

School Health Advisory Council

October Meeting

10/7/2026

WELCOME TO SHAC

Share • Connect • Grow

WELCOME



@FBISD_SHAC



Agenda

FBISD SHAC 2026-2027 October 7, 2026 Meeting Agenda

SHAC Grows!

- | | | |
|------|--|-------------------------|
| I. | Welcome— Nicole Juracek, SHAC Chair | (Time: 12:00 - 12:10pm) |
| | A. Mindful Moment & Welcome | |
| | B. Butterfly Migrations | 10 min |
| II. | Presentations | (Time: 12:10-12:50pm) |
| | A. Peanuts and Managing Food Allergies | |
| | Tarrah Westercamp, Westercamp Consulting LLC | 20 min |
| | B. Growing in Texas | |
| | Gabrielle Butler, Texas A&M AgriLife Fort Bend | 20 min |
| III. | Administration | (Time: 12:50-1:10pm) |
| | A. Brain Break – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| | B. Vote on Minutes from the September SHAC Meeting – Anthony Collins, SHAC Secretary | 5 min |
| | C. Past & Upcoming Events – Shannon Nash, Wellness, Health & Prevention Specialist | 5 min |
| | D. Unplugged Projects – Chris Brittingham | 5 min |
| IV. | SHAC Committees: Structure, Roles & Call to Action | (Time: 1:10-1:25pm) |
| | Sub Committee Breakout | 15 min |
| V. | Meeting Closure- Nicole Juracek, SHAC Chair | (Time: 1:30 pm) |

MAKE YOUR MARK

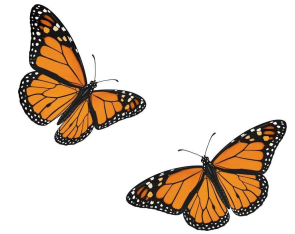
Nicole Juracek, SHAC Chair

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WELCOME

SHAC grows



Last month the ask was to share what you already know. This month it is slower: plant something, and let it keep going after you walk away.

WE PLANT

A seed today, a garden bed next spring. Small starts that outlast the meeting they began in.

WE FEED OTHERS

Most crops are not grown for the farmer. Most of what we build here is for somebody else's table.

WE SPREAD

Good practice travels the way seed does — hand to hand, one stop at a time.

"We plant trees whose shade we will never sit in." — Greek proverb

MAKE YOUR MARK



MINDFUL MOMENT

What are you growing?

Take one breath. Think of one thing you are trying to grow right now.

SOMETHING FOR YOU

A skill, a habit, or a bit of rest you keep putting off.

SOMETHING FOR SOMEONE ELSE

A person you are quietly investing in this year.

SOMETHING THAT OUTLASTS YOU

Work that will still matter when you are not the one carrying it.

"The seed never sees the flower." — Zen proverb



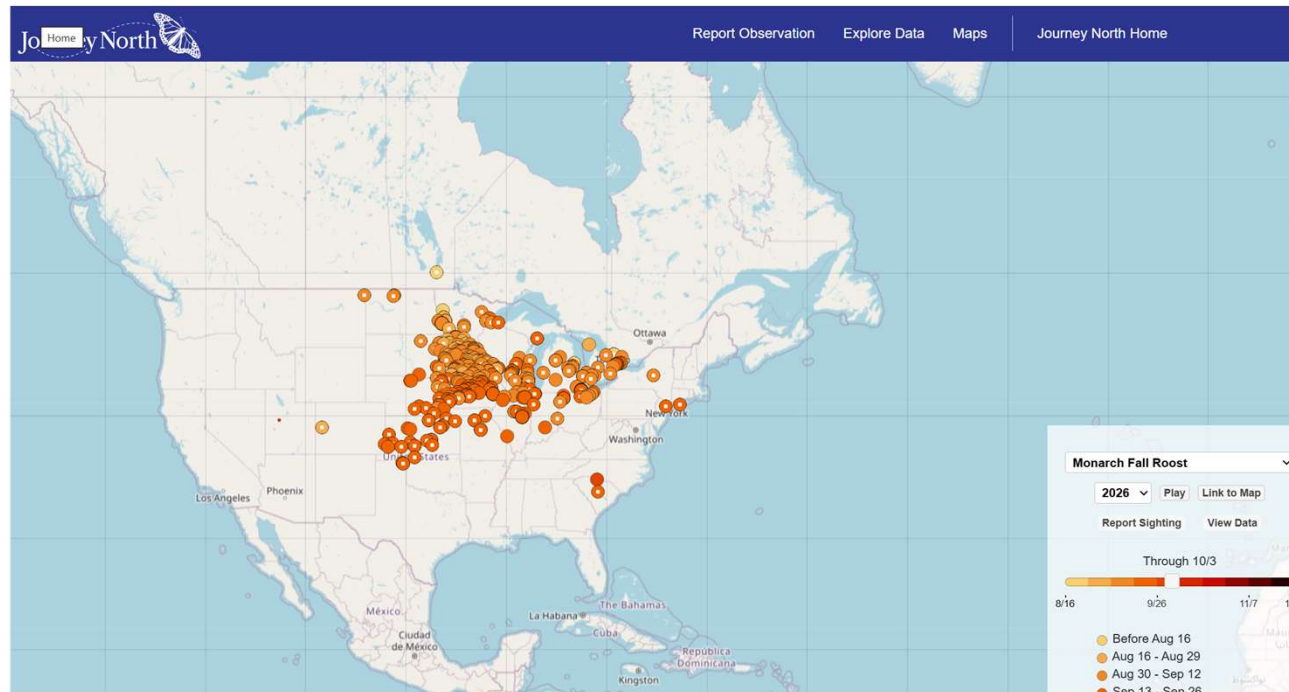
MAKE YOUR MARK



MONARCH BUTTERFLY MIGRATION

One generation flies the whole way south

The late-summer super generation makes the entire southbound trip — up to 3,000 miles to a forest it has never seen. The trip back north takes three generations.



