

Friday Beat

December 16, 2022, Edition

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

Announcements

Happy Holidays

The Texas Department of State Health Services (DSHS) School Health Program wishes everyone a happy and safe winter break. Thank you for your service to Texas students and families! The Friday Beat will not be published on December 30th and will resume January 6, 2023.

DSHS Website Redesign

DSHS launched a [new website](#) on December 9, 2022. The School Health webpages were redesigned so they will look different. Please note that we are still working to address some glitches with this new website. If you have any bookmarked DSHS webpages, such as [School Health Program](#) or [School Immunizations](#), please update them with the new links. If you have trouble locating something previously found on the DSHS School Health webpages, please email the School Health program at SchoolHealth@dshs.texas.gov.

Funding Opportunities

Farm to School Grant

The United States Department of Agriculture is accepting applications for their [Farm to School Grant](#). Each year \$5 million is provided to the Department of Agriculture (USDA) to support grants, technical assistance, and other activities related to USDA's Farm to School Program. 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 approximately \$12 million in grants through a competitive process that is designed to improve access to local foods in eligible schools, for activities such as training, supporting operations, planning, purchasing equipment, developing school gardens, developing partnerships, and implementing farm to school programs. Visit [Grants.gov](https://www.usda.gov/grants) for more information. USDA invites all eligible and interested organizations to apply by January 6, 2023.

2023 Asthma Scholarship Award

The Texas Allergy, Asthma and Immunology Society (TAAIS) Memorial Foundation is pleased to announce the [2023 TAAIS Memorial Foundation Asthma Scholarship Award](#). This \$3,000 one-time award will be granted to up to five qualified Texas high school seniors who suffer from Asthma and plan to go to college. The deadline to apply for the award is March 1, 2023. Visit the [TAAIS webpage](#) for additional information.

Health Services

Health Education Curriculum Analysis Tool Webinars

The Centers for Disease Control and Prevention (CDC) has a new webinar series that introduces CDC's [Health Education Curriculum Analysis Tool](#) (HECAT). HECAT helps schools assess and revise health education curriculum, develop scope and sequences, and prepare lessons and assessments. Webinar topics include mental and emotional health, violence prevention, alcohol and other drug use prevention, and more. Each webinar discusses recent updates to student knowledge and skill content that are important for primary prevention in schools.

National Asthma Resource Hub for EXHALE Strategies

The Allergy and Asthma Network has put together a [hub of resources](#) based off the National Asthma Control Program's EXHALE framework. Resources are available based off each of the six EXHALE strategies for people with asthma, parents, children, nurses, healthcare providers, and schools.

Child Screen Time Toolkit

The Michael and Susan Dell Center for Healthy Living has released a [Child Screen Time Toolkit for schools](#) and parents. The newly released Screen Time Toolkit consists of resources, data, tools, and guides to learn about child and adolescent screen time in Texas. This toolkit can be used to impact our state's health as a parent, school, or community member.

Caring for Children with Medical Complexities: Nuts and Bolts of Asthma for the School Nurse

[Children's Health](#) is offering a self-paced learning opportunity- [Back to School Health Professional Conference: Caring for Children with Medical Complexities: Nuts and Bolts of Asthma for the School Nurse](#). After completing this activity, participants will recognize signs and symptoms of poorly controlled asthma and acute asthma exacerbation. Participants will also recognize the role of pretreatment of exercise induced asthma and management of asthma. Participants will receive one contact hour credit.

Social and Emotional School Climate

Violence Prevention: School-based Anti-bullying Interventions

The Community Guide released a systematic review of [school-based anti-bullying interventions](#). The Community Preventive Services Task Force recommends school-based anti-bullying interventions to reduce bullying experiences and improve mental health among students. The review includes a summary of interventions, supporting materials, and considerations for implementation.

Employee Wellness

School Nurses Mental Health Study

In March 2022, CDC collaborated with the National Association of School Nurses and the National Association of State School Nurse Consultants to distribute a 121-item survey to school nurses in the United States. Overall, 7,971 school nurses responded from all 50 states, the District of Columbia, tribal nations, and US territories. The findings can help school leaders create supportive policies and practices to reduce workplace stressors and increase workplace supports for school nurses. Read the [School Nurses Mental Health Study findings to learn more](#).

Family Engagement

Navigating the Holidays with Allergies and Asthma

The Allergy and Asthma Network recorded a webinar regarding [Navigating the Holidays with Allergies and Asthma](#). Allergies and asthma are a challenge to manage on a regular day and the holidays create new obstacles to plan around. Participants will learn practical, everyday tips and tricks on managing allergies and asthma during the holiday season. Share this webinar with parents and families of students with allergies and asthma.

Managing Asthma with Sesame Street in Communities

Sesame Street in Communities has information and activities to [help kids manage asthma](#). Get help teaching your child about asthma from some of their favorite Sesame Street characters. Find articles, printable activity sheets, and videos designed according to your child's age. Share this resource with parents, families, and students with asthma.

Quote to Note

"I have learned over the years that when one's mind is made up, this diminishes fear." - Rosa Parks

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The articles and hyperlinks to external websites appearing in *Friday Beat* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services (DSHS). Other websites may not be accessible to people with disabilities or server restrictions. External email addresses may also be provided as a courtesy. If you choose to correspond, please be advised that DSHS policies may not apply. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about *Friday Beat*, email the School Health Program at schoolhealth@dshs.texas.gov or call (512) 776-7279.

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