

FBISD SHAC Meeting Minutes

September 02, 2026

I. Welcome– Nicole Juracek, SHAC Chair

EVERYBODY. I WANT TO CALL THIS MEETING TO ORDER. IT'S 1202. I WANT TO WELCOME YOU TO ANOTHER YEAR AT SHACK. MY NAME IS NICOLE JURACEK, AND I WILL BE THE CHAIR FOR THIS YEAR. SO, I'M EXCITED TO HAVE YOU GUYS ALL HERE. I FOUND MY WAY TO SHACK. MY FIRST POSITION AS A PTO MEMBER I WAS A STUDENT HEALTH COORDINATOR, AND I WAS TOLD ONE OF MY JOBS WAS TO COME TO THE SHACK MEETINGS. AND SO, I WAS REALLY EXCITED WHEN I CAME TO THE FIRST SHACK MEETING TO LEARN. IT KIND OF ENCOMPASSES EVERYTHING I LIKE. IT'S ABOUT BEING ACTIVE BECAUSE KIDS ARE HAPPIER WHEN YOU GET TO MOVE AROUND MORE. IT'S ABOUT EATING WELL BECAUSE WE ALL FEEL BETTER WHEN WE FUEL OUR BODIES. AND IT'S ABOUT MENTAL HEALTH BECAUSE IT'S ALL EVERYTHING'S BETTER WHEN WE TAKE CARE OF EACH OTHER AND OURSELVES. SO, I'M HAPPY TO HAVE ALL OF YOU HERE. RIGHT NOW.

I WANT TO TAKE A MINDFUL MOMENT TO THINK ABOUT YOURSELF AND THINK ABOUT WHY YOU CAME HERE TODAY. MAYBE YOU WANT TO LEARN SOMETHING, A NEW IDEA OR A RESOURCE. CONNECT WITH SOMEONE EITHER FOR SOMETHING THAT YOU'RE WORKING ON OR JUST A NEW RELATIONSHIP, OR CONTRIBUTE AN EXPERIENCE, A SOLUTION WORTH SHARING. SO, I WANT YOU TO JUST TAKE LIKE 30 Seconds TO THINK ABOUT WHY YOU'RE HERE, AND THEN PLEASE SHARE IT WITH THE PERSON NEXT TO YOU JUST VERY QUICKLY. THANK YOU ALL FOR CONTRIBUTING, AND I HOPE YOU GUYS ALL FIGURED OUT YOUR PURPOSE FOR BEING HERE. EVERYONE WAS SHARING SOMETHING, THANK YOU SO MUCH.

MRS. JURACEK, SPEAKING TO STUDENT SHAC MEMBERS: MY GOALS FOR THIS YEAR IS TO KNOW WHY EVERYBODY'S COMING HERE BECAUSE YOU ALREADY KNOW ABOUT

HEALTH AND WELLNESS. YOU'RE COMING HERE BECAUSE YOU ALREADY HAVE AN INTEREST IN HEALTH AND WELLNESS. SO MY GOAL ISN'T TO TELL YOU THE BASICS. MY GOAL IS TO HELP YOU ACCELERATE WHATEVER YOU'RE INTERESTED IN. SO IF YOU WANT TO LEARN A NEW IDEA, FIND SOMEONE TO CONNECT WITH OR AMPLIFY WHAT YOU'RE DOING. THAT'S WHAT SHAQ IS HERE FOR. WE'RE HERE TO MAKE CONNECTIONS AND ANYTHING THAT YOU'RE WORKING ON IN YOUR SCHOOL DISTRICT OR THE DISTRICT IS PROBABLY GOING TO HELP ANOTHER PART OF THE SCHOOL. SO YOU GUYS ARE HERE TOGETHER TO LEARN ABOUT THINGS, BRING IT TO YOUR SCHOOL AND HELP OTHER PEOPLE WITH SUCCESSFUL THINGS THAT YOU'VE BROUGHT TO YOUR SCHOOL.

I KNOW THIS EVERY MEETING. I WANT TO MAKE IT WORTH THE DRIVE FOR YOU GUYS TO COME HERE. YOU GUYS ARE COMING HERE IN THE MIDDLE OF LUNCH, OR YOU'RE MISSING PART OF YOUR SCHOOL TO BE HERE. SO AGAIN, MY GOAL IS FOR YOU GUYS TO HAVE TAKEAWAYS AND CONNECTIONS. IF YOU'RE WORKING ON SOMETHING AND A GOAL TOWARDS HEALTH AND WELLNESS, EVERYBODY UP HERE AND A LOT OF PEOPLE IN THE FRONT ROW CAN GIVE YOU CONNECTIONS TO HELP YOU WORK TOWARDS THAT GOAL. WE HAVE A LOT OF MEMBERS HERE WHO ARE EXPERTS IN THEIR OWN RIGHT. THEY'VE BEEN HERE WORKING ON SCHOLARSHIPS, NUTRIENTION, FITNESS FOR MANY YEARS. IF YOU DON'T KNOW THEM, I OR ONE OF THE MEMEBERS WILL INTRODUCE THEM TO YOU.

FOR 2026 AND 27, WE IDENTIFIED THREE GOALS FOR THE SHAC:

1. THE FIRST ONE IS ACTION BASED LEARNING. WE HAVE A PILOT PROGRAM IN ELEMENTARY SCHOOLS THAT ARE USING ACTION BASED LEARNING TO SEE HOW THIS BENEFITS THE CAMPUSES, PROVE HOW IT INCREASES THEIR LEARNING, AND HOPEFULLY WILL EVENTUALLY EXPAND TO MORE SCHOOLS.
2. OUR SECOND GOAL IS TO INCREASE CAMPUS GARDENS. THE GARDEN CAN BE A LOT OF THINGS. IT CAN BE A PLACE TO GROW FOOD. IT CAN BE A SCIENCE LAB TO SHOW THE MIGRATION OF MONARCHS. IT CAN ALSO BE A MENTAL HEALTH SPACE WHERE YOU CAN GO AND TAKE A BREAK AND ENJOY SOME BEAUTY.
3. SCHOOL START TIMES IS OUR THIRD OBJECTIVE. LATER SCHOOL START TIMES HELP TEENS GET THE SLEEP THAT THEY BIOLOGICALLY NEED. MORE SLEEP WILL LEAD A BETTER MOOD. I WOULD ARGUE FOR EVERYBODY, NOT JUST TEENS. SHARPER FOCUS, IMPROVED ATTENDANCE AND LOWER RATES OF DEPRESSION AND ANXIETY. WELL RESTED TEENS ARE ALSO SHOWN TO MAKE BETTER DECISIONS AND HAVE LESS CAR ACCIDENTS.

SO, ONE THING I'D LIKE TO SHARE WITH YOU THAT YOU CAN PICK UP AFTER THE MEETING IS I BROUGHT FROM MY GARDEN. THIS IS CALLED A MOTHER OF THOUSANDS PLANT. YOU CAN SEE ON SOME OF THEM; EVERY LEAF GROWS THESE LITTLE PLANTS THAT GO AND BECOME ANOTHER PLANT. SO, I THOUGHT THIS WAS A GOOD REMINDER ABOUT HOW SHAC WORKS. ONE HEALTHY PRACTICE IS SHARED WITH SOMEONE ELSE, AND BEFORE LONG IT MULTIPLIES INTO SOMETHING BIG. SO, I HAVE SOME THERE. FEEL FREE TO TAKE ONE. WARNING THEY MAKE A LOT OF PLANTS, THE MOTHER OF THOUSANDS DOES ITS JOB REALLY WELL. SO, USUALLY A POTTED PLANT IS THE BEST PLACE TO HAVE IT. UNLESS YOU WANT A MOTHER OF THOUSANDS FIELD TO GO WILD. BUT A POTTED IS WHAT I WOULD RECOMMEND IT INDOORS OR OUTDOORS. IT'S A VERY HARDY PLANT.

WE HAVE THESE NEW RECOGNITION CARDS FOR THE SHAC PROGRAM. LET US KNOW WHAT YOUR SCHOOL IS DOING FOR WELLNESS AND HEALTH RELATED. WE WANT TO CELEBRATE THAT. YOU CAN TAKE THESE CARDS, YOU CAN FILL IT OUT NOW, OR YOU CAN TAKE ONE HOME AND FILL IT OUT LATER. TELL US WHAT YOUR SCHOOL IS DOING. GIVE US YOUR CONTACT INFO SO WE CAN CONTACT YOU. GET SOME PICTURES AND INFORMATION ABOUT IT, SO WE CAN AMPLIFY THE HEALTH AND WELLNESS PROGRAMS THAT ARE WORKING AT YOUR SCHOOL. ON THE OTHER SIDE IS FOCUS FOR SHAC. IF YOU HAVE IDEAS ABOUT HEALTH AND WELLNESS SPEAKERS OR SOMETHING THAT YOU THINK IS IMPORTANT THAT WE TALK ABOUT IN THE HEALTH AND WELLNESS ARENA, THAT'S THE PLACE TO PUT THIS.

[II. Presentations Emily Chapelle-Sandy Hook Promise & Alvin Gamez-Bike and Scooter Safety]

I WANT TO INTRODUCE MY FIRST GUEST EMILY CHAPELLE

SHE COMES FROM THE SANDY HOOK PROMISE PROGRAM. SO, IT'S A GREAT PROGRAM AND I'M THANKFUL THAT YOU'RE HERE TO TALK TO YOU ABOUT THIS, ABOUT IT. OKAY. MY NAME IS EMILY CHAPELLE. I'M A MANAGER OF PARTNER SUCCESS WITH THE SANDY HOOK PROMISE. I'M HERE WITH MY COLLEAGUE. SHE'S TAKING PICTURES RIGHT NOW. JENNIFER WONG. JENNIFER IS ACTUALLY A PARENT OF STUDENTS FOR A FORT BEND ISD PARENT. SO, SHE'S HERE. AND LET'S GET STARTED. FOR THOSE OF YOU THAT ARE NOT FAMILIAR WITH SANDY HOOK PROMISE, WE ARE A NONPARTISAN, NONPROFIT ORGANIZATION LED BY SEVERAL FAMILY MEMBERS WHO

LOST THEIR LOVED ONES, LOST THEIR CHILDREN IN THE SANDY HOOK SCHOOL SHOOTING IN 2012. THERE WERE 26 PEOPLE, FIRST GRADERS AND TEACHERS THAT WERE KILLED IN THAT THAT SCHOOL SHOOTING.

FROM THIS TRAGEDY, WE STARTED SANDY HOOK PROMISE. AND WE'VE BEEN WORKING EVER SINCE WITH A MISSION TO BRING SAFETY AND PREVENT VIOLENCE IN SCHOOLS ACROSS THE COUNTRY, EVERYWHERE. OUR MISSION HERE IS TO EDUCATE AND EMPOWER YOUTH AND ADULTS TO PREVENT VIOLENCE IN SCHOOLS, HOMES, AND COMMUNITIES. JUST A COUPLE OF STATS FOR YOU. A FEW NUMBERS TO SHARE. WE HAVE MORE THAN 50 MILLION STUDENTS THAT HAVE PARTICIPATED IN OUR PROGRAM.

