHY WE'RE HERE

To strengthen student wellness through shared expertise and honest conversation.

WHAT'S AHEAD

Introductions, our goals for the year, and breakout groups to get the work started.

"Start where you are. Use what you have. Do what you can." — Arthur Ashe



What do you want from today?

Pause for one breath. Choose the intention that would make this session valuable for you.

LEARN

- A new idea
- A useful resource
- A different perspective

CONNECT

- A new relationship
- A shared challenge
- A future collaborator

CONTRIBUTE

- An experience
- A question
- A solution worth sharing

"Tell me, what is it you plan to do with your one wild and precious life?"
— Mary Oliver



MY GOALS

What I want SHAC to be

Most people in this room already work in health and wellness, and our students bring that same interest. Our time together should build on that expertise, not repeat it. This is a working space where good ideas become visible, relationships become stronger, and the work moves forward.

SHARE

Highlight the great health and wellness work already happening across FBISD.

CONNECT

Bring together people, programs, and ideas that can help one another.

AMPLIFY

Help strong work travel farther by giving it a place to be seen and shared.

"If you have knowledge, let others light their candles in it." — Margaret Fuller



Useful in the room. Useful after the meeting.

Every session should leave you with something practical you can use, share, or act on.

TAKEAWAYS

Clear ideas you can bring back to your campus, department, or community.

CONNECTIONS

People to contact when you need expertise, partnership, or support.

NEXT STEPS

A clear understanding of what happens next and where you can contribute.

"The greatness of a community is most accurately measured by the compassionate actions of its members."
— Coretta Scott King



OUR FOCUS

2026–2027 SHAC goals

Three areas identified in SHAC planning conversations.

ACTION-BASED LEARNING

Explore and showcase movement-based learning opportunities across FBISD.

CAMPUS GARDENS

Share campus garden work and identify ways to strengthen participation and visibility.

SCHOOL START TIMES

Support informed discussion of start times and student wellness.

“Start where you are. Use what you have. Do what you can.” — Arthur Ashe



SHARE THE MOTHER OF THOUSANDS PLANT

Every leaf grows new plants you can pass along.



WHO WILL YOU SHARE IT WITH?

Keep the connection growing.



Speaker Norms

- 2-3 Questions per speaker
- Questions should be related to the speaker's topic
- Share related thoughts & questions on the SHAC Shout Out cards or follow-up after the meeting

WELLNESS PROGRAM SHOUT OUT




INSPIRE • EQUIP • IMAGINE
SCHOOL HEALTH ADVISORY COUNCIL

FOCUS FOR SHAC




INSPIRE • EQUIP • IMAGINE
SCHOOL HEALTH ADVISORY COUNCIL



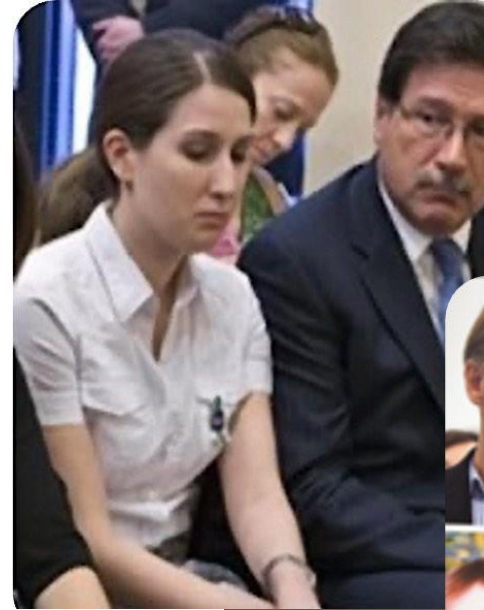


Presenter: Emily Chapelle
Partner Success



Who we are

Sandy Hook Promise is a nonpartisan, nonprofit organization led by several family members whose loved ones were killed at the Sandy Hook Elementary School shooting on December 14, 2012.



Our mission is to educate and empower youth and adults to prevent violence in schools, homes, and communities.



Our Impact

50M

More than 50 million have participated in *Know the Signs* programs.

5k

More than 5,000 SAVE Promise Clubs nationwide in elementary, middle, and high schools.

400k

,000+ anonymous tips received from students and adults.

5k

More than 5,000 students helped during mental health crisis interventions.

1000

At least 1000 youth saved from suicide.

19

At least 19 credible planned school shooting attacks prevented.

Start with Hello Week

September 21st – 25th, 2026



Scan the QR Code to
register for
Start With Hello Week



The graphic features a person's back with three circular stickers: a red one saying 'SEE SOMEONE ALONE', a blue one saying 'REACH OUT + HELP', and a green one with the 'START with Hello' logo. To the right is a large green circle with the 'START with Hello' logo. Below this is a white section with the title 'Start With Hello Week' and five activity cards.

