

Friday Beat

October 28, 2022, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach.

Announcements

Reaching For Excellence Grant

DSHS invites public and charter schools to apply for the [Reaching for Excellence \(RFE\) in Texas School Health Grant](#). Two \$10,000 grants will be awarded for the 2023-2024 school year. The goal of the RFE grants is to fund projects that inspire students to live healthier lives. Projects must focus on at least one key component of the [Whole School, Whole Community, Whole Child model](#). View a recording of an [information webinar](#) about the grant. The application is open until 11:59 p.m. CT on November 14, 2022. Email schoolhealthawards@dshs.texas.gov or call 512-776-7279 if you have questions about the grant.

Professional Development

Improving Health Through Nature

The Michael and Susan Dell Center for Healthy Living is hosting a webinar on November 2, 2022, titled [Improving Health Through Nature](#). This webinar will examine the relationship between improved health and wellbeing and time spent in nature. Topics will include dose, measuring nature exposure, health benefits, and potential pathways through which nature improves health. The webinar will also cover the development of evidence-based interventions to increase time in nature, particularly those that address health disparities.

Restorative Practices for Educators

The Texas School Safety Center is hosting the [Restorative Practices for Educators training](#) in various locations around Texas. In this four-hour session, participants will learn about what restorative practices are and are not. Participants will discuss why restorative practices are a proactive and reactive tool that campuses should have in their intervention toolbox. Participants will learn how to facilitate the restorative processes and implement foundational structures. Presenters will discuss key components for data collection and analysis to track program effectiveness.

Funding Opportunities

Funding Opportunity for Expressions of Interest to Advance Cross-Sector Partnerships for Adolescents

The Wallace Foundation is seeking applications from groups of organizations working together in formal or informal partnerships to support adolescent youth development. The goal of this effort is to support partnerships that serve youth, strengthen communities, and to learn from and use successful practices in future

Wallace initiatives. Each group of organizations selected will receive grants averaging \$200,000 for a year of work in addition to other support from the Wallace Foundation. Applicants must complete an [Expression of Interest form](#) before applying. Visit the Wallace Foundation website to learn more about the [grant opportunity and eligibility](#).

Asthma 411 Spring 2023 Challenge Grant

Asthma 411 is hosting a [Spring 2023 Challenge Grant](#) for individual schools or school districts to pilot an intervention to strengthen school asthma services. Awardees will receive up to \$2,000. The four project categories available are: Maximizing School Health Services, Asthma Education, Healthy School Environments, and Links to Resources. Applications for the grant are due by December 15, 2022. Program implementation will begin in February and end in April 2023. If you have questions about the challenge, please email asthma411@unthsc.edu.

Health Education

Kids Health in the Classroom

Nemour's Kids Health offers many [health education resources](#) for teachers including teacher guides and lesson materials for a variety of topics across all grade levels. Topics include the human body, health problems, and personal health. Nemours has also created webpages for [teens](#) and [kids](#) to teach them about their health.

First Aid for Severe Trauma (FAST)

The American Red Cross offers the [FAST course](#) at no charge to high school students. This course teaches participants to prepare for bleeding emergencies, communication with emergency dispatchers, and caring for people with life-threatening bleeding. Become a Red Cross training provider to provide the FAST course to students by [registering your school](#).

Physical Education and Physical Activity

Texas Children in Nature Network 2022 Summit

Texas Children in Nature Network (TCiNN) is hosting their 2022 Summit from December 7-9, 2022. During the summit, TCiNN will bring together over 250 community leaders from across the state to strengthen the nature network and develop opportunities and policies that will connect more children and families in nature. A private film screening of Deep in the Heart and an informative half-day workshop are included in the registration. For more information about the Summit and to [register](#), please visit the [TCiNN webpage](#).

Nutrition Environment and Services

Development and Implementation of Healthy Meals Incentives Recognition Awards and Sub-Grants for SFA's - Cooperative Agreement

Non-governmental entities are invited to submit applications to enter into a cooperative agreement with the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) to develop and implement the [Healthy Meals Incentives Recognition Awards and Sub-grants for School Food Authorities](#). Examples of entities eligible to apply include accredited colleges/universities, private or public non-profit or for-profit research institutions, and organizations with experience working in school foodservice and in working with school nutrition professionals to

improve the nutritional quality of school meals. View full eligibility requirements on grants.gov. Applications are due by November 28, 2022.

Health Services

Back to School with Asthma Recorded Webinar

The Allergy and Asthma Network hosted a panel discussion webinar on Back to School with Asthma on August 16, 2022. The webinar featured the perspectives of dealing with asthma in schools from a high school student and school nurse. The recording and slides are available now for viewing on the [Allergy and Asthma Network website](#).

Quote to Note

"Life is made of ever so many partings welded together." – Charles Dickens

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