THE PROGRAM HAS MORE THAN 5000, PROBABLY MORE AT THIS POINT SINCE THEY UPDATED THIS SLIDE LAST. BUT MORE THAN 5000 SAFE PROMISE CLUBS NATIONWIDE THAT I'LL TALK ABOUT A LITTLE BIT TOWARDS THE END OF MY PRESENTATION. WE HAVE 5000 STUDENTS HAVE BEEN HELPED DURING A MENTAL HEALTH MENTAL HEALTH CRISIS SITUATION, THROUGH INTERVENTIONS, THROUGH HELP, THROUGH THEIR PEERS, KNOWING THE SIGNS THAT THEY NEED HELP OR THAT THEY THEMSELVES NEED HELP AS WELL. WE HAVE AT LEAST A THOUSAND YOUTH THAT HAVE BEEN SAVED FROM SUICIDE, KNOWING THE SIGNS OF WHEN SOMEONE MAY BE THINKING ABOUT IT, OR HAVING THAT IDEATION OF DOING SOMETHING TO THEMSELVES, AND MOST IMPORTANTLY, ALL OF IT'S IMPORTANT. BUT MOST IMPORTANTLY, WE HAVE PREVENTED AT LEAST 19 CREDIBLE PLAN SCHOOL SHOOTINGS.

SO, I'M REALLY GRATEFUL TO BE HERE. THANK YOU FOR LISTENING. THANK YOU FOR HAVING SANDY HOOK PROMISE TO COME TO FORT BEND AND SHARE SOME OF THE THIS INFORMATION. KNOW A LOT OF YOU PROBABLY KNOW A LOT ABOUT SANDY HOOK PROMISE AND START WITH HELLO WEEK AND ALL OF THESE THINGS, BUT HOPEFULLY YOU'LL LEARN A LITTLE BIT MORE TODAY. RAISE YOUR HAND IF YOU ARE FAMILIAR WITH THIS. START WITH HELLO WEEK. JUST A FEW PEOPLE. OKAY, GREAT.

WELL, WE'RE I'M GOING TO SHARE. THIS IS EXCITING. SO MUCH OPPORTUNITY FOR ALL OF THE YOUTH IN THE ROOM TO BE EMPOWERED TO DO THINGS IN YOUR SCHOOLS AND THOSE THAT ARE NOT IN THE ROOM AS WELL. I DO HAVE A QR CODE IF YOU WOULD LIKE TO SCAN IT. IT'S THE REGISTRATION LINK FOR THE START WITH HELLO WEEK, BUT I'LL BE GIVING YOU MORE INFORMATION STARTING NOW.

SO, START WITH HELLO WEEK. WE CALL THEM. WE CALL THESE WEEKS OUR CALL TO ACTION WEEKS, AND I'LL TALK ABOUT THE OTHER WEEKS THAT WE HAVE OVER THE COURSE OF THE YEAR. BUT START WITH HELLO WEEK IS THE FIRST CALL TO ACTION WEEK THAT WE HAVE AS AN ORGANIZATION AND THROUGH SCHOOLS ACROSS THE COUNTRY. EVERY DAY OF THE WEEK. WE PROVIDE ACTIVITIES, WE PROVIDE IDEAS, WE PROVIDE CALL TO ACTION EXPERIENCES THAT YOU CAN DO IN YOUR SCHOOLS FOR MONDAY MEET AND GREET MONDAY. ONE IDEA IS TO HOST A CALL-TO-ACTION WEEK PEP RALLY TUESDAY UPSTANDER TUESDAY. ONE IDEA IS TO USE THE WEATHER CHECK TO CHECK IN WITH YOURSELF AND OTHERS. ALL OF THESE ARE LINKED. WE HAVE EVERYTHING ON OUR WEBSITE THAT CAN HELP YOU KNOW, WE CAN SHARE WITH YOU ON GREEN WEDNESDAY.

TRUSTED ADULT THURSDAY IS HANGING UP POSTERS AND HANGING UP TRUSTED ADULT DOOR SIGNS. LETTING YOU KNOW WHO IS A TRUSTED ADULT THAT YOU CAN GO TO IF YOU'RE IN NEED? IF YOU'RE HAVING REALLY HARD FEELINGS, OR IF YOU KNOW ONE OF YOUR FRIENDS OR YOUR SIBLING IS HAVING REALLY HARD FEELINGS OR GOING THROUGH A REALLY HARD TIME. THAT'S ALL PART OF THIS TRUSTED ADULT, IS A HUGE PIECE OF THE START WITH HELLO WEEK AND THROUGH ALL OF OUR PROGRAMS.

THEN FOR FRIDAY, KNOW THE CLASS, KNOW YOUR CLASSROOM FRIDAY. SO, WE HAVE HERE ONE OF THE BIG PIECEC OF THE START WITH HELLO WEEK IS SHARING WHAT YOU'VE DONE, SHARING WHAT YOU'VE DONE AT YOUR SCHOOLS WITH THE WORLD, SHARING IT WITH THE COMMUNITY. WE HAVE HASHTAGS. WE ARE ON ALL SOCIAL MEDIA SITES. WE HAVE A PHOTO HERE THAT WAS ACTUALLY TAKEN BY JENNIFER IN HER CHILD'S SCHOOL SETTLERS WAY, AND THIS IS PART OF THE INITIATIVE THAT THEIR POSTER FROM LAST YEAR, I BELIEVE. RIGHT. AND THEN SO THIS YEAR THEY'LL HAVE A NEW POSTER TO START WITH FRESH IDEAS OF HOW YOU CAN STAND UP AND START WITH HELLO, STAND UP AND SAY HELLO TO SOMEONE YOU KNOW THAT MAY FEEL ISOLATED OR LONELY, OR WE PROVIDE ALL OF THESE REALLY GREAT IDEAS THAT YOU CAN USE.

SO, LET'S TALK ABOUT IT. SMALL ACTIONS. LET'S WE'RE JUST GOING TO GO THROUGH A COUPLE THINGS THAT YOU CAN DO IF YOU'RE MAYBE A LITTLE SHY. WHEN I WAS IN HIGH SCHOOL, MAYBE YOU'RE A LITTLE SHY, MAYBE YOU DON'T REALLY WANT TO STEP OUT AND TALK TO SOMEONE NEW OR YOU'RE FEELING, YOU KNOW, NERVOUS TO DO THAT. WHAT ARE THE THINGS THAT YOU CAN DO? YOU CAN SMILE. A

SMILE GOES A LONG WAY. YOU CAN WAVE TO SOMEONE YOU KNOW WHEN YOU WALK BY LIKE, HI, JUST SAY A LITTLE HI OR SAY, JUST GIVE A LITTLE WAVE. WELCOME SOMEONE WELCOME SOMEONE TO YOUR TABLE OR WELCOME SOMEONE TO THE SCHOOL. IF THERE ARE A NEW STUDENT, AND ALSO ACKNOWLEDGE HOW SOMEONE LIKES TO BE ADDRESSED, THEY MAY HAVE A NICKNAME OR IF THEY USE SPECIFIC PRONOUNS THAT YOU KNOW, THEY PREFER USING THOSE AND SHOWING THEM THAT YOU SEE THEM AND THAT YOU HEAR THEM.

IT GOES A REALLY LONG WAY. SO, WHAT ARE SOME BIG ACTIONS THAT YOU CAN TAKE? YOU COULD GIVE SOMEONE A COMPLIMENT. IT'S VERY SIMPLE. YOU LIKE THEIR SHIRT, YOU OR IF YOU LIKE THE WAY THEY WEAR THEIR HAIR TODAY, I REALLY LIKE THAT. OR I REALLY APPRECIATED THE WAY THAT YOU WERE SO KIND TO THE NEW STUDENT IN OUR SCHOOL. GIVING THEM A COMPLIMENT GOES A SUPER FAR. HELPING SOMEONE, THE CHEMICALS IN OUR BRAIN THAT ARE ACTIVATED WHEN SOMEONE SAYS THANK YOU FOR HELPING THEM IS AMAZING. THERE'S A LOT OF GREAT THINGS ABOUT DOING THESE GIANT ACTS, DOING BIG ACTIONS, SMALL ACTIONS. AND NOW WE'LL TALK A LITTLE BIT ABOUT GIANT ACTIONS. WHAT'S SOMETHING BIG THAT YOU CAN DO? YOU CAN INVITE SOMEONE TO JOIN YOU AND YOUR FRIENDS. I KNOW WHEN I WAS IN SCHOOL, THAT DIDN'T HAPPEN A LOT. THINGS WERE KIND OF CLICKY.

YOU WOULD HAVE A GROUP OF FRIENDS AND IT WASN'T NECESSARILY OPEN TO NEW PEOPLE COME AND HANG OUT OR COME SIT AT YOUR TABLE. THAT'S A GIANT ACTION TO SAY, YOU KNOW WHAT, I'M GOING TO INVITE THIS NEW PERSON. THEY'RE REALLY NICE. I REALLY LIKE THEM. THEY HAVE A FUNNY SENSE OF HUMOR. YOU KNOW, THEY'RE COOL. WE'RE COOL. WHY CAN'T WE ALL SIT TOGETHER? YOU CAN ASK FOR HELP YOURSELF. THAT'S REALLY HARD TO DO. THAT'S LIKE IT TAKES A LOT OF COURAGE TO STEP OUT AND SAY, HEY, LIKE I'M HAVING A HARD TIME. CAN YOU PLEASE HELP ME? YOU KNOW, OR I, I HAVE THIS HUGE KNOT IN MY SHOE. LIKE, CAN YOU HELP ME? YOU KNOW, SOMETIMES THOSE THINGS ARE HARD TO DO. AND IT TAKES A LOT OF BRAVERY, A LOT OF COURAGE TO STAND UP FOR YOURSELF AND STAND UP FOR YOUR, YOUR FRIENDS, YOUR PEERS. THIS THE YOUTH AROUND YOU. OR YOU CAN JOIN A CLUB AND TALK ABOUT SAVE PROMISE CLUBS. I HAVE SOME INFORMATION WE CAN. THAT'S SOMETHING THAT IS A GIANT ACTION THAT YOU CAN START THINKING ABOUT VIOLENCE PREVENTION AND JUST THE WELLNESS OF OURSELVES AND OUR COMMUNITY GOING INTO SAFE PROMISE CLUBS. SO, WE HAVE THE SAVE MOVEMENT, SAVE PROMISE CLUBS HAVE REALLY DEEP ROOTS IN.

IN THE LIFE OF THIS YOUNG PERSON NAMED ALEX ORANGE BACK IN 1989, ALMOST 40 YEARS AGO, ALEX ORANGE, I BELIEVE HE WAS 17 AT THE TIME, BUT HE WAS AT A PARTY AFTER SCHOOL, ON THE WEEKENDS OR ON THE WEEKEND. AND THERE WERE SOME, YOU KNOW, PARTY WITH HIS FRIENDS, LIKE, YOU KNOW, HAPPY, FUN, HAVING FUN. AND THERE WAS A GROUP OF STUDENTS OR A GROUP OF PEOPLE THAT CAME TO THE PARTY AND THEY WEREN'T, THEY DIDN'T HAVE GOOD INTENTIONS. THEY WEREN'T.

THEY'RE KIND OF STARTING TO CAUSE TROUBLE AND YOU KNOW, WANTED LIKE PICK FIGHTS AND STUFF. AND ALEX ORANGE STEPPED UP AND OUT OF PROTECTION FOR THE PEOPLE THAT THAT WERE AT THE PARTY AND IN, IN ACTION, IN COURAGE TO PREVENT VIOLENCE FROM HAPPENING. HE, HE WENT TO THOSE STUDENTS AND SAID, NO, YOU KNOW, GO SOMEWHERE ELSE. WE THERE'S NO PLACE FOR VIOLENCE HERE. AND UNFORTUNATELY, TRAGICALLY, ALEX ORANGE WAS SHOT AND KILLED AT THAT PARTY.