MAKE YOUR MARK



OVER TEXAS

The narrow part of the funnel

Nearly every eastern monarch crosses this state, and the front is just starting.

PEAK WEEKS

Early October is peak migration for the Southern Plains.

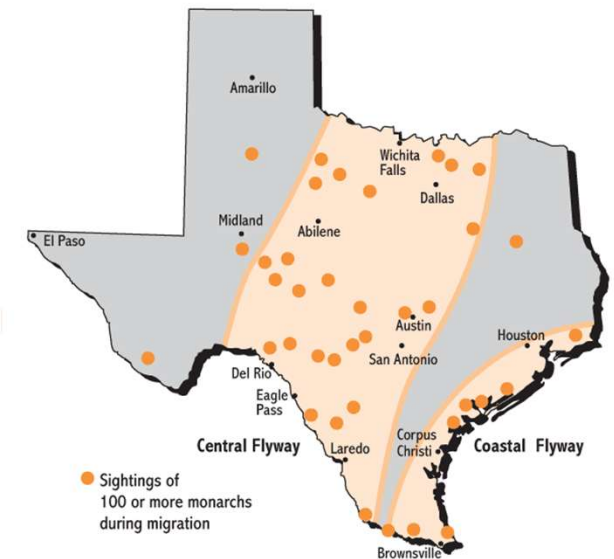
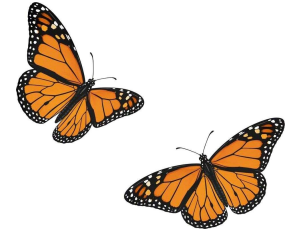
WHEN TO LOOK

Cold fronts with north winds push the biggest waves through. Watch the sky the day after one passes.

WHAT THEY NEED HERE

Nectar to refuel. Milkweed to lay eggs on.

"The butterfly counts not months but moments." —
Rabindranath Tagore



MAKE YOUR MARK

LET IT GO TO SEED

Dill seeds!



October is the right month to plant dill here. Plant it, cook with it — and leave some standing.

FOR YOUR KITCHEN

Fresh dill for potatoes, fish, dressings, and pickles. Cut what you need all through the cool season.

FOR THE SWALLOWTAILS

Black swallowtail caterpillars feed on dill. Let a few plants flower instead of harvesting them and you have built a nursery.

FOR NEXT YEAR

Let the heads dry and dill reseeds itself — free plants for you, and free seed to press into someone else's hand.

"If nothing ever changed, there would be no such things as butterflies" - Wendy Mass

MAKE YOUR MARK



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





Power of Peanuts

Fort Bend ISD 2026

Today's Speakers

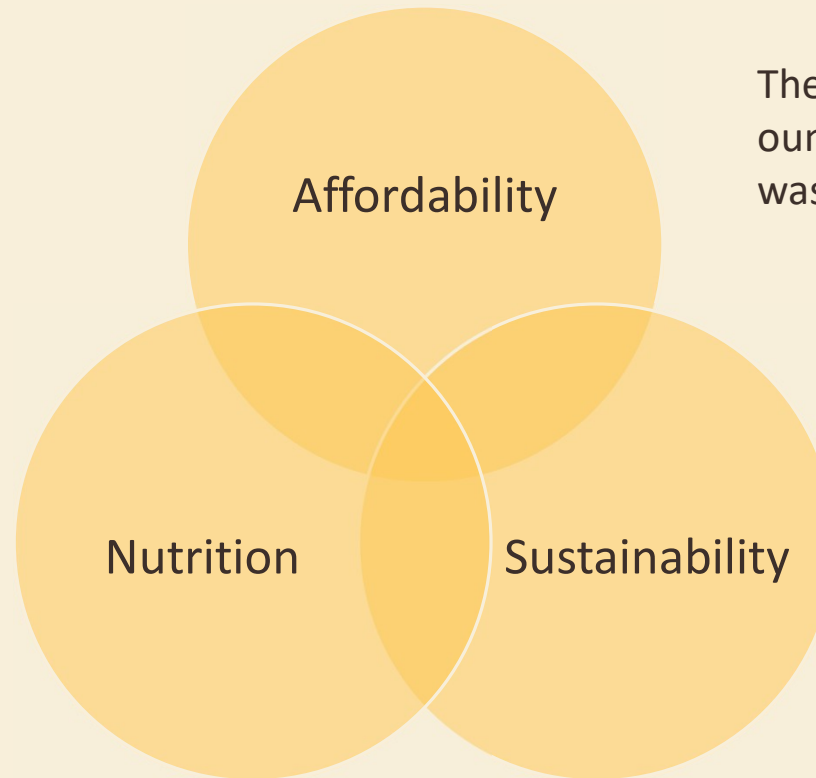


**Tarrah Westercamp, MS,
RD, SNS**

Westercamp Consulting



Benefits of Peanuts



Per serving, peanuts provide 7g of protein, 2g fiber, good fats and are a source of many vitamins and minerals.

The average price of peanuts (1 ounce) and peanut butter (2 Tbsp) was 19 cents per serving in 2024.

Peanuts are nitrogen-fixing plants that improve soil quality. They are also water-efficient, using only 3.2 gal of water to produce an ounce of peanuts.



Functional Benefits for Child Development & Healthy Eating Habits

WHY PEANUTS FOR KIDS?

