

FBISD School Health Advisory Council (SHAC)

Meeting Minutes

October 7, 2026
Administration Building
12:02 PM - 1:34 PM

I. Call to Order and Welcome

Nicole Juracek, SHAC Chair, called the meeting to order at 12:02 PM. The meeting theme, SHAC Grows, emphasized programs and initiatives that support student wellness. Members participated in a mindfulness reflection activity and were introduced to SHAC feedback and shout-out cards.

II. Speaker Norms and Meeting Expectations

Members were reminded to limit questions, stay focused on presentation topics, and utilize feedback cards to submit future topics and suggestions.

III. Presentation: Power of Peanuts

Tarrah Westercamp presented information regarding the introduction of peanuts on select secondary menus. Discussion addressed nutritional benefits, food allergy management practices, FDA-recognized allergens, misconceptions regarding allergies, student wellbeing, and support strategies for students experiencing food allergy-related anxiety.

IV. Presentation: Learning Gardens - Growing Healthy Kids

Gabrielle Butler, Texas A&M AgriLife Extension, discussed school gardens, sustainability, curriculum integration, grant opportunities, hydroponics, educator resources, and agricultural career awareness.

V. Brain Break Activity

Members participated in a brief team-building and engagement activity.

VI. Approval of Previous Minutes

Approval of September meeting minutes was postponed due to lack of quorum.

VII. Whole Child Health Updates

Updates included Fentanyl Awareness Month, National Bullying Prevention Month, Walk/Roll to School Day, Unity Day, Pink Out Day, Red Ribbon Week, Whole Child Health communications, and upcoming wellness campaigns.

VIII. Child Nutrition Updates

Child Nutrition highlighted National School Lunch Week and the upcoming Holiday Meal Celebration.

IX. District Student Wellness Coalition Updates

Members received updates on student wellness projects, coalition activities, and the Think Tank Competition.

X. Unplugged Project

Christina Brittingham introduced the Unplugged Project, a national initiative encouraging reduced screen time and increased personal connection.

XI. Committee Breakout Sessions

Committees discussed physical activity, nutrition advocacy, legislative priorities, technology use, student voice initiatives, and cell phone legislation.

XII. Adjournment

The meeting adjourned at 1:34 PM.

SHAC Attendance – October 7, 2026

Name	Representation / Affiliation
Angie Wierzbicki	BOARD - FBISD Board of Trustees
Nichole Brathwaite-Dingle, MD / Barbara Irving	COMMUNITY - Fort Bend County Health
Sandy Bristow	COMMUNITY - Oliver Foundation, Program Director
Misty Cey	COMMUNITY - Nutrition, Physical Education & Physical Activity
Doug Earle	COMMUNITY - The First Tee
Pilar Westbrook, Ed.D	DISTRICT - Executive Director of Social Emotional Learning & Comprehensive Health
Lori Sartain	DISTRICT - Director of Behavioral Health & Wellness
Kim Taylor	DISTRICT - Coordinator of Health, PE and Wellness
Julia Estrada	DISTRICT - Child Nutrition Dietitian
Natalie Bostic, RN / James Reese	DISTRICT Nurse / CTE Student at Ridge Point HS
Nicole Juracek	PARENT - Students at Neill ES
Ana Catalina Flores-Rau	PARENT - Students at Clements HS
Anthony Collins	PARENT - Students at Elkins HS
Whitney Moody	PARENT - Student at Clements HS and First Colony MS
Sumita Ghosh	PARENT - Student at Fort Settlement MS

Mikole Montgomery	PARENT - Student at Glover ES
Ayesha Saleem	PARENT - Students at Settlers Way ES and Fort Settlement MS
Christina Brittingham	PARENT - Students at Sullivan ES

Total SHAC Members Present: 18

SHAC Visitors – October 7, 2026

- Allison Thummel
- Pearl Lam
- Tiffany Ireland
- Tarrah Westercamp
- Beth Garcia
- Gabrielle Butler
- Sonit Seth
- Angie Hanan