FROM THAT, ALL OF THE COMMUNITY, ALL OF HIS FAMILY MEMBERS, HIS FRIENDS STARTED SMALL IN THIS HUGE INITIATIVE, THIS MOVEMENT TO PREVENT VIOLENCE, STUDENTS AGAINST VIOLENCE EVERYWHERE. THAT IS ALL BASED ON ALEX ORANGE'S COURAGE TO DO SOMETHING SMALL OR DO SOMETHING BIG IN THIS. IN THIS CASE, IT WAS DOING SOMETHING GIANT TO, YOU KNOW, GET THOSE PEOPLE, THOSE PEOPLE THAT WERE NOT HAVING A GOOD TIME, YOU KNOW, NOT WANTING TO HAVE A GOOD TIME TO LEAVE. SO THAT THAT HAPPENED 40 YEARS AGO. AND NOW WE HAVE THOUSANDS OF SAFE PROMISE CLUBS ACROSS THE COUNTRY. YOU HAVE SOME SCHOOLS IN FORT BEND, HAVE SAFE PROMISE CLUBS, HAVE A SAVE PROMISE CLUB, AND IT DOESN'T EVEN HAVE TO BE A STANDALONE SAVE PROMISE CLUB.

IT CAN BE A CLUB THAT YOU JUST DO SOME SAFE STUFF IN, OR YOU DO SOME ACTIVITIES, OR YOU BRING SOME OF THE THINGS THAT YOU DO AND START WITH HELLO INTO YOUR CLUB TO REALLY, YOU KNOW, PROTECT YOURSELVES AND PROTECT THE, THE MEMBERS OF YOUR SCHOOLS AND THE TEACHERS AND THE ADULTS, THE THINGS THAT YOU CAN DO AS CHILDREN, AS YOUNG, YOU KNOW, ADULTS, YOUNG PEOPLE IS INCREDIBLE. SO, THE SAFE PROMISE CLUBS WE AND EDUCATE YOU, WE EMPOWER YOU.

YOU'RE ENCOURAGED TO DO THINGS TO STEP OUT AND ENGAGE IN, IN YOUR GROUPS, IN YOUR, IN YOUR SCHOOLS, IN YOUR FRIEND GROUPS, IN YOUR COMMUNITIES, IN YOUR CHURCH GROUPS, AND WHOEVER ENGAGE IN YOUTH IN PREVENTING THESE THINGS FROM HAPPENING, BAD THINGS FROM HAPPENING. I'LL

SKIP FORWARD A LITTLE BIT IF YOU'RE INTERESTED. IF YOU HAVE, DOES ANYONE HAVE A SAVE PROMISE CLUB IN THEIR SCHOOL THAT IS HERE? NO. OKAY, GOOD. WELL, IF YOU'RE INTERESTED, WE HAVE SAVE KITS. I HAVE BOXES WITH ALL KINDS OF STUFF, STICKERS AND BRACELETS AND THINGS THAT YOU CAN GET STARTED WITH. WE HAVE LOTS OF INFORMATION THAT CAN BE SHARED. OKAY, GOING BACK TO OUR CALL TO ACTION WEEKS, LIKE I MENTIONED, SEPTEMBER IS THE FIRST ONE. START WITH HELLO WEEK. OCTOBER. WE HAVE NATIONAL SAFE SCHOOLS WEEK. WE HAVE NATIONAL SAVE DAY IN DECEMBER, 14 DAYS OF ACTION CHALLENGE. SO, THERE'S A CHALLENGE THAT YOU DO 14 DAYS EVERY DAY FOR 14 DAYS.

YOU DO SOMETHING THAT'S GOING TO HELP OTHERS, OR YOU DO SOMETHING THAT'S GOING TO MAKE YOUR SCHOOL, MAKE YOUR COMMUNITY A BETTER PLACE. MARCH. WE HAVE SAY SOMETHING WEEK AND YOU CAN READ IT. I DON'T NEED TO GO THROUGH ALL OF THESE. APRIL. WE HAVE A BUNCH JUNE NATIONAL GUN VIOLENCE AWARENESS MONTH, NATIONAL GUN VIOLENCE AWARENESS DAY. SO, WE HAVE RESOURCES FOR YOUR SCHOOLS, FOR PARENTS, FOR COMMUNITIES THAT GIVE YOU SO MANY DIFFERENT IDEAS AND ACTIVITIES AND LINKS TO THINGS AND IDEAS THAT OTHER SCHOOLS HAVE ALREADY DONE THAT, YOU KNOW, YOU CAN GET INSPIRED BY THINGS THAT PEOPLE HAVE DONE IN LOS ANGELES OR THINGS OF PEOPLE THAT PEOPLE HAVE DONE IN CHICAGO.

THERE'S A LOT OF REALLY COOL STUFF HAPPENING OUT THERE. WE HAVE A LINK OR A QR CODE FOR THE SAFE PROMISE CLUB. ONE OTHER THING, SINCE WE HAVE BRILLIANT LEADERS, YOUNG LEADERS IN THIS ROOM RIGHT NOW, WE HAVE A NATIONAL YOUTH EMPOWERMENT BOARD, AND THIS IS AN OPPORTUNITY FOR YOU TO REALLY TAKE A LEADERSHIP ROLE ON A NATIONAL SCALE AND PROVIDE YOUR INSIGHT AS THE AS A YOUNG STUDENT, PROVIDE INSIGHT, PROVIDE HELP, BE INVOLVED IN THESE BIG EVENTS THAT WE HAVE. THE NEXT APPLICATION TIME IS APRIL. I'M SORRY, IN SPRING OF 27, BUT JUST KEEP THAT IN MIND IF THAT'S SOMETHING THAT YOU MIGHT BE INTERESTED IN.

WE HAVE LOTS OF RESOURCES ON OUR DIGITAL LEARNING CENTER. I DON'T KNOW IF WE HAVE ANY TEACHERS IN THE ROOM, BUT WE HAVE TRAINING VIDEOS, WE HAVE ANTI-BULLYING VIOLENCE PREVENTION CURRICULUM, WE HAVE INTERACTIVE LESSON PLANS, TONS OF RESOURCES, BOTH FOR EDUCATORS AND PARENTS IN THE COMMUNITY. SPEAKING OF PARENTS, WE HAVE A MONTHLY FAMILY ACTIVITY GUIDE THAT GOES OUT EVERY MONTH THAT GIVES SUGGESTIONS. YOU KNOW, YOU CAN SEE AS YOU CAN SEE HERE, IT'S BASICALLY A NEWSLETTER THAT GIVES YOU A LOT OF

INFORMATION, A LOT OF RESOURCES THAT YOU CAN USE, AND TO LEARN ABOUT EVERYTHING THAT'S HAPPENING IN THE START WITH HELLO WORLD. WE ALSO HAVE PROMISE LEADERS.

THERE'S OPPORTUNITIES TO BE INVOLVED AS AN ADULT, A LOT OF PARENTS OR JUST ANY. YOU DON'T EVEN HAVE TO BE A PARENT IN FORT BEND ISD OR A PARENT TO ANY STUDENT. IT CAN JUST AN ADULT VOLUNTEER PROGRAM THAT WE GIVE TRAININGS FOR, ON THINGS THAT YOU CAN DO TO BUILD AWARENESS, TO PROMOTE PROGRAMS THAT ARE, YOU KNOW, VIOLENCE PREVENTION PROGRAMS, ADVOCATE FOR SAFETY FOR STUDENTS EVERYWHERE AND FUNDRAISING AS WELL. SO, CALL TO ACTION.

WHAT'S ONE THING THAT YOU CAN DO? WHAT'S THREE THINGS THAT YOU CAN DO? YOU CAN SEE SOMEONE ALONE. YOU CAN REACH OUT AND HELP AND YOU CAN START WITH, HELLO, CAN I HAVE ONE PERSON RAISE THEIR HAND AND SHARE WITH THE GROUP? WHAT'S ONE THING THAT YOU CAN DO THIS WEEK THAT'S EASY AND YOU'RE COMFORTABLE WITH TO START WITH, HELLO? DOES ANYONE HAVE ANY IDEAS? I KNOW IT'S AFTER LUNCH OR MAYBE YOU HAVEN'T EATEN YET. AND SO, YOU PROBABLY, YOU KNOW, NEEDING A LITTLE BREAK ANYWAY. YEAH. FORWARD YOUR SLIDE TO OUR PTO AT THE. OH, OKAY. THAT'S GREAT. OKAY. SHARE YOUR SLIDE THAT I TOOK A QUICK PICTURE OF WITH THE. PROGRAM. I MEAN, SEPTEMBER 21ST. IT STARTS WITH OUR TOES. YEAH. OKAY. I CAN DEFINITELY DO THAT. WE CAN.

YEAH. THANK YOU FOR SHARING THAT. YEAH. MA'AM. DO YOU HOLD ON, Y'ALL PASS IT DOWN. YOU GO TO TALK. OH, YOU HAVE TO. OH, HELLO. YOU CAN COMPLIMENT SOMEBODY. THANK YOU. IT'S EASY TO DO. WHAT ELSE IS OUT THERE? I KNOW YOU ALL GOT SOME GOOD IDEAS. YEAH, I HAD THE SAME IDEA. SO, WHAT ELSE COULD YOU DO? YOU KNOW WHAT ELSE? YOU KNOW WHAT? THANKS. HELLO? OH. I'M SORRY, I WAS HOLDING ON TO IT. OKAY, SO ONE THING I CAN DO IS, LIKE, INTRODUCE MYSELF TO SOMEBODY TO MAKE THEM FEEL LIKE MORE COMFORTABLE. IS THAT GOOD? THANK YOU, THANK YOU, THANK YOU FOR SHARING. SEE, YOU'LL HAVE A LOT OF IDEAS. DON'T BE SHY. THANK YOU FOR PASSING THE MIC.

AND THAT'S WHAT I HAVE FOR YOU. THANK YOU VERY MUCH FOR. BEFORE WE LET EMILY GO, DOES ANYBODY HAVE ANY QUESTIONS FOR HER? WE JUST HAVE LIKE TWO MINUTES. SO PROBABLY FOR 1 OR 2 QUESTIONS IF ANYBODY HAS ANY. OH YES. SORRY. I GUESS WE SHOULD SAY THAT WE HAD A SMART PROGRAM WITH THE MOMS DEMAND ACTION PRESENTATION A COUPLE OF YEARS BACK. WHAT IS YOUR SANDY HOOK PROMISE'S RELATIONSHIP WITH MOMS DEMAND ACTION? AND LIKE, THEY DON'T

SEEM TO DO ANYTHING ACTUALLY IN THE SCHOOL. SO, YOU'RE YOU SEEM TO BE VERY MUCH DIRECT SCHOOL INVOLVEMENT. YES.

TO BE COMPLETELY HONEST, I DON'T BELIEVE THAT. I DON'T KNOW IF WE HAVE ANY CONNECTION WITH THAT OTHER ORGANIZATION. IT COULD BE WRONG, BUT I THIS IS THE FIRST TIME I'M HEARING ABOUT IT. SO WE PROBABLY DON'T. BIG QUESTION THOUGH. ANY OTHER QUESTIONS? YES. OKAY. SO BASICALLY, YOU GUYS WERE TALKING ABOUT STARTING LIKE A THE PROMISE CHAPTER. IS IT POSSIBLE TO START IT OUTSIDE OF SCHOOL, LIKE AS A CHAPTER LIKE, LIKE RICHMOND OR DO YOU HAVE TO DO IT INSIDE OF SCHOOL? I THINK A GOOD PLACE TO START IS IN YOUR SCHOOL. AND THEN I THAT'S NOT.