Start With Hello Week

Meet-N-Greet Monday

Meet someone new and use your own personalized "Hello Style" to encourage connection and discussions.

- Host a Call-to-Action Week [Pep Rally](#).
- Connect with others using these [Conversation Starters](#).

Trusted Adult Thursday

Give gratitude and thank a Trusted Adult in the community.

- Invite Trusted Adults in your community to attend a [Trusted Adult Mixer](#).
- Hang up these [Trusted Adult Door Signs](#) to learn a bit more about adults in your community.

Upstander Tuesday

Recognize Upstanders who are thoughtful and take action to build a safer, more supportive community.

- Reflect on your [Upstander](#) qualities and how you support others.
- Use the [Weather Check](#) to check in with yourself and others.

Know Your Classmates Friday

Celebrate Know Your Classmates Day by encouraging students to better know their classmates.

- Get to know each other through this [BINGO card](#).
- Develop new connections by sharing about yourself with this zine [lesson plan](#).

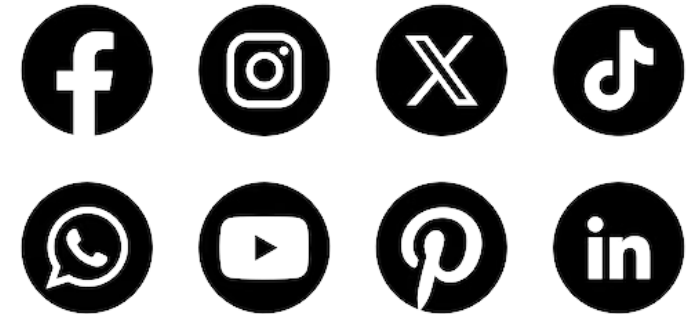
Wear Green Wednesday

GREEN OUT! Wear green today as a symbol of unity and solidarity with Sandy Hook Promise.

- Create a list of [Community Agreements](#) to build a safe and respectful classroom community.
- Make the Start With Hello [pledge](#).



Shout it from the rooftops!



#SandyHookPromise
#StartWithHello
#StartWithHelloWeek

SMALL ACTIONS

- ✓ Smile
- ✓ Wave
- ✓ Like a social media post
- ✓ Welcome someone
- ✓ Acknowledge how someone likes to be addressed



BIG ACTIONS

- ✓ Give a compliment
- ✓ Introduce yourself and start a conversation
- ✓ Ask a question to learn about someone
- ✓ Help someone

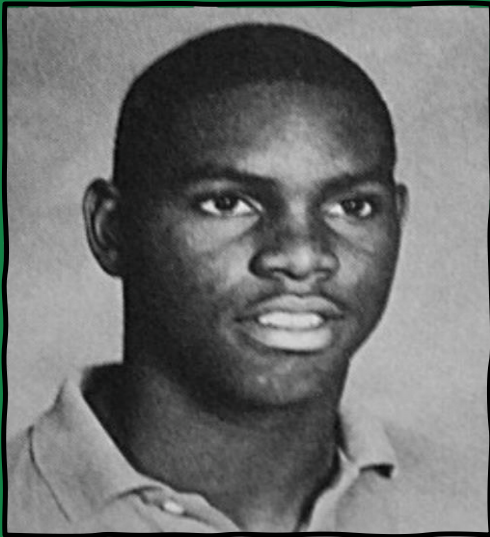


GIANT ACTIONS

- ✓ Invite someone to join you and your friends
- ✓ Share something
- ✓ Ask for help
- ✓ Organize a diversity celebration
- ✓ Join a club



Alex Orange and SAVE (Students Against Violence Everywhere)



"It's not about how long you live but what you do with the time you have, and Alex made every moment count." --Dawne Orange, Alex's Mom

SAVE PROMISE CLUBS

- Educate youth on how they can prevent violence
- Empower youth to be leaders of change
- Encourage youth to be upstanders
- Engage youth in violence prevention activities





SAVE Promise Clubs are:

- ✚ Youth-led organizations that encourage young people to increase school safety and prevent violence.
- ✚ A powerful approach to keep schools and communities safe.
- ✚ A stand-alone club or embedded into an existing club, such as a student leadership, civic, or kindness club.

To learn more, go to sandyhookpromise.org and search for **SAVE Promise Clubs**.



September

Start With Hello Week

October

National Safe Schools Week
National SAVE Day

National SAVE Day

December

14 Days of Action Challenge

March

Say Something Week

April

National SAVE Promise Club
Youth Summit

Youth Summit

National Youth Violence
Prevention Week

June

National Gun Violence
Awareness Month

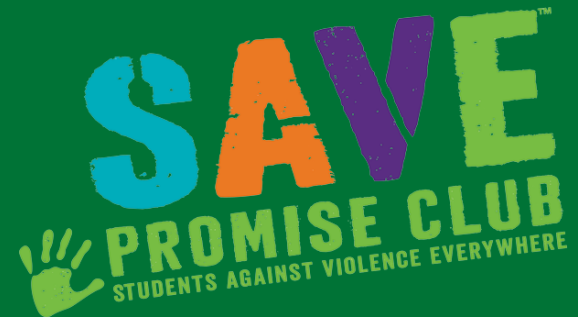
Awareness Month

National Gun Violence
Awareness Day

Awareness Day

Action for a Whole Year of Impact!