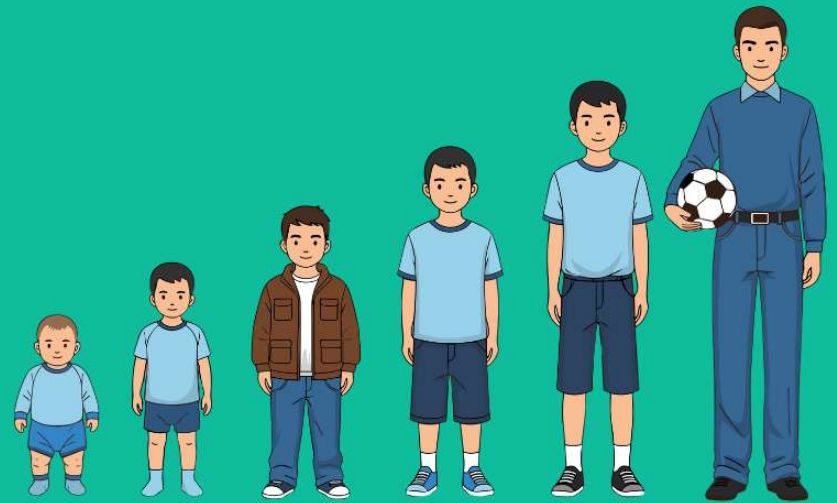
Growing up strong starts with healthy habits early. Peanuts and peanut butter deliver affordable, powerful nutrition kids need to thrive at every age — all in as little as one daily serving.

- **More Protein**
- **Nutrient Dense**
- **Brain Health**
- **Lifelong Health**



PEANUTS: Body & Physical Development

The DGAs highlight peanuts and nuts as important sources of iron, zinc, protein, choline, and long chain polyunsaturated fatty acids — all contributing to healthy child development