I DON'T KNOW IF YOU'VE HEARD OF ANY. I'M SURE THERE'S OPPORTUNITY. THERE'S NOT. IT'S NOT OFTEN THAT WE WOULD SAY, NO, DON'T DO THAT. ESPECIALLY WHEN YOU'RE, YOU KNOW, HAVE REALLY GOOD INTENTIONS AND WANT TO DO GOOD THINGS LIKE. BUT MY SUGGESTION WOULD BE TO START AT YOUR SCHOOL AND SEE WHAT YOU KNOW TALK TO YOUR FRIENDS THAT ARE AT YOUR SAME SCHOOL. AND IF YOU NEED HELP, IF YOU'RE INTERESTED IN SPECIFICALLY A SAFE CLUB, YOU KNOW, WE CAN HELP YOU WITH THAT. I MENTIONED THE PRESENTATION TOO. IT DOESN'T HAVE TO BE A SAVE CLUB.

IT CAN JUST BE YOU KNOW, IT CAN BE ANOTHER CLUB THAT WE BRING IN SOME OF THE SAVE IDEAS INTO. SO, I LOVE THAT IDEA THAT YOU'RE ALREADY THINKING BIG. THAT'S AMAZING. THANK YOU FOR SHARING THAT. WELL, THIS IS A GOOD POINT FOR HER. SHE'S IN THE DISTRICT STUDENT WELLNESS COALITION. SO, ALL THE KIDS IN HERE, I LIKE THE PIECE THAT YOU'RE SAYING THEY CAN EMBED THAT IN BECAUSE YES, WE'RE A COALITION AT THE DISTRICT LEVEL, BUT THEN THEY DO GO BACK TO THEIR CAMPUS AND THEY WANT A BROADER REACH BY TRYING TO BRING KIDS IN FOR THE WELLNESS COMMITTEE WITH THE STUDENTS. SO, I LIKE THE IDEA OF THEM INSERTING SOME PIECES. SO, ANY OF THE KIDS HERE, IF THEY ARE INTERESTED IN ANY OF THIS, YOU CAN GET WITH ME AND I CAN GET WITH EMILY AND GET YOU THOSE PIECES THAT YOU MIGHT WANT TO LOOK FOR IT AS A COALITION TO HAVE A BROADER REACH ON YOUR CAMPUS. THANK YOU. SHANNON, GREAT QUESTION. ALL RIGHT. THANK YOU. YES, THANK YOU VERY MUCH.

Nicole: AND NEXT, I WANT TO BRING UP ALVIN GOMEZ. HE'S FROM SAFE KIDS AND ALSO FROM TEXAS CHILDREN'S. A LOT OF TIMES AS A PARENT, PEOPLE, I ALWAYS SEE THE COMMENTS. IF YOU'RE ON THE FACEBOOK PARENT GROUPS OR WHATEVER, YOU KNOW, MY KIDS NOT WEARING A HELMET, SOMEBODY'S GOING TO GET IN AN ACCIDENT.

WELL, HE SOLVES THIS PROBLEM. THEY SAVE KIDS, HAS A PROGRAM WHICH HE'LL TALK ABOUT, WHICH HE CAN BRING TO YOUR SCHOOL. HE ALSO HAS GREAT STATS ON WHAT'S GOING ON IN THE FORT BEND ISD AREA. I'VE HAD HIM COME TO NEAL ELEMENTARY FOR TWO YEARS. I THINK IN THE TWO YEARS WE GAVE AWAY OVER 100, WE GAVE AWAY 100 AND AT LEAST 150 HELMETS EACH YEAR. SO, IN TWO YEARS WE GAVE AWAY 300 HELMETS. SO, WHEN I SEE THOSE RED HELMETS IN MY NEIGHBORHOOD, I STILL GET REALLY EXCITED. SO, HE WILL SHOW YOU HOW TO DO THAT.

Alvin Gamez: THANK YOU, NICOLE, AND THANK YOU EVERYONE FOR HAVING ME HERE. I'M GLAD TO BE HERE. ONE OF THE THINGS THAT WE TALK ABOUT A LOT, AND Y'ALL ARE HEARING A LOT, ESPECIALLY IN THE NEWS, A LOT OF COVERAGE IS E-BIKES. AND WE'LL GO THROUGH THAT AGAIN. MY NAME IS ALVIN AND I'M HERE WITH TEXAS CHILDREN'S HOSPITAL. AND I ALSO, YOU KNOW, WE'LL GET INTO THAT BICYCLE AND PEDESTRIAN SAFETY IS WHAT I PRETTY MUCH PROVIDE A LOT OF EDUCATION IN DIFFERENT AREAS ALL OVER THE GREATER HOUSTON AREA. IF YOU NOTICE IN THE BOTTOM, IT SAYS CENTER FOR CHILDHOOD AND INJURY PREVENTION. THAT'S THE DEPARTMENT THAT I WORK IN. WE DO A LOT OF DIFFERENT SAFETY PROTOCOLS ALL OVER THE GREATER HOUSTON AREA.

IT'S NOT JUST BICYCLE OR PEDESTRIAN. WE DO A LOT WITH HOME HEALTH. WE DO A LOT WITH PROVIDING A LOT OF OUR MEAT AND POTATOES WILL BE MOSTLY WITH CAR SEAT SAFETY. THE CAR SEATS ARE ONE OF THE BIGGEST THINGS, JUST LIKE BICYCLE SAFETY, WHERE A LOT OF PEOPLE ASK A LOT OF QUESTIONS. I WAS A FIRST TIME PARENT. I USED TO THINK I KNEW IT ALL WHEN I CAME INTO THIS DEPARTMENT. I WAS SLAPPED IN THE HAND A COUPLE OF TIMES, NOT KNOWING HOW TO PUT IT IN A CAR SEAT. SO, A LOT OF Y'ALL, THE HIGH SCHOOLERS RIGHT NOW, YOU'RE ALL LIKE, WHAT IS THAT ALL ABOUT? Y'ALL GET THERE ONE DAY. BUT IT'S ONE OF THOSE THINGS THAT WE ALL LEARN EVEN AS ADULTS. WE HAVE TO KIND OF BE HUMBLLED IN THAT. AND HERE, ONE OF THE BIGGEST THINGS THAT YOU NOTICE IS TRAUMATIC INJURY IS ONE OF THE LEADING CAUSES THAT WE DO SEE AT TEXAS CHILDREN'S. WE DO SEE A LOT OF CHILDREN FROM, YOU KNOW, VERY LITTLE BABIES, AND THEY GO ALL THE WAY TO HIGH SCHOOLERS JUST LIKE YOU THAT ARE HERE IN THE AUDIENCE. OUR MISSION IS TO ADDRESS THOSE PEDIATRIC INJURIES THROUGHOUT STRATEGIC PROGRAMING, EDUCATION AND PROVIDING LIFE SAVING RESOURCES. AND BASICALLY, WHAT WE'RE TRYING TO DO IS MAKING SURE THAT EVERYBODY IS EDUCATED. THAT'S THE KEY PORTION OF IT. IF YOU DO KNOW A LITTLE BIT MORE, THEN YOU'RE GOING TO KNOW TO KIND OF PROVIDE THAT INFORMATION TO YOUR PEERS AND ALSO

SOMETIMES EVEN TO YOUR PARENTS, ESPECIALLY WITH SOME OF THE THINGS THAT WE'LL GO OVER TODAY.

AS NICOLE MENTIONED, SAFE KIDS IS AND ALSO TEX DOT DEPARTMENT OF TRANSPORTATION, WHICH IS CALLED TEX DOT. THOSE ARE OUR TWO BIGGEST FUNDERS. THAT'S WHO WE WORK WITH. WHEN YOU HEAR SAFE KIDS IN TEXAS CHILDREN'S, WE GO HAND IN HAND HERE IN IN THE HOUSTON AREA. SAFE KIDS IS A NATIONAL ORGANIZATION THAT'S BASED OUT OF WASHINGTON, DC. THERE'S DIFFERENT INSTALLATIONS IN DIFFERENT CITIES, BUT THEY CHOSE US TO BE THE FACE OF THE NAME HERE IN THE HOUSTON AREA. SO, IF YOU HEAR THAT BASICALLY IS TEXAS CHILDREN'S SAFE KIDS WORK IN ALIGNED, ALSO TXDOT. WE WORK A LOT WITH THEM. I WORK A LOT WITH THEM ON A DAILY BASIS, SOMETIMES A LITTLE TOO MUCH.

THE REASON I SAY THAT IS BECAUSE IT'S MORE BASED ON PEDESTRIAN SAFETY. THERE'S A LOT OF KIDS, THERE'S A LOT OF PEOPLE, NOT JUST CHILDREN THAT ARE WALKING OUT THERE. AND WE NEED TO DO A LOT MORE IN OUR AREA TO PROVIDE THEM A LOT SAFER ROUTES, STREETS, SIDEWALKS, SOMETIMES THERE'S A LOT OF AREAS, ESPECIALLY PROBABLY IN YOUR COMMUNITY. YOU NOTICE THERE'S NO SIDEWALKS. WE TRY TO DO THAT IMPLEMENTATION. I WORK WITH A LOT OF DIFFERENT PRECINCTS, A LOT OF FIRST RESPONDERS. I WORK WITH A LOT OF DIFFERENT COMMISSIONERS THAT WE'RE TRYING TO DO A LITTLE BIT MORE FOR THE CITY.

SO, WITH THAT SAID, BICYCLE SAFETY IS ONE OF THE BIGGEST THINGS THAT I WORK WITH. A LOT OF PEOPLE ASK ME, WHAT DO Y'ALL DO? WHAT IS SOME OF THE THINGS THAT WE CAN BRING TO OUR SCHOOL, TO OUR COMMUNITY? THE BIGGEST THING IS HELMET SAFETY. I DO A LOT OF DIFFERENT HELMET FITTING AND HOW, HOW THAT WORKS SOMETIMES A LOT OF PEOPLE ARE AVID ADVOCATE, YOU KNOW, BICYCLISTS, JUST LIKE I AM. I, I LIVE HERE IN THE COMMUNITY. I HAVE A CHILD HERE IN THE COMMUNITY. AND I DO TRY TO EDUCATE AS MUCH OF THE PEOPLE THAT COME TO ME AND LET THEM KNOW WHAT IS THE BEST WAY OR WHAT'S THE SAFEST WAY FOR YOU TO ACTUALLY ENJOY YOURSELF. WHEN YOU'RE USING ANY OF THESE MICROMOBILITY, YOU KNOW, ACTIVITIES THAT YOU DO OUTSIDE MODELING HELMET CORRECTLY IS THE BIGGEST THING THAT THEY ALWAYS ASK ME WHAT TO DO. AND I SHOW THAT IN DIFFERENT SCHOOL PRESENTATIONS. AND THAT'S THE BIGGEST THING THAT THEY ALWAYS ASK ME TO DO.