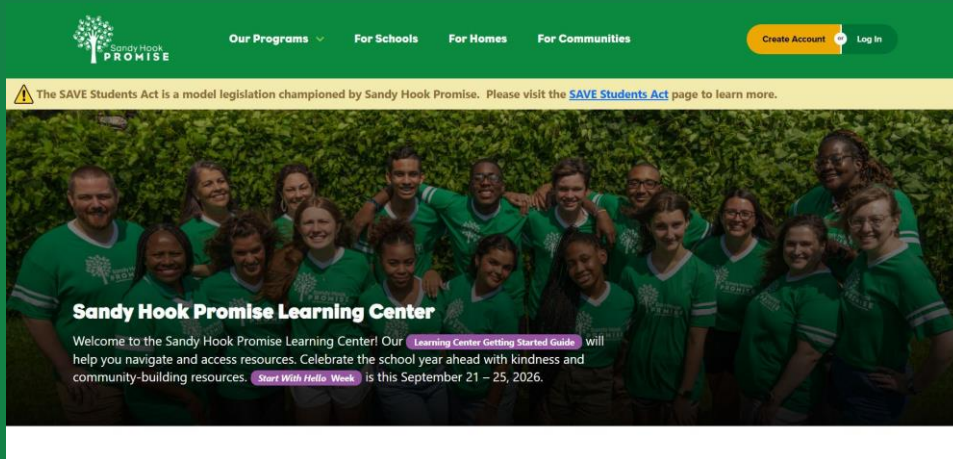






National Youth Empowerment Board
~Apply Spring 2027~

Sandy Hook Promise Digital Learning Center



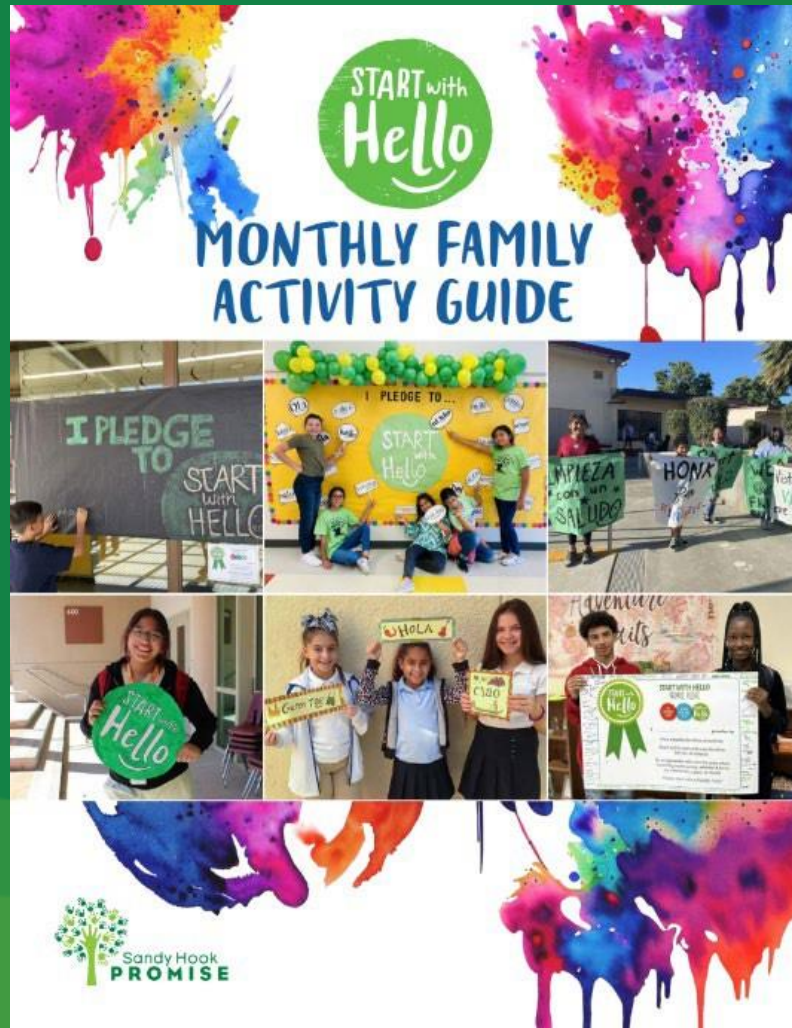
The Sandy Hook Promise Learning Center is a free online learning management system (LMS) for our award-winning *Start with Hello* and *Say Something* Programs. On the LMS you will have access to the following:

- Full training videos
- Violence prevention and anti-bullying curriculum
- Interactive lesson plans and learning tools
- Resources for educators, students and community



[Welcome | Sandy Hook Promise Learning Center](#)

Monthly Family Activity Guide



September

Start With Hello Month

Develop Unique Hello Styles

Students learning about the *Start With Hello* program will be introduced to developing their unique "Hello Styles" and different actions they can use to greet someone. This is a great activity to take outside of the classroom and into your family's environment.