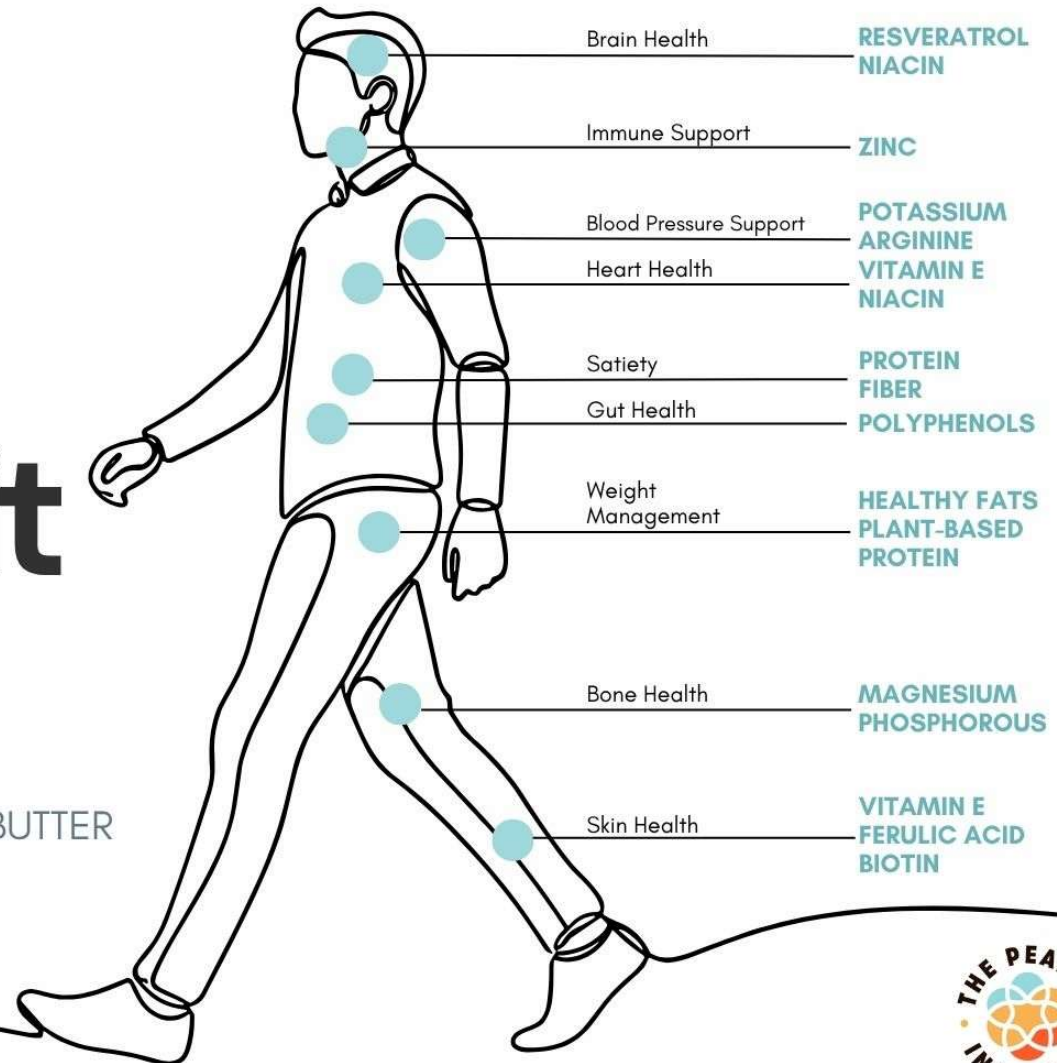


Dietary
Guidelines
for Americans



Nutrients that Benefit the Body

IN EVERY SERVING OF PEANUTS & PEANUT BUTTER





Provide Growth Support

Iron & Zinc

support immune development and rapid growth

Protein

supports muscle growth, bone formation, and immune system development

Arginine

linked to higher growth velocity & linear growth

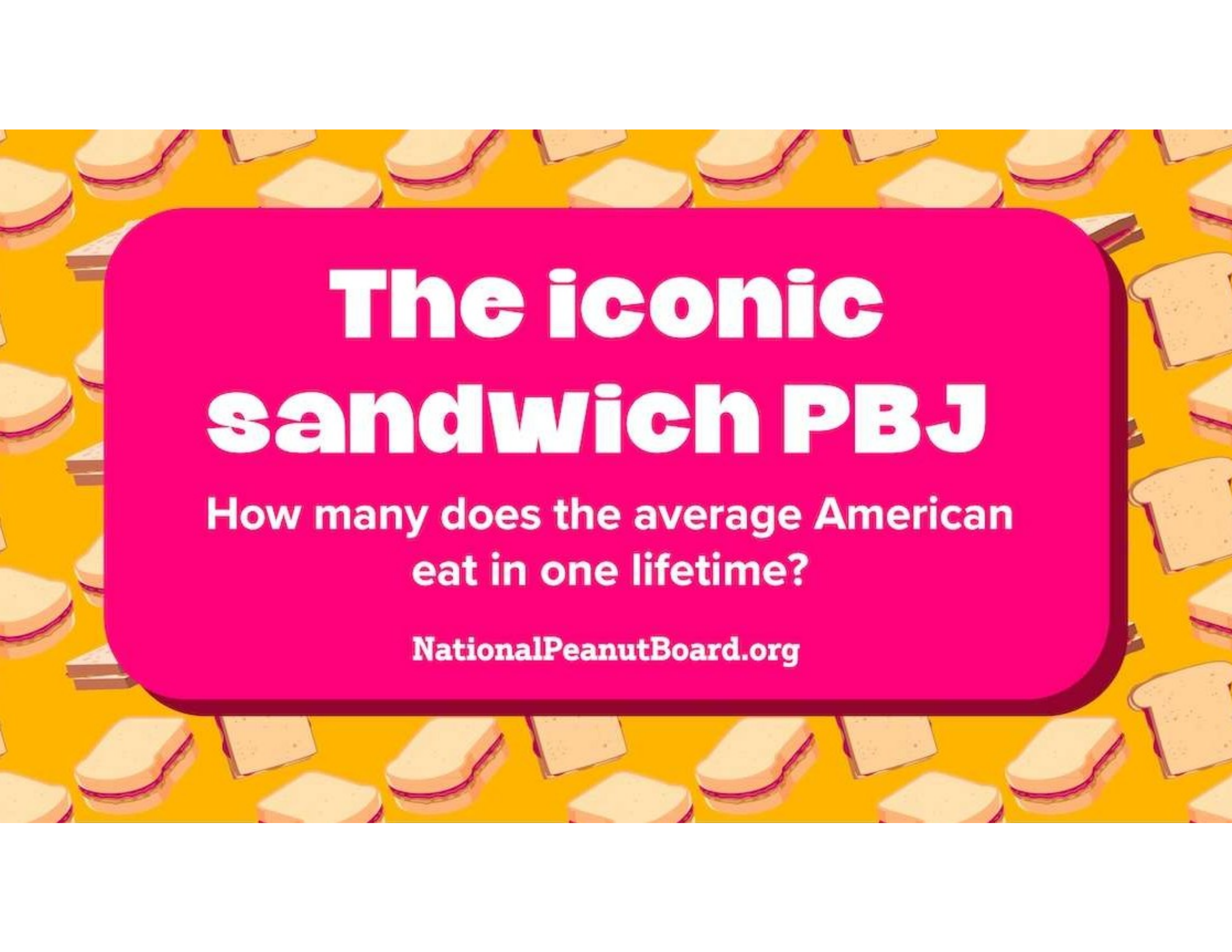
Polyunsaturated Fats

vital for rapid brain development in first 2 years

Copper

promotes concentration & neuron production





The iconic sandwich PBJ

**How many does the average American
eat in one lifetime?**

NationalPeanutBoard.org

Food Allergies

Background

Food Allergies 101

How common are food allergies?

Can food allergies be outgrown?

How are food intolerances different?

How do airborne reaction occur?



Big 9 Food Allergens

Dairy

Egg

Fish

Peanut

Tree Nut

Sesame

Shellfish

Soy

Wheat





Common Concerns Addressed

“Removing food allergens from tables and hands are impossible.”

Common Concern

“If students have a food allergy reaction, it will be in the cafeteria.”

Common Concern

“Bringing peanuts back to the menu will cause excessive liability.”

The background of the slide is a light yellow color with a repeating pattern of stylized peanuts. Each peanut is depicted with a brown grid-like texture on its shell and a small brown stem at the top. The peanuts are scattered across the entire background.

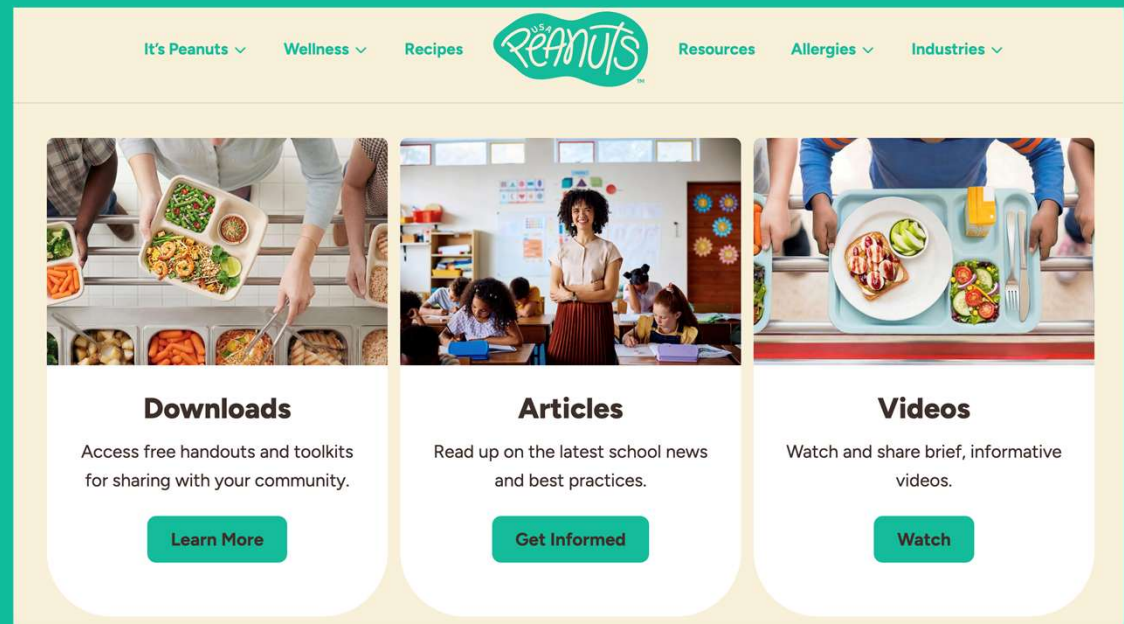
**How many peanuts^{!!} does it take to fill
up a 12-ounce jar of peanut butter?
Take a guess**