AS NICOLE MENTIONED, I DO PROVIDE A LOT OF HELMETS. THESE ARE FREE HELMETS, AS YOU MENTIONED. I MENTIONED BEFORE, SAFE KIDS AND TEXDOT. AND

WE HAVE OTHER PEOPLE WHO PROVIDE US A LOT OF THESE HELMETS. WE GIVE THESE AWAY FOR FREE, BUT THERE IS A CAVEAT. THEY HAVE TO HAVE THEIR BICYCLES WITH THEM AT THE SCHOOL. WHEN WE HAVE BICYCLE RODEOS, OR WE CALL THEM SKILLS COURSES, AS LONG AS THEY HAVE THAT IT CAN BE A SCOOTER, IT CAN BE A SKATEBOARD. THOSE ARE THE THINGS THAT WE TRY TO DO, JUST TO MAKE SURE THAT THEY KNOW THAT IT IS VERY IMPORTANT TO WEAR A HELMET. AND THIS IS FROM GRADES ALL THE WAY FROM KINDERGARTEN ALL THE WAY TO 12TH GRADE. WE, WE, WE HAVE HELMETS FOR THEM, JUST DEPENDING ON, ON WHAT THEY NEED. WE ALSO WORK IN DIFFERENT AREAS IN THE GREATER HOUSTON AREA THAT SOMETIMES BILINGUAL EDUCATION IS NEEDED. SO, WE DO PROVIDE A LOT OF THAT EDUCATION TO THEM AS WELL. AND THE VERY BOTTOM, YOU NOTICE THAT I HAVE SOME METRICS HERE, WHICH 7840 CHILDREN WERE ACTUALLY EDUCATED IN THE HOUSTON AREA IN 2003, 23.

THE GOAL WAS 15,000. WE DIDN'T REACH THAT NUMBER THAT YEAR. AND SOMETIMES WEATHER PLAYS AN INFLUENCE ON THAT. AS WE NOTICED RIGHT NOW, WE'RE ALL TRYING TO SEE WHERE THIS RAIN'S COMING. WE DON'T SEE IT YET. WE NEVER KNOW WHEN IT'S GOING TO HAPPEN OR NOT. BUT IN 2000, 2023, IF YOU ALL REMEMBER, THAT WAS THE YEAR WHEN WE HAD A DROUGHT. SO, THERE WAS NOT A LOT OF KIDS THAT PARENTS OR EVEN THE SCHOOLS WANTED TO DO A LOT OF THESE BICYCLE RODEOS. SO, IT WAS A LITTLE HARDER FOR US TO ACTUALLY BE OUT THERE AND PROVIDE THAT. SO, WE KIND OF FELL A LITTLE SHORT, BUT LAST YEAR WE WERE REALLY BUSY, AND THIS YEAR WE'VE KIND OF EXCEEDED THAT GOAL.

SO, WE'LL MOVE FORWARD TO WHAT ARE THE CHALLENGES THAT WE HAVE WITH E-BIKES AND THESE SCOOTERS. THIS IS THE BIGGEST THING THAT I'M GETTING CALLS EVERY DAY FROM EVERY AREA. I'VE EVEN ATTENDED A CONFERENCE IN BALTIMORE THIS YEAR THAT PRETTY MUCH JUST KIND OF TALKED ABOUT E-BIKES AND E-SCOOTERS AND WHAT THEY'RE DOING IN THAT AREA RIGHT NOW. NEW YORK, BALTIMORE, AND NEW JERSEY ARE KIND OF LEADING THE WAY WHEN IT COMES TO WHAT IT IS TO PROVIDE THOSE LAWS AND WHAT IT IS TO DO. SOME OF THE INJURY CODING IN MY AREA, I WORK UNDER THE TRAUMA UMBRELLA, SO I DO WORK WITH A LOT OF THE PHYSICIANS, A LOT OF CLINICIANS. I WORK WITH A LOT OF THE STATISTICIANS THERE. I USED TO BE A STATS PERSON ALSO IN DIFFERENT HOSPITALS, SO THAT'S WHY THEY HAVE ME IN MY AREA TO PROVIDE SOME OF THESE KIND OF INFORMATION TO DIFFERENT PEOPLE. BUT ONE OF THE BIGGEST THINGS THAT I GET ASKED, ESPECIALLY WHEN I'M IN AN ENVIRONMENT LIKE THIS, ONE OF THE QUESTIONS THAT I GET IS HOW MANY PEOPLE ARE COMING FROM MY AREA OR WHAT,

WHAT IS THE AGE RANGE OR WHAT, WHAT, WHAT TIME OF THE DAY? WE DON'T HAVE THAT. AND THAT'S NATIONALLY. THAT'S NOT JUST HERE IN HOUSTON.

NATIONALLY, WE DON'T HAVE THAT INJURY CODING THAT'S ACTUALLY IMPLEMENTED YET AS A KIND OF A MODULE. SO RIGHT NOW, WHAT'S HAPPENING, WE, WE DO WORK BIWEEKLY OR IF NOT MONTHLY IN DIFFERENT MEETINGS ALL OVER THE NATION, WE GET TOGETHER. IT'S EITHER HOSPITALS, PRECINCTS, POLICE OFFICERS, SOMETIMES FIREFIGHTERS. IT CAN BE A LOT OF PEOPLE IN THESE MEETINGS. AND WE'RE TRYING TO FIND OUT WHAT'S THE BEST CODING. SO THAT WAY, WHEN, LET'S SAY THE FIRST RESPONDERS GET THERE, IT CAN BE A POLICE OFFICER OR IT CAN BE PROBABLY THE EMS THAT'S THERE.

THEY TRY TO COLLECT SOME DATA. THEY DON'T KNOW WHAT DATA TO PROVIDE THE HOSPITAL. SO, WE DON'T KNOW EXACTLY WHO'S COMING IN. WE JUST KNOW HOW MANY AND THAT'S IT. OKAY. SO, WE WE'RE TRYING TO WORK ON THAT. CALIFORNIA IS THE ONLY OTHER ONE THAT'S KIND OF LEADING A LITTLE BIT MORE. THEY'RE THE FIRST ONES WHO RECEIVED A LOT OF THE E-BIKES FIRST, JUST BECAUSE THEY'RE ON THAT PORT AREA WHERE MOST OF THESE E-BIKES WERE COMING TO. SO, THEY'RE, THEY'RE VERY GOOD WHEN IT COMES TO THEIR LAWS. THEY'RE VERY STRICT BY CAPITA. THEY'RE THE ONES THAT ARE OFFERING, NOT OFFERING, BUT PROVIDING A LOT OF CITATIONS TO PARENTS AND TO CHILDREN WHO ARE NOT KIND OF FOLLOWING THEIR LAWS.

THAT'S KIND OF GOING TOWARDS A LOT IN DIFFERENT AREAS OF THE STATE RIGHT NOW, TEXAS, HERE IN HOUSTON AND ALSO FLORIDA, WE'RE THE BIGGEST STATES, ONE OF THE BIGGEST STATES THAT ACTUALLY IS GOING TO WE'RE FALLING SHORT ON THAT END, BUT WE'RE TRYING TO WORK OUR WAY THERE. IT'S JUST REALLY HARD BECAUSE WE'RE THE BIG STATES WHO HAVE A LOT OF CITIES THAT CAN MANDATE DIFFERENT BYLAWS. SO, IT'S JUST GOING TO TAKE A LITTLE BIT OF TIME, BUT WE'LL GET THERE. AND THAT'S WHERE THE LIMITED LEGISLATION AND CONSISTENT ENFORCEMENT IS COMING. BUT THE GOOD THING IS WHAT I'VE NOTICED HERE IN THE HOUSTON AREA, BY WORKING WITH A LOT OF FIRST RESPONDERS, IS RIGHT NOW WE ARE EVERY COMMUNITY, EVERY PRECINCT, OR IF NOT, EVERY AREA IS HAVING SOME TYPE OF BYLAW THAT THEY'RE IMPLEMENTING. SO JUST KIND OF MAKE SURE THAT YOU GET WITH YOUR CITY OR YOUR LITTLE AREA AND FIND OUT EXACTLY WHAT THOSE LAWS ARE, BECAUSE THEY'RE ALL VERY DIFFERENT. SO PRETTY MUCH THAT'S WHAT WE'RE WORKING WITH E-BIKES AND E-SCOOTERS AT THIS TIME. I WANTED TO SHARE THIS HERE. THIS IS FROM THE CONSTABLE OF HARRIS COUNTY.

THIS IS SOMETHING THAT THEY HAVE. THERE'S DIFFERENT KIND OF LITTLE GRIDS LIKE THIS THAT YOU CAN FIND ANYWHERE. BUT THIS IS ONE THAT'S KIND OF ALL OVER TEXAS THAT YOU CAN KIND OF FOLLOW.

E-BIKES ARE ONE OF THE BIGGEST THINGS THAT I GET CALLS FROM PARENTS FINDING OUT WHAT IS THE CLASSIFICATION THAT I CAN GET MY CHILD. IF YOU NOTICE HERE, PEDALS USUALLY ARE REQUIRED FROM CLASS ONE AND CLASS TWO. THOSE ARE THE ONES THAT STILL PEDAL. IF IT'S A CLASS THREE, MOST OF THE TIME THOSE ARE CALLED E MODELS. THEY'RE ONLY BY ON THE HANDLEBARS. SO THOSE ARE THE ONES THAT BASICALLY, IF YOU NOTICE IN THE VERY BOTTOM HERE ON THE VERY TOP, IT INDICATES THAT THE CLASS THREE MUST BE 15 YEARS OR OLDER, JUST BECAUSE THEY GO A LITTLE BIT FASTER THAN 25 TO 30 MILES AN HOUR. SO THOSE ARE PRETTY MUCH KIND OF ENTERING IN THAT PHASE OF MOTORCYCLES, RIGHT? SO THOSE ARE THE ONES RIGHT NOW THAT WE NOTICE ALL OVER THE PLACE.

RIGHT NOW, A LOT OF THE SCHOOLS HERE IN FORT BEND, MY SCHOOL, MY SON'S SCHOOL, ALSO, THEY DON'T ALLOW A LOT OF THESE E-BIKES TO COME TO THE SCHOOL OR, YOU KNOW, FOR THEM TO RIDE IT THERE AND LEAVE THEM THERE. SO, A LOT OF THE OTHER ONES ARE JUST KIND OF THIS STANDARD ELECTRIC SCOOTERS, MOPEDS, ELECTRIC BIKES. IT JUST KIND OF GIVES YOU WHAT IT IS THAT YOU NEED. IF YOU NEED A LICENSE OR REGISTRATION AND WHERE YOU CAN WRITE THEM. LIKE I SAID, THESE ARE VERY DIFFERENT AND DIFFERENT PRECINCTS OR YOUR LOCAL COUNTY. JUST CHECK YOUR LOCAL ORDINANCES TO FIND OUT WHAT IS THE LOSS THAT YOU HAVE TO FOLLOW IN YOUR AREA. HERE I WANTED TO INCLUDE A LITTLE BIT OF WHAT I MENTIONED EARLIER. I DON'T KNOW EXACTLY WHO'S COMING OR WHAT'S COMING, BUT THIS IS WHAT WE HAVE AS OF LAST MONTH OF THE INJURIES THAT WE HAVE JUST FROM BICYCLE INJURIES. THEY DIDN'T SAY E-BIKES, E-SCOOTERS, JUST ANYTHING CAN BE FROM ANYTHING THAT'S MICROMOBILITY CAN BE SKATEBOARDS, SCOOTERS, ANYTHING.

We had 105 IN 2003, 81 IN 2024, AND 140 IN 2025. IF YOU NOTICE, IT IS RISING AND THAT'S PRETTY SAD. AND THE BIGGEST THING FOR THAT IS BECAUSE A LOT OF THE E-BIKES IN E-SCOOTERS ARE BEING, YOU KNOW, UTILIZED. WE FOUND OUT THAT IN DECEMBER OF THIS YEAR, THE BIGGEST GIFT THAT WAS GIVEN TO A LOT OF THE TEENAGERS WERE BIKES AND SCOOTERS AND HAND IN HAND HELMETS WERE NOT GIVEN. SO THAT'S WHERE WE'RE TRYING TO HELP OUT AND TRY TO EDUCATE AND MAKE SURE THAT WE PREVENT A LOT OF THESE INJURIES. HERE IS SOME OF THE DATA THAT I COLLECTED FROM CHRIS DATA. THIS IS FROM TEXDOT. THIS IS SOMETHING

NEW THAT THEY HAVE. ANYBODY CAN USE. YOU CAN UTILIZE THIS IF YOU GO TO TEXDOT.COM AND YOU OR YOU TYPE IN GOOGLE CHRIS DATA, ANYBODY CAN GO THERE AND TRY TO FIND OUT WHAT SOME OF THE, YOU KNOW, STATS THAT THEY HAVE OF WHAT THEY FOUND IS IT'S OPEN AND LOCAL, BUT I KIND OF DID IT HERE FOR THE FORBIDDEN AREA, MOSTLY IN RICHMOND, BECAUSE THAT'S WHERE I'VE BEEN WORKING AT NEAL ELEMENTARY.