Begin by facilitating a conversation with your children about the importance of reaching out and starting with hello with someone who may be socially isolated.

Some discussion questions include:

- Have you ever felt alone or wished that someone would include you in an activity? If so, how did that make you feel?
- What words can you use to reach out to someone new?
- What actions can you take to make someone feel welcomed?

Then, come together to create your own special handshake by incorporating these words and actions. This is a great activity for young people and adults of all ages! Get the whole family involved by creating a little friendly competition to see who can come up with the most creative handshake. Encourage your children to try out this new Hello Style at school!

Check out these fun [hello styles](#) for some inspiration!

SEPTEMBER

Adult Volunteer Program

Promise Leader volunteers work proactively to prevent gun violence.



Build Awareness



Program Promotion



Advocate



Fundraise

Call to Action!





Thank you!



SandyHookPromise



SandyHookPromise



SandyHookPromiseOrg



SandyHook

SandyHookPromise.org

BICYCLE & PEDESTRIAN SAFETY PROGRAMS

Alvin Gamez, MBA, CPST
Health Education Specialist
aggamez1@texaschildrens.org
832-824-3489

CENTER FOR CHILDHOOD INJURY PREVENTION



CENTER FOR CHILDHOOD INJURY PREVENTION

Traumatic injury is the leading cause of injury and death for children nationally and in greater Houston

MISSION: To address major areas of pediatric injury through strategic programming, education and providing lifesaving resources

CENTER FOR CHILDHOOD INJURY PREVENTION



CENTER FOR CHILDHOOD INJURY PREVENTION



BICYCLE SAFETY

- School based education focused on bike safety and helmet education
- Modeling correct helmet wearing
- Assembly or In-Class Style Presentations
- Bilingual educational materials for children and adults
- Educated 7,840 children in 2023/ Goal: 15,000



MICROMOBILITY CHALLENGES (E-BIKES | E-SCOOTERS)

- Rapid increase in e-bike and e-scooter injuries.
- Inconsistent injury coding.
- Limited legislation or inconsistent enforcement.
- Need for standardized education and prevention programs.



DEPARTMENT NAME

CAN I RIDE IT ON THE ROAD IN TEXAS?