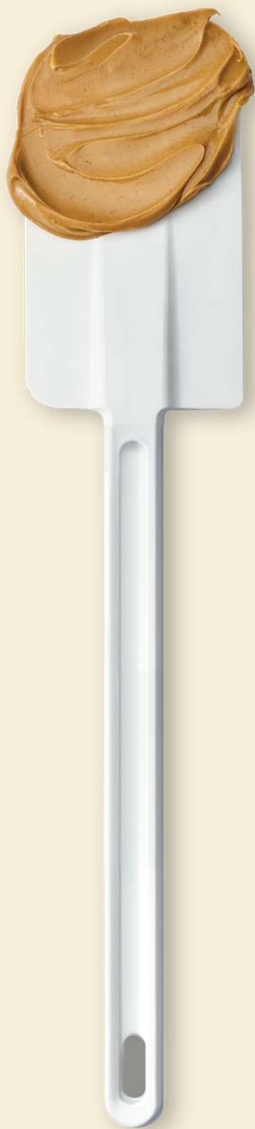
NationalPeanutBoard.org

Resources

The National Peanut Board is your one-stop spot for all things about serving peanuts safely in schools:

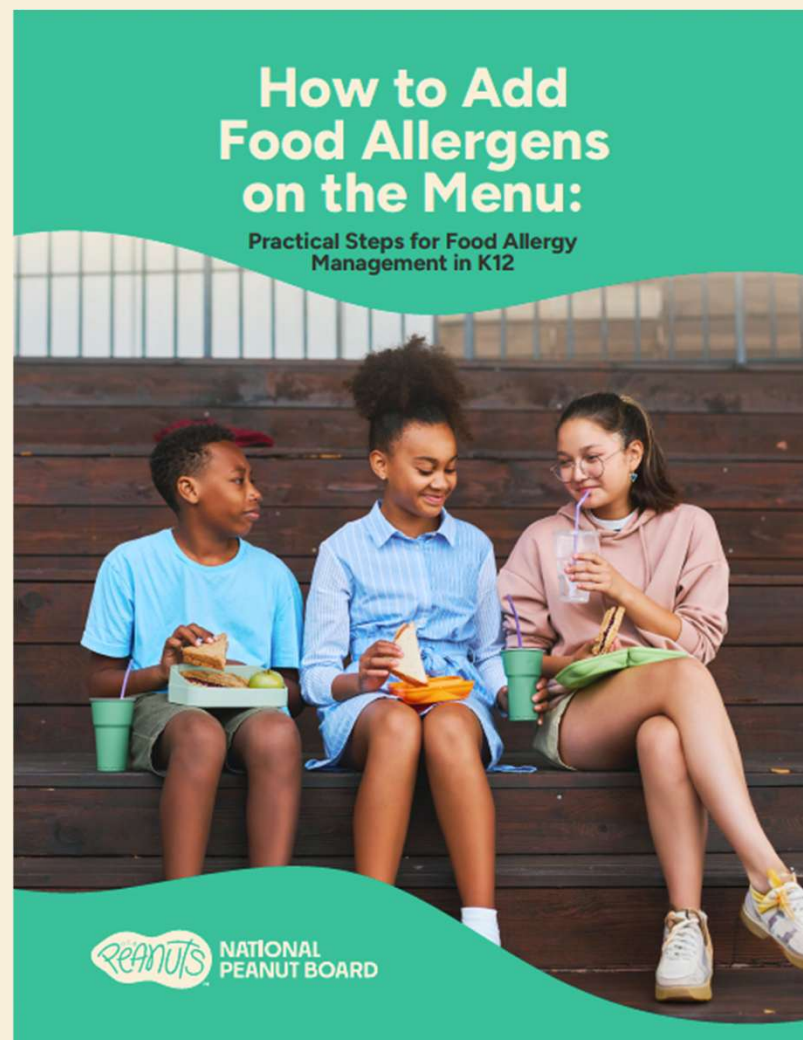
- Recipes
- Best practices
- Research
- Handouts
- Webinars
- And more!!





NEW TOOLKIT:

How to Add Food Allergens on the Menu

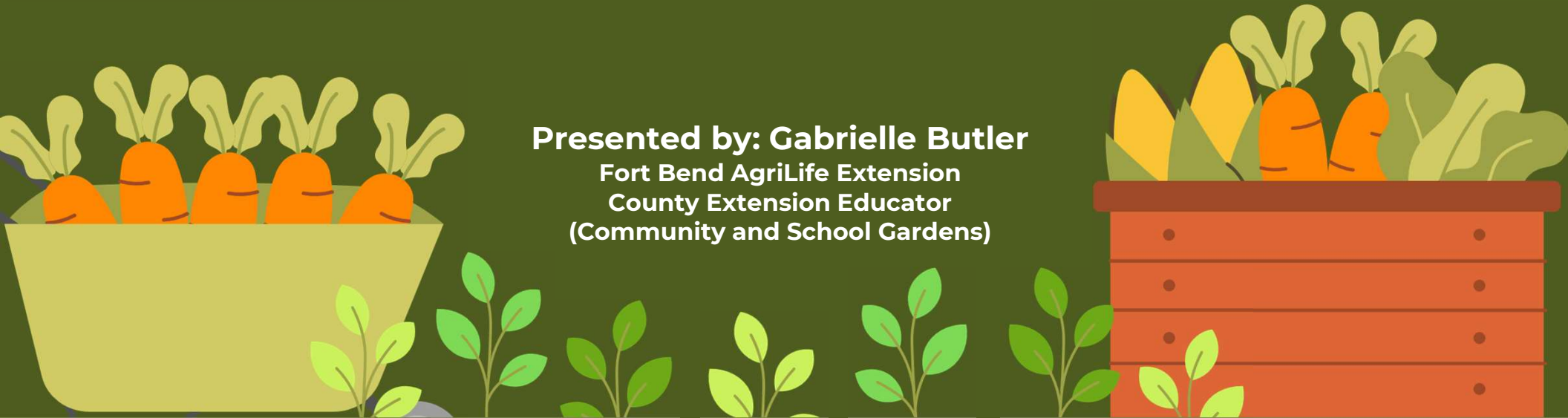


Questions?