ALSO, OAKLAND ELEMENTARY IS THE BIGGEST ONES THAT THEY HAVE A LOT OF KIDS THAT WALK TO SCHOOL AND ALSO BIKE TO SCHOOL, AND WE HAVE PEOPLE WHO ARE VERY INTERESTED THERE TO GET THAT EDUCATION. SO, I'VE BEEN AT THEIR SCHOOLS MULTIPLE TIMES. SO, IF YOU NOTICE HERE FOR FROM 22 TO 2026, YOU NOTICE THAT THERE'S DIFFERENT AREAS HERE ON 2025 BEING ONE OF THE BIGGEST ONES. AND 2022, IT IS GROWING. UNFORTUNATELY, WE'RE TRYING TO SEE IF WE CAN MITIGATE THAT BY JUST GIVING THAT EDUCATION. YOU NOTICE IT FOR MY FILTERS WERE MOSTLY FROM INTERSECTION RELATED CRASHES AND DISTRACTED DRIVING CRASHES. SO THAT MEANS IT'S NOT JUST THE PERSON WHO'S WRITING THAT, IT'S PEOPLE WHO ARE DRIVING OUT THERE. AND THAT'S AN EDUCATION BASED AS WELL.

MOST OF THE TIME, LIKE I TELL CHILDREN IN EVERY SCHOOL THAT I GIVE THIS EDUCATION IS HOW TO DRIVE DEFENSIVELY BECAUSE THAT'S HOW WE'RE TAUGHT ALSO TO DRIVE, RIGHT? WE DRIVE DEFENSIVELY. SO, THEY HAVE TO MAKE SURE THAT THEY'RE BEING AWARE. A LOT OF THE PEOPLE, SOMETIMES IT'S THE BIGGEST CAUSE OF THE ACCIDENT. IT'S NOT JUST BECAUSE IT'S THE PERSON WHO'S DRIVING. THAT IS THE PERSON WHO'S DRIVING. DRIVING THE CAR IS ALSO NOT AWARE WHEN THEY'RE LOOKING AROUND. SO, IT CAN BE VICE VERSA. BUT WE ALL HAVE TO BE AWARE. NEXT ONE HERE IS ALSO UNITS. BY DAY OF THE WEEK. I KIND OF BROKE IT DOWN. JUST SO YOU SEE WHAT DAYS OF THE WEEK. I THOUGHT IT WAS GOING TO BE MOSTLY WEEKENDS. BUT YOU KNOW, DURING THE WEEK IS SOMETIMES WHEN IT'S A LITTLE BIT HEAVIER, YOU NOTICE THAT FRIDAYS AND ALSO TUESDAYS AND WEDNESDAYS ARE ONE OF THE BIGGEST ONES. AND THE REASON FOR THAT IS, YOU KNOW, A LOT OF THE KIDS AFTER SCHOOL, THEY WANT TO GO OUTSIDE AND HAVE SOME FUN, GET SOME FRESH AIR.

SO, THIS IS WHAT'S HAPPENING OUT THERE. NEXT ONE IS ALSO BY STREET NAME. AND I DID THIS JUST PRIMARILY BECAUSE THIS IS THE AREA THAT I DID WORK IN. IF YOU NOTICE, ONE OF THE BIGGEST RED AREAS HERE IS MAIDEN LANE STREET, WHICH IS IN THE RICHMOND AREA, AND ALSO ANOTHER GRAY ONE, WHICH IS EITHER RIVER EDGE DRIVE OR IF NOT FS 702, WHICH IS KIND OF A FARM TO MARKET ROAD, BUT

THOSE ARE THE BIGGEST ONES THAT WE HAVE TO ALWAYS MAKE SURE THAT WE'RE OUT THERE AND EDUCATING. SO BIGGEST ONE FOR THAT ONE, WHAT I NOTICED WAS DISTRACTED DRIVING. IT WAS NOT MOSTLY ON THE ON THE KIDS THEMSELVES OR PEOPLE WHO ARE RIDING THEIR MICROMOBILITY.

IT'S MOSTLY PEOPLE WHO ARE NOT PAYING ATTENTION. AND USUALLY THIS HAPPENS. AND WHEN I GO TO DIFFERENT AREAS, ESPECIALLY THE RURAL AREAS, IS THE DISTRACTED DRIVING. MOST OF THE TIME PEOPLE ARE DRIVING FASTER AND NOT BEING AWARE. SO, THIS IS WHERE THE EDUCATION COMES IN THOSE AREAS AS WELL. I WANTED TO NOTE JUST A LITTLE BIT OF MY OTHER SECTION THAT I DO PEDESTRIAN SAFETY. WE DO THE SAME THING, GO TO SCHOOLS, AND DO PRESENTATIONS. SAME THING WITH THE BICYCLE SAFETY. MOST OF THE TIME WHAT WE DO WITH THIS PRESENTATIONS, THEY INVITE ME TO THE SCHOOL AND I DO PRESENTATIONS FROM MORNING ALL THE WAY TO THE AFTERNOON.

WE GRASP EVERY, EVERY CLASS OR USUALLY ELEMENTARY SCHOOLS AND MIDDLE SCHOOLS. AND THE WAY THAT USUALLY WORKS IS I DO THE PRESENTATIONS DURING THE GYM TIME. USUALLY, THE REASON SCHOOLS CHOOSE THE GYM TIME OR IF NOT LIBRARY TIME, BECAUSE IT DOESN'T AFFECT MOST OF THE OTHER PROGRAMING. SOMETIMES THEY WANT ME TO COME AFTER SCHOOL OR DURING THE WEEKENDS, AND I'M OKAY WITH THAT. IT JUST DEPENDS ON HOW THE SCHOOL IS BETTER, YOU KNOW, FOCUSED ON HOW THEY DO THAT WITH THEIR COMMUNITY. OTHER THINGS THAT WE DO IS ASSEMBLIES. SOMETIMES WE GO THERE AND GIVE PRESENTATIONS LIKE THIS TO THE SCHOOLS AND TO THE PARENTS AND THOSE WE DO ENJOY JUST BECAUSE THE PARENTS ARE ASKING QUESTIONS AND THEY'RE INVOLVED AS WELL.

ONE OF THE BIGGEST THINGS IS OCTOBER IS COMING UP. THIS IS ONE OF MY BUSIEST TIMES JUST BECAUSE OF HALLOWEEN, AND A LOT OF KIDS ARE WALKING OUT THERE. SO, WE DO A LOT OF THE PREVENTION ON HOW IT IS AND WHAT TO BE SAFE WITH WHEN THEY'RE WALKING OUTSIDE. WHEN IT COMES TO BICYCLES, MY BIGGEST ONE IS USUALLY IN MAY, RIGHT BEFORE SPRING OR IF NOT MARCH. YEAH, MAY AND, AND MARCH. MAY IS A BIKE SAFETY MONTH. AND MARCH IS USUALLY BECAUSE OF SPRING BREAK. SO THOSE ARE THE BIGGEST ONES. AND THIS IS JUST SOMETHING THAT I GOT FROM TEX.

YOU KNOW, WHAT WE DO AS FAR AS EDUCATION IS INCLUDING PEDESTRIAN WATER AND SUN CYCLING. IT'S JUST ONE OF THE BIGGEST THINGS FOR SAFETY AND YOU KNOW, THE WELLNESS AND WELL-BEING. SAME THING WITH INJURY AND VIOLENCE PREVENTION AND SAFETY IS, WHICH IS WHAT WE ADVOCATE AND MAKE

SURE THAT WE ARE AT THE SCHOOLS AND MAKING SURE THAT WE PROVIDE THAT EDUCATION. AND THIS IS PRETTY MUCH SOME OF THE EDUCATION. WE CALL THEM FACT SHEETS OF, YOU KNOW, WHAT WE GIVE THERE IN ENGLISH AND SPANISH, USUALLY FOR PEDESTRIAN AND BICYCLE SAFETY. BUT WE DO GIVE OUT A LOT OF DIFFERENT OTHER MATERIALS THAT ARE PROVIDED TO US, A LOT OF REFLECTORS, A LOT OF DIFFERENT OTHER THINGS THAT CAN GO HOME OR THE KIDS CAN UTILIZE ON A DAILY BASIS JUST SO THEY CAN BE A LITTLE BIT SAFE. ANY QUESTIONS, COMMENTS, ANYTHING THAT I CAN, YOU KNOW, IF Y'ALL HAVE ANYTHING AS FAR AS WHAT I CAN HELP YOU WITH, YES, MAIDEN LANE. I WAS CURIOUS FOR MAIDEN LANE. WHY DO YOU THINK THAT STREET HAD SO MANY CRASHES? YOU KNOW, I CAN'T GO THAT FAR INTO IT, BUT I KNOW USUALLY IT'S ONE OF THOSE THINGS THAT IF IT CAN BE JUST ONE CRASH OR TWO CRASHES, THEY JUST KIND OF MAKE IT THAT BIG.

IT COULD HAVE JUST BEEN ONE LITTLE ACCIDENT OR WHATNOT, AND THEY JUST KIND OF FORMULATED IT THERE. THE ONE THING THAT I DID LEARN FROM GRASPING THAT INFORMATION FROM HERE IN THE IN THE FORT BEND AREA, ESPECIALLY RICHMOND, IT WAS NOT VERY INTRICATE JUST FOR THE FACT THAT RIGHT NOW THEY'RE GETTING TO DIFFERENT AREAS. MOST OF THE TIME. IF YOU DO GO TO TXDOT AND GET INTO THIS, CHRIS DATA IS MOSTLY IN THE INNER LOOP OR PROBABLY BEFORE, LET'S SAY THE BELTWAY AREA. ANYTHING THAT'S OUTSIDE OF THAT; THEY'RE KIND OF GETTING THEIR WAY INTO GETTING MORE INFORMATION. I COULDN'T REALLY GIVE YOU A DETAILED, INTRICATE ON WHY, BUT I KNOW USUALLY WHEN IT'S THAT BIG, ESPECIALLY IN THESE AREAS, IT'S PROBABLY JUST ONE LITTLE INCIDENT THAT JUST HAPPENED. YES, MA'AM.

THANK YOU FOR PROVIDING ALL THIS INFORMATION FOR US. I'VE SEEN A LOT OF YOUNG KIDS IN OUR NEIGHBORHOOD ON THE E-BIKES AND OTHER, YOU KNOW, MOTOR DEVICES THAT ARE DEFINITELY UNDER 15. SO, PROVIDING THIS INFORMATION FOR THEM WILL BE REALLY USEFUL IN OUR COMMUNITY. ALSO, CAN YOU GO BACK TO THE SCHOOL RADIOS AND TALK ABOUT WHAT, WHAT THAT ENTAILS AND WHAT THE REQUIREMENTS MIGHT BE TO SET ONE UP? SURE. GOOD EXAMPLE IS I WORK REALLY CLOSELY WITH NICOLE AND SHE WAS AT NEAL. AND WHAT WE DO THERE IS JUST, YOU KNOW, YOU CAN SET A DATE AND TIME AND WE CAN JUST TRY TO FIGURE OUT WHAT'S THE BIGGEST OR BEST TIME FOR THE SCHOOL OR THAT COMMUNITY OR WHATEVER YOU WANT TO DO.