Texas Electric Vehicle Road Use Guide

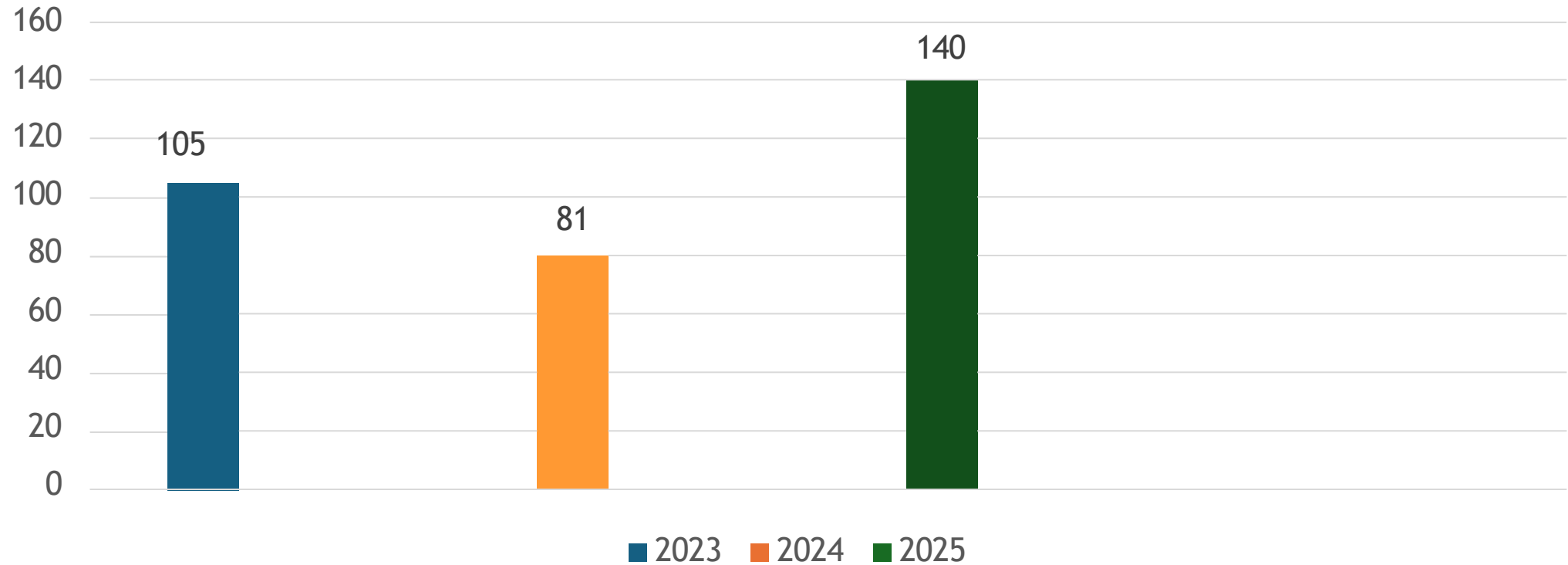


VEHICLE	PEDALS	LICENSE	REGISTRATION	WHERE YOU CAN RIDE
 E-Bike (Class 1–3) ✓ Pedals required ✗ No license required ✗ No registration required ⚠ Class 3 riders must be 15+ (Texas law – see note below)	✓ Yes	✗ No	✗ No	• Roads • Bike lanes • Trails • Sidewalks* *unless city ordinances restrict them
⚠ State law requires operators of a Class 3 e-bike to be at least 15 years old.				
 Stand-Up Electric Scooter	✗ No	✗ No	✗ No	• Roads ≤35 mph* • Bike lanes • Sidewalks* (unless city restricts)
 Moped / Motor Scooter	✗ No	✓ Class M (Motorcycle license)	✓ Yes	• Public roads only
 Electric Motorcycle	✗ No	✓ Class M (Motorcycle license)	✓ Yes	• Public roads only
 Electric Dirt Bike / Pit Bike	✗ No	✗ Not street legal	✗ Not street legal	⛔ Off-road only (Private property)
Simple Rules to Remember ✓ Has working pedals = E-BIKE ✗ No pedals = NOT an e-bike ⚠ Class 3 e-bike riders must be at least 15 years old (Texas law) - No license & no registration required - License & registration required - Not street legal / Off-road only 				

* Please check with your local precinct or county ordinances for accurate by-laws to follow in your community

DEPARTMENT NAME

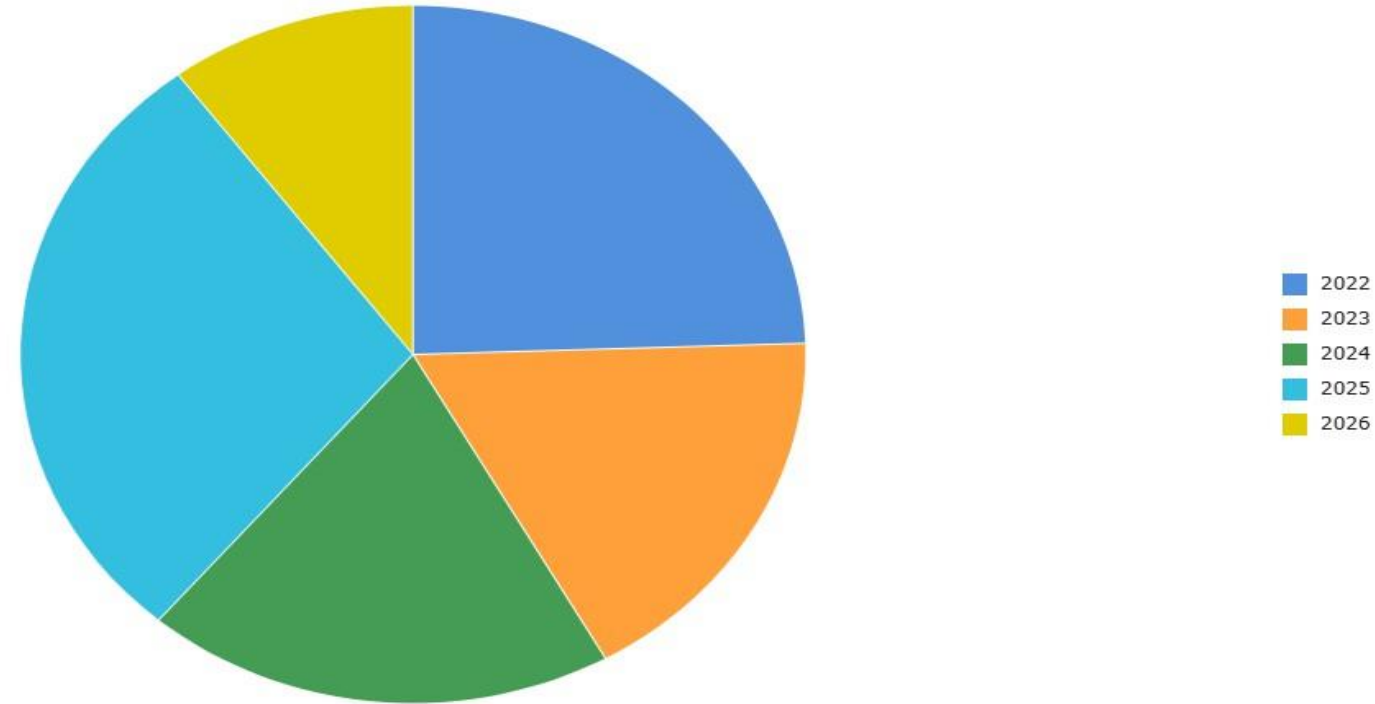
TCH Pediatric Bicycle Injuries 2023-2025