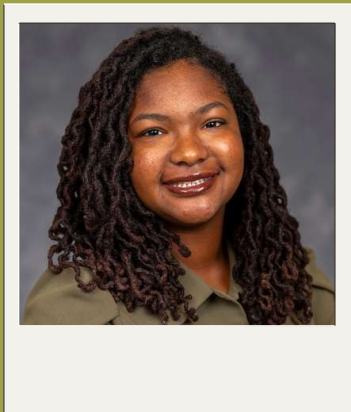


LEARNING GARDENS: GROWING HEALTHY KIDS



Presented by: Gabrielle Butler
Fort Bend AgriLife Extension
County Extension Educator
(Community and School Gardens)

INTRODUCTION



- Fort Bend County native
- B.S. Plant and Soil Sciences ,
Sam Houston State University
- Specialties: Horticultural
Therapy and Landscape Design



TEXAS A&M
AGRI LIFE
EXTENSION

**“Improving the lives of Texans
through education and service
at the intersections of
agriculture, natural resources,
youth development (4-H), and
health.”**





CURRENT LANDSCAPE IN FBISD

Campuses with gardens in varying degrees of use:

Elementary

- Armstrong
- Brazos Bend
- Cornerstone
- Ferguson
- Holley
- EA Jones
- Lexington Creek
- Madden
- Malala
- Neill
- Oyster Creek
- Pecan Grove
- Quail Valley
- Schiff
- Settlers Way
- Sienna Crossing
- Townewest

Middl

- Hodges Bend

Hig

- Bush
- Elkins
- Marshall



CURRENT LANDSCAPE IN FBISD



Armstrong



Quail Valley

Ferguson



Madden





STRATEGIES FOR SCHOOL GARDEN SUCCESS



- 1) **STRONG GARDEN COMMITTEE:** Share the load, succession planning, strategic partnerships
- 2) **FUNDING/RESOURCES:** renewable grants, in-kind donations, tool drives
- 3) **TIMING:** Align planting/harvest windows with school calendar
- 4) **CURRICULUM:** TEKS-based curriculum integrates garden into daily routines, 4-H programs align with afterschool clubs
- 5) **SIMPLE PILOT PLOT:** Square-foot raised bed garden
- 6) **INFRASTRUCTURE:** Invest in irrigation/rainwater harvesting, compost, shade, seating, and tool storage





HELPFUL RESOURCES



- 4-H / Junior Master Gardener Program
- Extension horticulture department
- Fit Fort Bend's Adopt-a-School Garden Program
- KidsGardening.org
- School Garden Support Organization





Oyster Creek Park

Join Fit Fort Bend Partners
Adopt a School Garden Community Walk!
Saturday, October 24
9 - 11 a.m.

Donations in any amount go directly to public schools in
Fort Bend County to support a school garden
for fresh fruits and vegetables for students!

Oyster Creek Park
4033 Hwy 6
Sugar Land, TX 77478

Link to Donate
or use QR Code



TEXAS A&M
AGRI LIFE
EXTENSION

41st Annual Fort Bend Regional Vegetable Conference Save the Date - Tuesday, 2/17/2026!



<https://fortbend.agrilife.org/>

New location -> FORT BEND EPICENTER
ROSENBERG, TEXAS

Multi-track Agenda for Ag TDA
CEUs, Backyard Gardeners, Market
Producers, and Educator CPEs!

TEXAS A&M
AGRI LIFE
EXTENSION



Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any Extension activities, are encouraged to contact the Fort Bend County Extension Office at 281-342-3034 for assistance five working days prior to activity.

QUESTIONS?



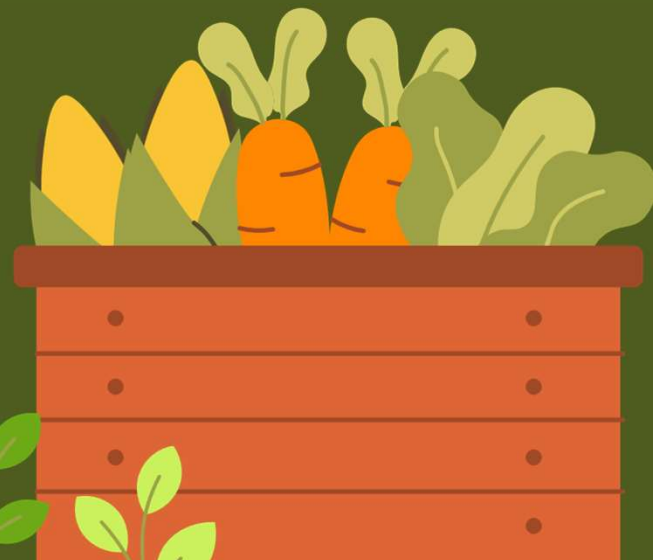
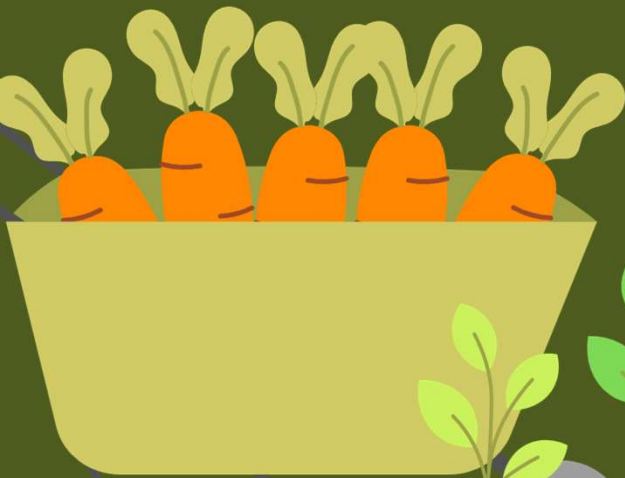
CONTACT

Gabrielle Butler

County Extension Educator

| 281-633-7006 |

Gabrielle.butler@ag.tamu.edu



Brain Break: Sync Claps

- Purpose: Generate focus and alignment within in a group.
- Stand in a circle; send a clap around the circle.
- Each clap involves 2 members of the group clapping their hands at the same time.
- The group tries to move the clap around the circle faster and faster with synchronization.
- Challenge: The “double clap” and reverse.