I WORK WITH SOMETIMES WITH PTO PARENTS OR IN DIFFERENT AREAS AND WHERE THEY WANT TO DO IT. IT JUST DEPENDS. YOU CAN CALL ME AND WE CAN KIND

OF SET A DATE AND DO THAT. BUT THE WAY THAT USUALLY WORKS IS WE SET A DATE. USUALLY IT CAN BE AFTER SCHOOL, WHICH WE DID AT NEAL, OR IF NOT, IT CAN BE ON A SATURDAY MORNING. WE TRY TO DO IT BEFORE IT GETS REALLY HOT. THOSE ARE THE BEST TIMES THAT WE DO THOSE BICYCLE RODEOS. AND WHAT I DO IS BASICALLY BRING, I HAVE A VAN AND BASICALLY BRING A LOT OF DIFFERENT THINGS THAT WE KIND OF LAY OUT. A LOT OF CONES. I DRAW PROBABLY WITH CHALK OR IF NOT, THERE'S DIFFERENT THINGS THAT WE KIND OF LAY OUT THERE JUST SO THEY CAN LEARN WHAT IT IS TO BE SAFE. OTHER ONES IS JUST A LOT OF IS JUST FOR THEM TO HAVE FUN, BUT ALSO IT KIND OF CREATES COMMUNITY. AND AT THE SAME TIME, THEY KIND OF SEE WHAT IT IS, ESPECIALLY WHEN THERE'S A LOT OF CYCLISTS OUT THERE, WHAT THEY HAVE TO BE AWARE OF.

THAT'S WHY USUALLY WE LIKE TO DO THE ASSEMBLIES FIRST, SO THEY CAN PUT THAT INTO PRACTICE. WHEN WE DO THE BIKE RODEOS. YEAH. AND IF I CAN JUST BE ALVIN'S CHEERLEADER FOR A MINUTE, IT WAS ONE OF THE EASIEST EVENTS. I DID. ALL YOU HAVE TO DO THE PRINCIPAL AND YOU COME UP WITH A DATE; YOU HAVE A MICROSOFT LIKE SIGN UP LIST. HE COMES. HE'S A ONE-MAN SHOW. HE DOES ALL THE WORK. HE SETS UP A TENT. HE HAS ALL THE STUFF HE HAS THAT DAY. I THINK LIKE PUTTING HELMETS ON IS LIKE YOUR CARDIO BECAUSE HE DOES. HE DID 150 KIDS IN LIKE LESS THAN TWO HOURS. SO, IT'S AMAZING. I WOULD I WOULD ENCOURAGE EVERYBODY TO DO IT FOR THE HIGH SCHOOL KIDS. IT WOULD ALWAYS BE A GREAT EVENT. YOU COULD BRING IT BACK TO YOUR MIDDLE SCHOOL OR BACK TO YOUR ELEMENTARY SCHOOL.

YOU GUYS ARE WAY COOLER THAN THE PARENTS. IF YOU'RE PUTTING IT ON INSTEAD OF PARENTS, I THINK YOU GUYS WOULD GET IT EVEN BETTER TURNOUT THAN WE WOULD. YEAH, I WOULD SAY FOR HIGH SCHOOL STUDENTS, BECAUSE I KNOW A LOT OF Y'ALL ARE HERE. I DO GET A LOT OF CALLS FROM HIGH SCHOOL STUDENTS, ESPECIALLY FROM DIFFERENT AREAS, HAVING GOTTEN FROM FORT BEND YET. BUT IF Y'ALL ARE INTERESTED, A LOT OF THEM CALL ME JUST BECAUSE THEY WANT TO DO A LOT OF VOLUNTEERING TO GET THAT VOLUNTEER FOR YOUR COLLEGE OR FOR WHATEVER, YOU KNOW, PROGRAMING THAT YOU'RE HAVING, BY ALL MEANS, Y'ALL CAN COME AND VOLUNTEER. AND IF THERE'S SOMETHING THAT I CAN SIGN, BY ALL MEANS, I'M HERE TO HELP YOU WITH THAT. I USED TO BE IN YOUR SHOES AS WELL. I DID A LOT OF VOLUNTEERING, ACTUALLY. I STARTED MY VOLUNTEERING WITH TEXAS CHILDREN'S IN THE PHYSICAL THERAPY DEPARTMENT. AND THEN LO AND BEHOLD, I ENDED UP WORKING THERE AND MANAGING THAT DEPARTMENT TOO. SO, IT JUST DEPENDS ON YOU NEVER KNOW WHERE YOUR LIFE IS TAKING YOU, BUT IF Y'ALL DO

NEED THOSE VOLUNTEER HOURS, YOU CAN COME AND HELP OUT AS WELL. ANY OTHER QUESTIONS?

Nicole: THANK YOU, THANK YOU. THANK YOU.

[Administration]

NOW WE'RE GOING TO HAVE SHANNON COME UP AND DO A BRAIN BREAK FOR US. GIVE YOU GUYS A CHANCE TO STRETCH OUT.

Shannon: ALL RIGHT, SO THIS BRAIN BREAK IS CALLED A RAINSTORM, AND IT'S PROVIDES A NEUROLOGICAL RESET. AND YOU'RE GOING TO SEE SOME PHYSICAL MOVEMENT, RHYTHMIC SYNCHRONIZATION AND SENSORY GROUNDING. SO, IF YOU DON'T MIND STANDING UP, PLEASE. AND MY COALITION KIDS, YOU ALREADY KNOW HOW TO DO THIS. SO, FIRST WE'RE GOING TO START AND WE'RE GOING TO START THE WIND. SO WE'RE GOING TO RUB OUR HANDS TOGETHER SLOWLY. THEN LIGHT RAINDROPS. HEAVIER RAIN. DOWNPOURS, THUNDER. NOW IT'S TIME TO CALM THE STORM. SO WE'RE GOING TO GO BACK UP. LET'S TAKE A BIG DEEP BREATH IN AND OUT AND IN AND OUT. AND YOU MAY SIT DOWN. SO WHAT'S WHAT HAPPENS THERE WHEN YOU START TO ZONE OUT? IF YOU'RE THAT PARTICIPANT THAT ZONES OUT YOUR PREFRONTAL, PREFRONTAL CORTEX HAS LOST ITS DOPAMINE.

THEIR RELEASE IS, AS EMILY KIND OF ALLUDED TO A LITTLE BIT, TALKING ABOUT THE DIFFERENT CHEMICALS THAT CAN HAPPEN WHENEVER YOU'RE DOING PHYSICAL ACTIVITY OR THE SIMPLE SMILE OR A LAUGH. AND THIS ACTIVITY THAT HELPS TO BRING OXYGEN BACK TO THE BRAIN, WHICH THEN BRINGS THOSE RESERVES BACK AND ADDING MORE DOPAMINE, NOREPINEPHRINE, AND SEROTONIN. SO, WE'VE ALREADY SEEN SOME SMILES WHILE YOU'RE DOING IT, SOME LITTLE GIGGLES THAT JUST ALL KIND OF BRINGS IT ALL TOGETHER AND GIVES YOU THAT RESET TO HELP US MOVE FORWARD TO FOCUS. IT HELPS WITH LONG TERM WORKING MEMORY. SO, WHEN YOU GET THAT OXYGEN BACK TO YOUR BRAIN, AS WELL AS JUST MOOD, IMPROVING YOUR MOOD A LITTLE BIT THERE. ALL RIGHT.

WELL, THANKS FOR YOUR PARTICIPATION. WE'RE GOING TO MOVE FORWARD WITH MR. COLLINS HERE WITH OUR MEETING MINUTES WAITING FOR HIM. OKAY.

Anthony Collins: ALL RIGHT, WE'RE HERE TO APPROVE THE LAST MEETING MINUTES OF MAY 13TH, 2026. THEY WERE POSTED ONLINE SO, ARE THERE ANY QUESTIONS, COMMENTS OR CONCERNS? (None) OH, I LIKE THAT OKAY. WE'LL MOVE ON. I MOTION TO APPROVE THE MINUTES OF May 13, 2026. ALL IN FAVOR (ALL YES) OKAY. ANY

OPPOSED? (NONE) OKAY. MINUTES FOR May 13, 2026, ARE APPROVED BY QUORUM, ALRIGHT THANK YOU

Shannon: THANK YOU. ALL RIGHT. JUST TO GIVE A LITTLE SUMMARY OF SOME OF OUR UPCOMING EVENTS HERE. SO WE HAVE OUR WHOLE CHILD HEALTH INITIATIVES. AND FOR SEPTEMBER, WE HAVE CHILDHOOD CANCER AWARENESS MONTH. BE BOLD. TURN IT GOLD AND WE HAVE OUR TURN IT GOLD WEEK, WHICH IS THE 21ST TO THE 24TH. WE HAVE OUR TURNING GOLD DAY, WHICH IS ON THE 24TH. SO ENCOURAGE ALL OF YOU TO WEAR YOUR GOLD AND RAISING THAT AWARENESS FOR CHILDHOOD CANCER AWARENESS MONTH. THEN WE HAVE SUICIDE PREVENTION WEEK AND START WITH HELLO WEEK. AND WE'VE ALREADY HEARD FROM OUR SPEAKER FOR THAT. ALL OF THIS INFORMATION CAN BE FOUND ON OUR WHOLE CHILD HEALTH WEBSITE. SO, YOU CAN SEE THAT AS WELL. AND WE'VE PUSHED IT OUT TODAY WITH OUR COALITION. OUR WAS OUR FIRST COALITION MEETING.

SO, WE HAVE OUR STUDENTS THAT CAN HELP SUPPORT THAT ON OUR CAMPUSES AS WELL. OCTOBER, BECAUSE WE WILL SEE YOU ALL IN OCTOBER. BUT I WANTED TO GIVE THIS INFORMATION UP FRONT. SO, YOU ALL HAVE IT. SO THEN WE HAVE OUR FENTANYL AWARENESS MONTH. AND THEN IN OUR CLASSES, IT IS STATE MANDATED AND THERE'S A CAMPUS LESSON. AND OUR STUDENTS DO RECEIVE THAT INFORMATION AND INSTRUCTION FOR THAT. WE HAVE FARM FRESH MONTH, WALK TO SCHOOL DAY, PINK WEEK FOR BREAST CANCER AWARENESS, PINK OUT DAY, NATIONAL BULLYING PREVENTION MONTH AND UNITY DAY AND RED RIBBON WEEK, AS WELL AS NATIONAL SCHOOL LUNCH WEEK. AND WE HAVE LOTS OF RESOURCES THAT GET PUSHED OUT TO OUR CAMPUS.