DEPARTMENT NAME

TXDOT CRIS DATA – Fort Bend | Richmond, TX

Units by Crash Year



- Crash Data: Years 2022 – 2026
- County: Fort Bend
- City: Richmond
- Filters:
 - Intersection Related Crashes
 - Distracted Driving Crashes

Results can be viewed when:

- Date and Time has been specified ✓
- Crash Location has been specified ✓
- Match Count is between 1 and 50,000 Units ✓

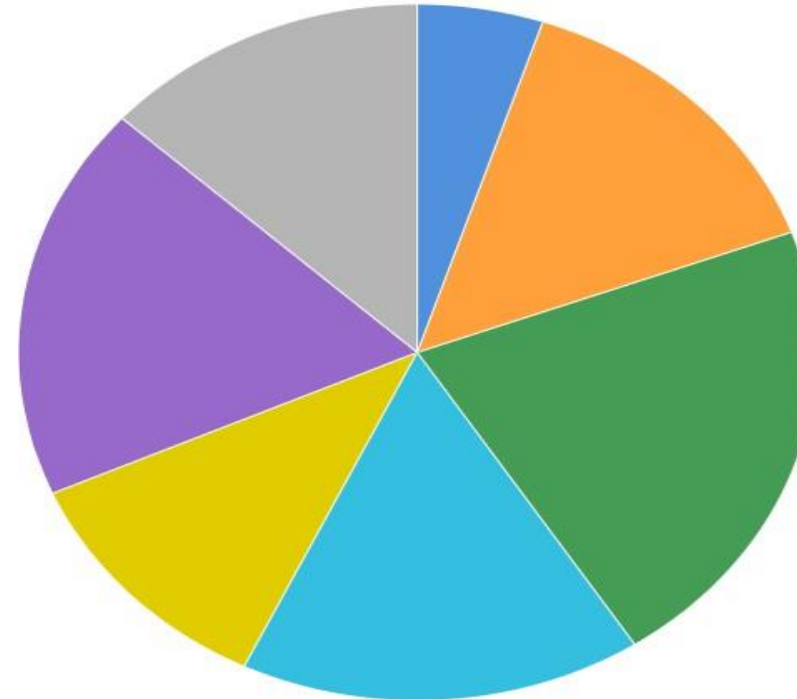
98 Units

From 94 Crashes Match your Query

DEPARTMENT NAME

TXDOT CRIS DATA – Fort Bend | Richmond, TX

Units by Day of Week



- Crash Data: Years 2022 – 2026
- County: Fort Bend
- City: Richmond
- Filters:
 - Intersection Related Crashes
 - Distracted Driving Crashes

Results can be viewed when:

- Date and Time has been specified ✓
- Crash Location has been specified ✓
- Match Count is between 1 and 50,000 Units ✓