Meeting Minutes



Anthony Collins, SHAC Secretary



When life gets busy, we often overlook self-care.

But small acts of care can help us to feel calmer, stay resilient and help others too. Taking care of yourself isn't selfish - it's essential. Action for Happiness' calendar is full of simple actions to help you care for yourself, so you can also show up for others.

MAKE YOUR MARK

Actionforhappiness.org





WHOLE CHILD HEALTH DISTRICT INITIATIVES & EVENTS

OCTOBER 2026

FENTANYL AWARENESS MONTH, FARM FRESH MONTH,
NATIONAL BULLYING PREVENTION MONTH

OCTOBER
7



Walk to
School Day

OCTOBER
19-23

Pink Week – Breast
Cancer Awareness

- Friday, 10/23:
Pink Out Day



OCTOBER
19-23

National School Lunch Week



OCTOBER
21

National Bullying
Prevention Month
– Unity Day



OCTOBER
23-31



Red Ribbon Week

MAKE YOUR MARK



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Whole Child Health Initiative

FORT BEND ISD

FBISD Whole Child Health Health Choices. Make Your Mark. Soundbite Series

2026-27 Release Dates

Two-to-four-minute video and audio clips to educate students and parents about practical ways to improve your mental, physical, and social wellness.

Every choice you make affects your health and well-being. The way you manage emotions, treat others, communicate, engage online, and show up for school leaves a mark on your future, your relationships, and your school community. Through healthy choices, students can make a positive mark on themselves and those around them.



September 23

Make Your Mark: Show Up

Being present is one of the simplest and most powerful choices students can make.



October 28

Make Your Mark: Regulate Before You React

Big emotions are normal. Healthy choices help us respond thoughtfully rather than react impulsively.



February 24

Make Your Mark: Think Before You Post

Every post, comment, repost, and message contributes to your digital footprint



April 14

Make Your Mark: Don't Let Stress Take The Lead

Deadlines, tests, and busy schedules can feel overwhelming, but stress doesn't have to control your experience.



Scan for
more
resources



Whole Child Health Initiative
FORT BEND ISD

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Follow us on Whole Child Health on Facebook & Instagram

@FBISDWholeChildHealth



National School Lunch Week 2026-2027

National School Lunch Week

- **Official Dates:** October 12-16, 2026
(Falls during FBISD Fall Break)
- **FBISD Celebration:** October 19-23, 2026
- **Theme: Cafeteria Circus** 🎪

Join us as we celebrate **National School Lunch Week** with fun circus-themed promotions and special menu features throughout the week! ✨



MAKE YOUR MARK

Holiday Meal 2026-2027

Holiday Meal

Wednesday, November 18, 2026

(Subject to change depending on location)

Celebrate the season with us as we gather for a festive meal in the cafeteria.

Let's come together to give thanks and enjoy the season! 🍁 ❤️

MAKE YOUR MARK



Join Us
for a
HOLIDAY MEAL
in the cafeteria

WEDNESDAY NOVEMBER 18, 2026

MENU

- ROASTED TURKEY
- MASHED POTATOES
- CORNBREAD STUFFING
- ORANGE GLAZED CARROTS
- SIDE SALAD
- FRUIT OF THE DAY
- CINNAMON CRUMBLE
- MILK

Let's come together to give thanks and
enjoy the season.

FBISD
CHILD
NUTRITION

This institution is an equal opportunity provider.

Whole Child Health (WCH) Initiatives November/December

- American Diabetes Month
- Holiday Meals Week of 11/18
- Texas Handwashing Awareness Week 12/6-12/12



District Student Wellness COALITION Update

- Welcome 26-27 District Student Wellness COALITION Ambassadors
- Current Members: **47**
- 100% of our campuses have representation.
- Only 1 spot to fill!



DSWC THINK TANK

District Student Wellness Coalition Think Tank Presentations

November 18, 2026
9:00 AM – 12:00 PM

Identify. Create. Present. Win.

- **Is your campus facing a student wellness challenge?**
 - Work with your District Student Wellness COALITION and Campus Student Wellness Committee to:
 - ✓ **Identify** a mental, physical, or social/emotional health issue on your campus
 - ✓ **Create** a solution—an event, program, or product that raises awareness
 - ✓ **Present** your idea to a panel of stakeholders

Prize Opportunities

- **1st, 2nd, and 3rd Place Winners**
Grant funds awarded by United Health Care



MAKE YOUR MARK

Shannon Nash, FBISD Health & PE Specialist

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SHAC Meeting: October 7, 2026

The UnpluggEd Project

1 week in October //
tinyurl.com/unpluggedproject26

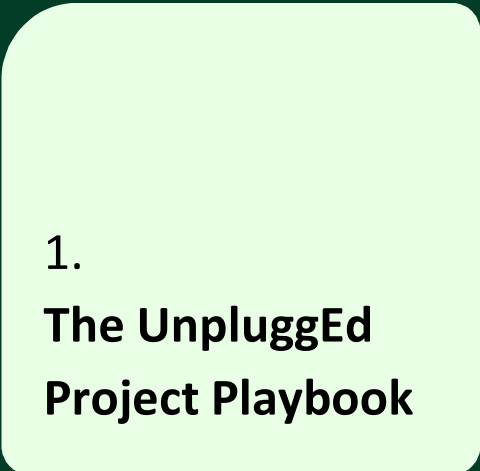


The UnpluggEd Project

What's included?