WE ALSO HAVE A NEW IN TERMS OF SCHOOLOGY, IN OUR SCHOOLOGY COURSE, THAT'S WHAT THE STUDENTS CAN ACCESS. AND AS WELL AS OUR FACULTY, THERE'S SUPPORTS IN THERE THAT'S ALL DESIGNED TO GIVE ADDITIONAL RESOURCES. SHOULD THE CAMPUS WANT TO PUSH THOSE OUT, NOT ONLY FOR THE KIDS, BUT FOR THE FACULTY TO BE ABLE TO ACCESS AS WELL. SO AGAIN, THOSE RESOURCES ARE ALL THERE AND YOU CAN ALWAYS REACH OUT TO ME TOO, IF YOU KNOW THE PTO OR SOMETHING WANTS TO SPEARHEAD ONE OF THESE, AND I'M HAPPY TO GIVE YOU THOSE RESOURCES AS WELL TO SUPPORT. SO, I'M SUPER EXCITED ABOUT OUR DISTRICT STUDENT WELLNESS COALITION UPDATE. AND THOSE OF YOU THAT WERE WITH ME FROM LAST YEAR, YOU KNOW THAT ONE OF MY GOALS WAS TO GET REPRESENTATION FROM ALL OF OUR CAMPUSES. SO RIGHT NOW, WE'RE SITTING AT CURRENT MEMBERS OF 43. I THINK THAT ACTUALLY WENT TO 45.

SINCE I DID THIS SLIDE, WE HAVE 100% OF OUR CAMPUSES HAVE REPRESENTATION. SO, WE GOT IT ALL. I'M SO EXCITED FOR THAT BECAUSE WHEN I FIRST TOOK THIS POSITION, WE WERE MISSING ABOUT FOUR, I WANT TO SAY FOUR OR SO CAMPUSES. SO, HOLD ME TO THAT. AND THEN LAST YEAR WE PUSHED IT UP AND I STILL NEEDED TWO MORE. AND NOW WE ARE AT 100% AND I STILL HAVE A FEW SPOTS REMAINING AT A COUPLE AT TWO THREE CAMPUSES.

THERE'S TWO SPOTS AT ONE AND TWO AT ANOTHER, AND I THINK ONE AT ONE OTHER ONE. AND I HAVE THOSE EXTENDED THAT APPLICATION AND WORKING WITH OUR COHORT STUDENT LEADERSHIP COORDINATORS ON THOSE CAMPUSES TO HELP WITH RECRUITMENT, AND THOSE APPLICATIONS HAVE BEEN COMING IN SO THAT WE CAN FILL THOSE, AND IT WILL CLOSE ON THE SEVENTH. BUT I'M SUPER EXCITED. THIS IS THE MOST KIDS THAT WE'VE HAD THAT I'VE HAD SO FAR. AND WE'RE WORKING HARD TO REACH THAT GOAL. AND I'M SUPER EXCITED WITH ALL THE KIDS. IF YOU SEE THEM, THEY'RE GREAT. THEY'RE ALL HERE. THEY'VE BEEN SUPER ENGAGED ALL MORNING, SO I'M SUPER PROUD OF THEM FOR HANGING IN BECAUSE THIS IS A LONG DAY FOR THEM. SO, IT'S GOOD THAT WE GET THEM MOVING SOMETIMES. SO AGAIN, THIS IS OUR STUDENT LEADERSHIP, ONE OF OUR DISTRICT STUDENT LEADERSHIP GROUPS. AND THEY ARE AMAZING.

THEY DO ACTIONABLE THINGS NOT ONLY ON THEIR CAMPUS BUT DISTRICT WIDE. OF THEY PRESENTED THINK TANK, WHICH IS LIKE A SHARK TANK WHERE THEY CAN EARN MONEY FOR THEIR PRESENTATIONS AND THEN GO IMPLEMENT THEM ON CAMPUS. SO, IT'S A REALLY AMAZING GROUP OF KIDS THAT ARE WORKING HARD TO MAKE ACTIONABLE DIFFERENCES AND MAKE THEIR MARK THIS SCHOOL YEAR. ALL RIGHT.

[IV. SHAC Committees: Structure, Roles & Call to Action]

Nicole: AND OUR LAST ACTIVITY FOR TODAY AS PART OF SHACK, WE ASK THAT YOU JOIN A SUBCOMMITTEE EVERY YEAR. THIS YEAR, WE DECIDED TO HAVE JUST THREE SUBCOMMITTEES, WHICH ARE PHYSICAL ACTIVITY AND FITNESS, LEGISLATIVE ADVOCACY, WHICH TRY TO SAY THAT FAST THREE TIMES AND NUTRITION ADVOCACY, WE WILL DIVIDE UP INTO THESE THREE GROUPS PHYSICAL ACTIVITY. IF YOU YOU CHOOSE TO GO WITH THAT GROUP, YOU'LL GO WITH KIM. IF YOU CHOOSE LEGISLATIVE ADVOCACY, YOU WILL GO WITH LORI. AND IF YOU CHOOSE NUTRITION, YOU WILL GO WITH JULIA. WE'LL KIND OF DIVIDE UP AND YOU CAN DECIDE WHERE YOU WANT TO GO. OUR MAIN FOCUS RIGHT NOW IS EACH SUBCOMMITTEE SHOULD CHOOSE A GOAL THAT THEY'RE WORKING TOWARDS. THIS YEAR. WE HAVE A PAPER THAT I'LL GIVE TO THE

LEADS WHERE YOU GUYS CAN BRAINSTORM WHAT YOU WANT YOUR GOAL TO BE AND HOW TO WORK TOWARDS IT.

SO AGAIN, IF YOU'RE A STUDENT, THIS IS A GOOD OPPORTUNITY. IF YOU'RE LOOKING FOR SOMETHING TO SAY, HEY, I WAS A LEADER OF THIS AND I HELPED WITH THIS, THIS IS A GOOD OPPORTUNITY. IF YOU WANT TO TAKE A LEADERSHIP ROLE IN WHAT THIS PROJECT IS, YOU CAN DO THAT. SO, I THINK HOW DO WE WANT TO DO THE THREE OF YOU KIND OF WANT TO SPREAD OUT, AND THEN PEOPLE CAN COME TO THE ONE THAT THEY THE SUBCOMMITTEE THAT THEY'RE GOING TO BELONG TO. SO MAYBE IF WE HAVE NUTRITION IN JULIA HERE BY THE PLANTS, AND THEN WE'LL HAVE LORI, WHO IS LEGISLATIVE IN THE MIDDLE, AND THEN WE'LL HAVE KIM, WHO IS PHYSICAL ACTIVITY AND FITNESS ON THIS SIDE. SO, CHOOSE WHAT SUBCOMMITTEE YOU WANT TO GO TO AND SECTION. IT TOGETHER AND GO TO ONE OF THOSE YOU SO MUCH FOR COMING. IS IT? WELL, I WAS GOING TO TRY AND GET THEIR

ATTENTION. OKAY. ALL RIGHT WELL, THANK YOU. I THINK YOU CAN WRAP UP YOUR FINAL COMMENT THERE. IF YOU WRAP UP YOUR FINAL COMMENTS. I SEE ABOUT FIVE EYES ON ME. THANK YOU SO MUCH. HEAD BACK TO YOUR SEATS. IF YOU CAN HEAD BACK TO YOUR SEATS. WE'RE GOING TO CLOSE OUT OUR MEETING. THANK YOU SO MUCH. I LOVE THE CONVERSATION. I LOVE HOW MUCH YOU'RE GETTING INTO IT. PLEASE HEAD BACK TO YOUR SEATS. THANK YOU. RECALL.

[V. Meeting Closure- Nicole Juracek, SHAC Chair]

TALK TO YOU GUYS. THANK YOU. THANK YOU ALL SO MUCH FOR COMING. I HOPE WE STARTED SOME GOOD CONVERSATIONS TODAY. AND OUR NEXT MEETING WILL BE OCTOBER 7TH, I THINK. I HOPE TO SEE YOU ALL THERE. AND I'M GOING TO CALL THE MEETING TO A CLOSE. IT'S 128 AND I'M GOING TO. SO, WE'LL USE THAT AS OUR SIGNAL MOVING FORWARD. WHEN WE ASK YOU ALL TO GO TO YOUR SEATS. I LOVE THE CONVERSATIONS THAT EVERYONE'S HAVING. AND YES, NOT ALL OF US HAVE COACHES VOICES, AND WE'D LIKE TO USE OUR INSIDE MEETING VOICE. SO AGAIN, IT'S A LOT PEOPLE IN A SMALL SPACE AND WE LOVE THE COLLABORATION AND ALL THE TALKING. IT'S WONDERFUL. IT'S SO MUCH BETTER THAN JUST PEOPLE SITTING THERE AND NOT WANTING TO ENGAGE WITH EACH OTHER. BUT JUST AGAIN, TO BE MINDFUL OF YOUR ALL'S TIME AND EVERYONE ELSE'S TIME. WHEN WE BREAK IN TRANS TRANSITION TO AND FROM, LET'S JUST DO THAT QUICKLY AND QUIETLY SO THAT WE CAN MOVE FORWARD AND HONOR EVERYBODY'S TIME. ALRIGHT. THANK YOU. GO AHEAD AND GO. AWESOME. AGAIN, THANK YOU GUYS SO MUCH FOR COMING. I THINK WE HAD A LOT OF GOOD CONVERSATIONS STARTED. SO, I'M GOING TO CALL THE MEETING TO CLOSE AT

129 AND I WILL SEE YOU GUYS NEXT MONTH. THANK YOU. COALITION KIDS. YOU JUST PAUSE WHERE YOU ARE.

SHAC Attendance 9/2/26

1. Angie Wierzbicki BOARD FBISD Board of Trustees,
2. Nichole Brathwaite-Dingle, MD/
3. Barbara Irving COMMUNITY Fort Bend County Health,
4. Sandy Bristow COMMUNITY Oliver Foundation, Program Director,
5. Doug Earle COMMUNITY The First Tee,
6. Grayle James COMMUNITY Gulf Coast Area Assn of School Boards, Executive Secretary,
7. Pilar Westbrook, Ed.D DISTRICT Executive Director of Social Emotional Learning & Comprehensive Health,
8. Alfred James DISTRICT Executive Director of Secondary Schools,
9. Shannon Nash DISTRICT FBISD Health, Wellness & Prevention Specialist,
10. Lori Sartain DISTRICT Director of Behavioral Health & Wellness,
11. Kim Taylor DISTRICT Coordinator of Health, PE and Wellness,
12. Briana Garcia DISTRICT Coordinator District Marketing - Communicaitons,
13. Julia Estrada District Child Nutrition Dietitian,
14. Natalie Bostic, RN DISTRICT Nurse, James Reese CTE, Student at Ridge Point HS,
15. Nicole Juracek PARENT Students at Neill ES,
16. Derek Craig, PhD PARENT Student at Scanlan Oaks, UT Health Houston,
17. Ana Catalina Flores-Rau PARENT Students at Clements HS,
18. Anthony Collins PARENT Students at Elkins HS,
19. Whitney Moody PARENT Student at Settlers Way ES, First Colony MS,
20. Sumita Ghosh PARENT Student at Fort Settlement MS,

21. Mikole Montgomery PARENT Student at Glover ES,
22. Vanessa Gaona PARENT Student at Lakeview ES,
23. Melissa Mecheletti PARENT Student at Colony Bend ES,
24. Rozina Hussain PARENT Student at Clements HS,
25. Rachel Elliott PARENT Student at Garcia MS, Oyster Creek ES,
26. Ayesha Saleem PARENT Students at Settlers Way ES and Fort Settlement MS,
27. Dana Tran PARENT Student at Sullivan ES, Fort Settlement MS,
28. Christina Brittingham PARENT Students at Sullivan ES,
29. Jigisha Doshi PARENT Students at Clements HS

SHAC Visitors 9/2/26

1. Alvin Gamez
2. Nick DeBrach
3. Rick Mansfield
4. Debbie Mansfield
5. Dana Morales
6. Grace Chen
7. Beth Garcia
8. Francine Bioco
9. Tiffany Ireland
10. Sonit Seth
11. Jennifer McBride
12. Shirisha Mudhiredy