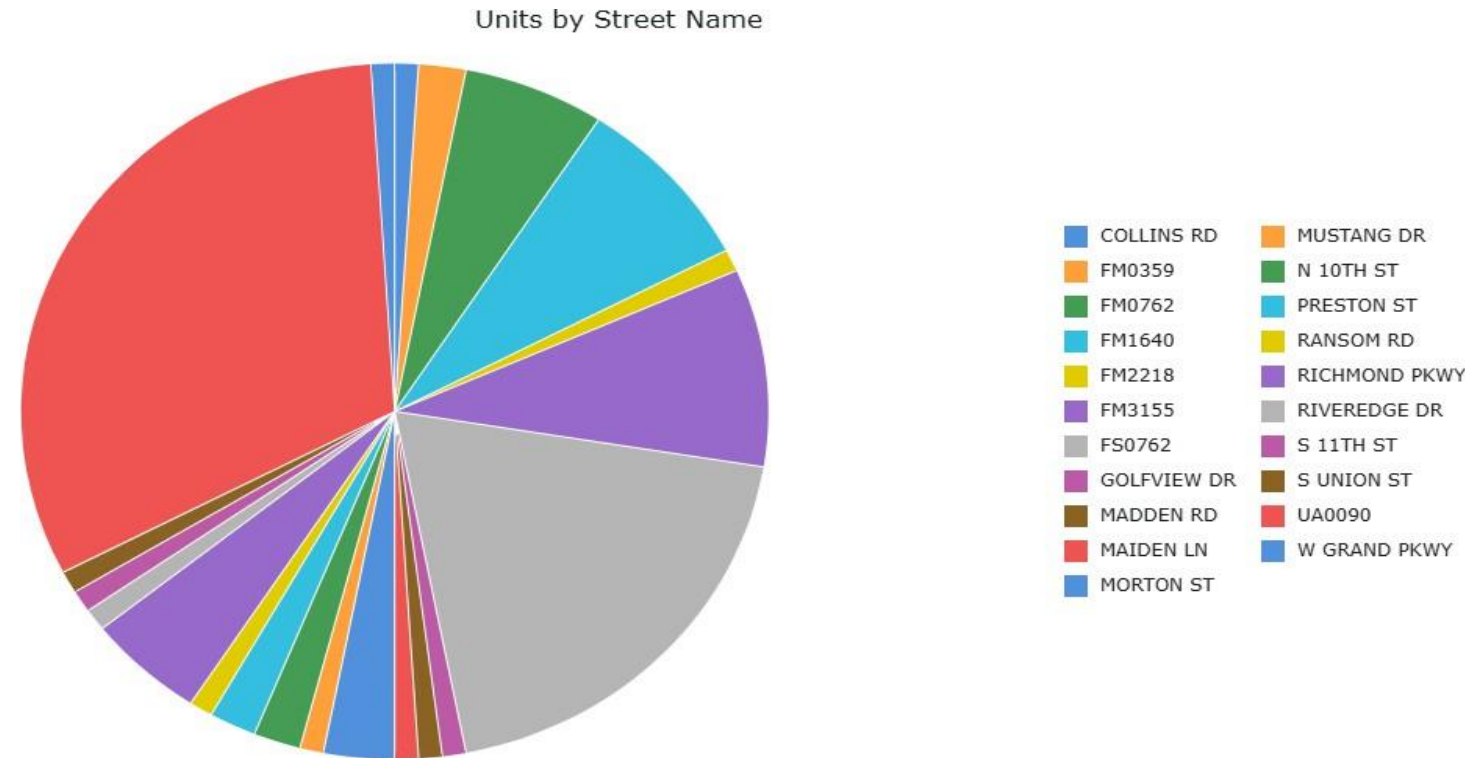
98 Units

From 94 Crashes Match your Query

DEPARTMENT NAME

TXDOT CRIS DATA – Fort Bend | Richmond, TX

- Crash Data: Years 2022 – 2026
- County: Fort Bend
- City: Richmond
- Filters:
 - Intersection Related Crashes
 - Distracted Driving Crashes



Results can be viewed when:

- Date and Time has been specified ✓
- Crash Location has been specified ✓
- Match Count is between 1 and 50,000 Units ✓

98 Units

From 94 Crashes Match your Query

DEPARTMENT NAME

PEDESTRIAN SAFETY

- Teaching children safe pedestrian behaviors even in the absence of safe infrastructure (crosswalks, sidewalks, etc.) and specific to their environment
- School based education focused on awareness / visibility (Be Safe, Be Seen)
- Interactive PE assemblies
- Joint focus on October for pedestrian safety month:
 - Halloween Safety: Pedestrian Safety toolkits & Reflectivity



TEXAS ESSENTIAL KNOWLEDGE & SKILLS

Physical Education 116.A (11)

- (11) Health, physical activity, and fitness--environmental awareness and safety practices. The physically literate student demonstrates competency in environmental awareness and understands safety practices. The student is expected to:
- (A) select proper attire and safety equipment that promote safe participation and prevent injury in a variety of physical activities; and
 - (B) exhibit correct safety precautions, including pedestrian, water, sun, cycling, skating, and scooter safety.

TEXAS ESSENTIAL KNOWLEDGE & SKILLS

Health Education 115.A (3)

competencies:

- (3) In Kindergarten-Grade 3, students gain an understanding of health information and skills through five strands: physical health and hygiene; mental health and wellness; healthy eating and physical activity; injury and violence prevention and safety; and alcohol, tobacco, and other drugs.
 - (A) Physical health and hygiene education helps to prepare students for improved lifelong health outcomes. Learning about body systems lays the foundation for personal health and hygiene. Health literacy and preventative behaviors empower students to make informed choices to support self, family, and community.

BILINGUAL EDUCATIONAL MATERIALS



PEDESTRIAN SAFETY

Everything you need to know to keep your kids safe while walking.



Unintentional pedestrian injuries are the fifth leading cause of injury-related death in the United States for children ages 5 to 19. Whether your kids are walking to school, the park or a friend's house, here are a few simple tips to make sure they get there safely.