Anyone can participate.
Start where you are.

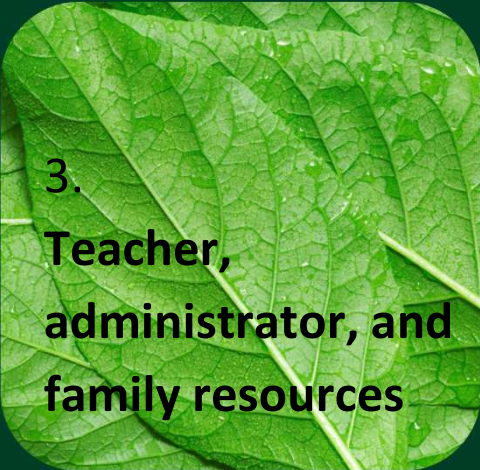
Learn more & get the
Playbook: [tinyurl.com/
unpluggedproject26](https://tinyurl.com/unpluggedproject26)



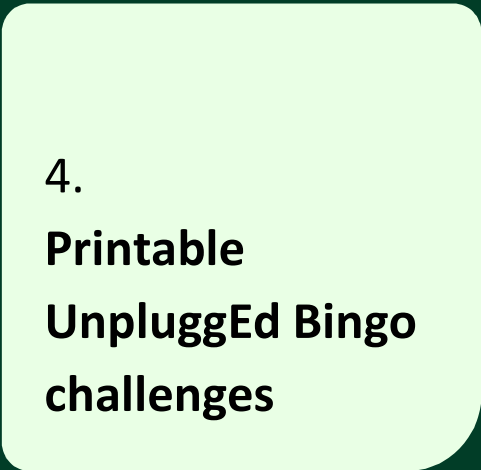
1.
The UnpluggEd
Project Playbook



2.
Classroom-
ready lesson ideas



3.
Teacher,
administrator, and
family resources



4.
Printable
UnpluggEd Bingo
challenges

Choose your level

- **Mild** (1 day)
- **Medium** (2-3 days)
- **Spicy** (4-5 days)
- **Participation is free**
- **Benefits:** better focus,
stronger relationships, more
creativity, time for
reflection



Parent & Family Playbook:

Even small changes can make a meaningful difference

Create something together

- Fort
- Mural/painting
- Time capsule
- Scrapbook
- Family flag

Cook together

Learn a new skill

- Origami
- Knitting
- Birdwatching
- Drawing
- Gardening
- Photography

Write letters

Encourage kids to write to grandparents, friends, teachers, or future selves

Family storytelling night

- Childhood memories
- Family traditions
- Funny experiences
- Historical events you witnessed

Go places together

- Library
- Local parks
- Museums
- Volunteering
- Farmers market
- Sporting events

Family Challenges

Family Reading Challenge

Set aside 20-30 min each evening for family reading. Everyone reads.
No devices, no multitasking, just books.

Family Board Game Night

Choose games that encourage strategy, collaboration, problem solving, and communication

Ideas: Scrabble, Uno, checkers, Catan, Ticket to Ride, chess

Family Walk Challenge

Take a walk together.
Consider discussing:

- What was the best part of your day?
- What did you learn today?
- What surprised you this week?

Family Meal Challenge

Commit to one device-free meal each day during the week.

Use the opportunity for conversation and connection.

Tips for Families

Start small

Choose 1-2 activities that fit your family's interests & schedule.

Small changes, repeated consistently, can have a meaningful impact over time.

At the end of the week, discuss:

What did we enjoy?

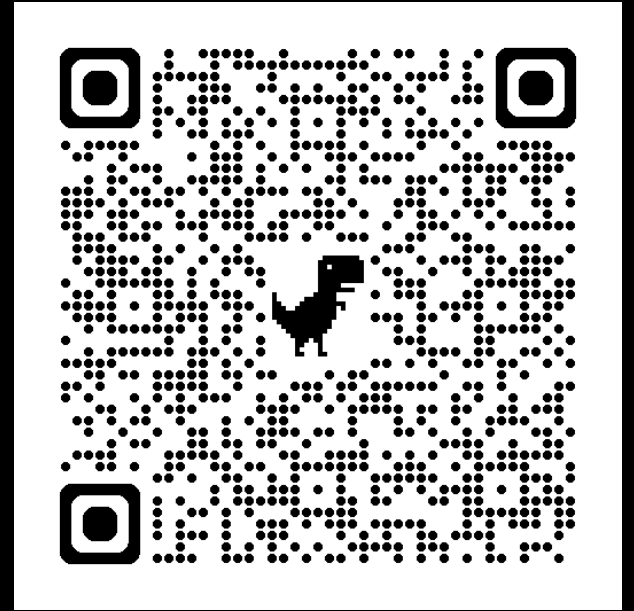
What challenged us?

What helped us connect?

What would we like to continue?

Thank you!

Learn more & get the Playbook:
tinyurl.com/unpluggedproject26



Contact info:

Chris Brittingham
cknutson02@gmail.com



SHAC Committees:

- Structure, Roles & Call to Action
- Subcommittee Breakout

BREAKOUT GROUPS

Choose your subcommittee

Scan to sign in to the group you want to work with, then join that group for the breakout.
Circle up with your committee leader. Turn the chairs to form 3 circles in the space.

PHYSICAL ACTIVITY AND FITNESS

Physical Activity and Fitness- SHAC
Subcommittee Roster 26-27



LEGISLATIVE ADVOCACY

Legislative Advocacy- SHAC
Subcommittee Roster 26-27



NUTRITION ADVOCACY

Nutrition Advocacy- SHAC
Subcommittee Roster 26-27



MAKE YOUR MARK

Nicole Juracek, SHAC Chair

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MEETING CLOSURE

Next SHAC Meeting: December 9, 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

