

Friday Beat

November 11, 2022, Edition

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

Announcements

Friday Beat Schedule

Due to the upcoming holiday breaks, the Friday Beat will have a slightly different schedule. Below are the publication dates for the remaining 2022 Friday Beat editions:

- December 2, 2022
- December 16, 2022

The Friday Beat will resume regular bi-weekly publications starting January 6, 2023. [Subscribe](#) to the Friday Beat or [view past editions](#) on the School Health Program webpage. Happy holidays!

National Diabetes Month 2022

National Diabetes Month, celebrated in November, is an awareness month that encourages people to get educated about diabetes, find resources, and bring attention to diabetes in communities across the country. [The National Institute of Diabetes and Digestive and Kidney Disease](#) has resources to teach people about diabetes, including tips to manage prediabetes and prevent diabetes. In addition, the Texas Department of State Health Services [Diabetes Prevention and Control Program](#) has Texas specific resources and guidelines for individuals living with diabetes and those that support them.

Professional Development

Texas Action for Healthy Kids Summit - November 15-16, 2022

[Texas Action for Healthy Kids](#) is hosting its virtual summit on November 15-16, 2022. The summit will feature learning sessions, networking and connecting with schools and districts across the state. There will be a youth panel, plans for the upcoming legislative session and a variety of other sessions. Sessions will include topics on mental health in schools, School Health Advisory Councils (SHACs), challenges of teen vaping and more. [Register for the summit](#) or email questions to sjbristow@oliverfoundation.org.

Funding Opportunities

Youth Garden Grant

Kids Gardening is accepting applications for the [2023 Youth Garden Grant](#). The grant supports school and youth educational garden projects used to enhance the quality of life for youth and their communities. Fifty programs will be awarded \$500 and a shipment of gardening supplies. [Apply](#) by December 2, 2022.

Farm to School Grant

The United States Department of Agriculture (USDA) is accepting applications for their [Farm to School Grant](#). Schools, farmers, and other organizations that help produce or serve meals to kids through USDA's child nutrition programs can apply. In 2023, USDA will award grants through a competitive process that provides bonus points to projects operated by and serving communities that are underserved, marginalized, or adversely affected by poverty and inequality. USDA invites all eligible and interested organizations to apply by January 6, 2023.

Health Education

CDC Teen Newsletter: Noise-Induced Hearing Loss

CDC's [November's Teen Newsletter](#) focuses on noise-induced hearing loss. This edition covers the signs and symptoms of noise-induced hearing loss and ways to prevent it. This resource can be used with students to learn about noise-induced hearing loss and a public health approach to prevention.

Nutrition Environment and Services

Elementary Educators' Guide to Container Gardening

Kids Gardening and Crescent Garden partnered to create the [Elementary Educators' Guide to Container Gardening](#). The Guide teaches educators the basics of container gardening with kids, including container garden design, planting tips, and curriculum connections. It also contains ten ideas for creating engaging themed container gardens for kids, from a Salsa Garden to a Tea Garden or Sensory Garden.

Health Services

Building Family Confidence in the COVID-19 Vaccine: Framing Strategies for School Nurses

The Frameworks Institute, in partnership with the National Association for School Nurses and the Institute for Educational Leadership has created the [Building Family Confidence in the Covid-19 Vaccine: Framing Strategies for School Nurses toolkit](#). This toolkit offers evidence-based tips and techniques to support more productive conversations and communications about getting kids vaccinated. The resources in the toolkit can equip school nurses to build the confidence of families who have not yet vaccinated their children against COVID-19.

Pediatric Acute-Onset Neuropsychiatric Syndrome Resources

The Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) Advisory Council, in conjunction with the Health and Human Services Commission (HHSC), works to educate schools about this rare medical condition, which affects an estimated one to two percent of children. To learn more about PANS, its symptoms and accommodations, see the PANS school flyer on the [PANS Advisory Council web page](#). The flyer can also be ordered for free on the [HHSC publication website](#).

Family Engagement

Fostering Family Engagement in School

[Fostering Family Engagement in School](#) is a self-paced webinar offered by the National School Safety Center through the University of Michigan. This webinar addresses how schools can foster family involvement and engagement to increase student feelings of belonging and academic success. The presenters define

engagement, explain common barriers, and provide concrete steps to address barriers. A host of additional resources are also provided to help schools move forward with their family engagement efforts. Visit the National School Safety Center to [enroll in the webinar](#).

Quote to Note

“Life is trying things to see if they work.” - Ray Bradbury

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