Teach Kids the Basics

- When possible, walk on sidewalks or paths and cross the street at the corner, using traffic signals and crosswalks. Most injuries happen mid-block or someplace other than intersections. If there are no sidewalks, walk facing traffic and as far away from vehicles as possible.
- Kids should look left, right and left again before crossing the street.
- Teach children not to run out into the street or cross between parked cars. They should make eye contact with drivers before crossing and watch out for cars that are backing up or turning.
- Children under 10 should cross the street with an adult. Each child is different, but it can be hard for kids to judge speed and distance of cars until age 10.
- If you walk when it is dark, make sure to be seen. Wear reflective colored clothing so drivers can see you.



Take Action Against Distraction

- Teach kids to look up and pay attention when using their cell phones or other electronic devices. They should put these down when crossing the street. This is especially important with teenagers.
- If your kids need to use a cell phone, teach them to stop walking and find a safe place to talk.
- If your child uses headphones, they should pull them down or turn down the volume before crossing the street.



Drive with Extra Care

- Be alert in school zones and residential neighborhoods. Be on the lookout for bikers, walkers and runners who may be distracted or may step into the street unexpectedly.
- When driving, put cell phones and other distractions in the backseat or out of sight until you arrive at your final destination.



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BICYCLE SAFETY

Everything you need to know to keep your kids from bicycle injuries.



In emergency rooms, more children aged 5 to 14 are treated for bicycle-related injuries than for any other sport.

Safety Tips

- Always wear a helmet!
- One rider per seat
- Never ride at night
- Wear bright colors when riding
- Have a white light on the front and reflectors or red lights on the back.

Helmets are cool!

- Let a child participate in picking out their helmet. A child is more likely to wear their helmet if they like the design and it is comfortable.
- Parents need to be good role models and always wear a helmet too.
- In Houston, the law requires children younger than 18 years old to wear a helmet.

Helmet sits flat across forehead



Wrong! Helmet should not be tilted back from forehead






Does your helmet fit properly?

- Eyes:** Put the helmet on your head. Look up. You should see the bottom rim of the helmet.
- Ears:** Make sure the straps form a "V" under your ears when buckled. The straps should be a little tight but comfortable.
- Mouth:** Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Bicycle Traffic Rules

- Ride near the curb.
- Ride in the same direction as other traffic.
- Obey all traffic signs and signals.
- Use hand signals for turns and stops.

Before you start pedaling, remember to:

- Ride a bike that is the right size for you—not too big or too small.
- Check if the brakes work.
- Make sure the tires have enough air.
- Don't start pedaling until everyone has their helmet on.



Helmets can reduce the risk of serious brain injuries by 88%; Even so, only 45% of children 14 years of age or younger wear a helmet to ride a bicycle

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DEPARTMENT NAME



Texas Children's®

COMMENTS/QUESTIONS?

Brain Break: Rainstorm

- Provides a neurological reset by combining:
 - Physical Movement
 - Rhythmic Synchronization
 - Sensory Grounding



Meeting Minutes



Anthony Collins, SHAC Secretary

Whole Child Health (WCH) Initiatives

September

- Childhood Cancer Awareness Month: “Be Bold, Turn It Gold”
- Turn It Gold Week 9/21-9/24
- FBISD Turn It Gold Day, Thursday, 9/24
- Suicide Prevention Week 9/13-9/19
- Start with Hello 9/21-9/25



Whole Child Health (WCH) Initiatives

October

- Fentanyl Awareness Month- State Mandates & Campus Lesson
- Farm Fresh Month
- Walk to School Day 10/7
- Pink Week – Breast Cancer Awareness 10/19-10/23
- Pink Out Day 10/23
- National Bullying Prevention Month & Unity Day 10/21
- Red Ribbon Week 10/23-10/31
- National School Lunch Week (NSLW) 10/19-10-23



District Student Wellness COALITION Update

- Welcome 26-27 District Student Wellness COALITION Ambassadors
- Current Members: 43
- 100% of our campuses have representation.
- Working to fill last few spots with Campus Coordinators of Student Leadership.





SHAC Committees:

- Structure, Roles & Call to Action
- Subcommittee Breakout

BREAKOUT GROUPS

Choose your subcommittee

Pick the group you want to work with, then join that group for the breakout.

**PHYSICAL ACTIVITY
AND FITNESS**

**LEGISLATIVE
ADVOCACY**

**NUTRITION
ADVOCACY**

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” — Margaret Mead



Next SHAC Meeting: October 7, 2026

WHOLE SCHOOL, **WHOLE COMMUNITY**, WHOLE CHILD



12:00 pm -1:30 pm

Fort Bend ISD

Administration Building: Board Room

MAKE YOUR MARK

Nicole Juracek, SHAC Chair

