



Friday Beat

October 14, 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.

October is Children's Health Month

The United States Environmental Protection Agency (EPA) recognizes October as [Children's Health Month](#). Review the EPA's [resource on healthy school environments](#). Topics include clean school buses, indoor air quality, pest management, and more.

October is Bullying Prevention Month

Pacer's [National Bullying Prevention Center](#) has resources to prevent childhood bullying. Download the student activity kit and plan a bullying prevention awareness campaign at your school. Want to spread the word about Bullying Prevention Month? Download the Texas Department of Family and Protective Services' [Bullying Prevention Social Media Toolkit](#) to spread awareness about bullying and how to find resources.

October 23-31, 2022 is Red Ribbon Week

Red Ribbon Week is a drug-use prevention campaign that teaches youth about staying away from alcohol, tobacco, other drugs, and violence. Visit the [Red Ribbon Campaign](#) to learn more about this year's theme and to download resources. Request a [Red Ribbon Week Kit](#) to encourage and empower your school community to participate in Red Ribbon Week. [Say What!](#) - Students, Adults and Youth Working Hard Against Tobacco - is hosting a virtual summit to honor Red Ribbon Week. [Register for the summit](#) to hear from youth ambassadors about vaping and its impact on wellness.

Professional Development

Cost-Effectiveness Calculators for Substance Use Disorders: A Pilot of Peer Recovery Support Services and Bystander Naloxone Distribution

The Michael and Susan Dell Center for Healthy Living is hosting a webinar on October 25, 2022, from 12:00 – 1:00 p.m. CDT. [Cost-Effectiveness Calculators for SUD: A Pilot of Peer Recovery Support Services and Bystander Naloxone Distribution](#) will share information about cost effective calculators and their application in bystander naloxone distribution. This presentation will cover the development of the project to date and will introduce participants to the calculator. Certified Health Education Specialist (CHES) continuing education credits are available.

Health Services

Wellness Policy in Action Tool

The Centers for Disease Control and Prevention Healthy Schools collaborated with the University of Connecticut's Rudd Center for Food Policy and Health to develop the [Wellness Policy in Action Tool](#). This resource is designed to help schools meet the U.S. Department of Agriculture's [triennial assessment requirements](#). Schools can measure how well their school nutrition and physical activity practices align with their district's local school wellness policy. Scores and recommendations for next steps can help schools take the best action for creating a healthier school.

National Association of School Nurses Back-to-School Toolkit

The National Association of School Nurses has released their [Back-to-School Toolkit](#). The toolkit highlights the resources nurses need to promote the well-being of students and help them develop lifelong habits that support optimal health and wellness. The toolkit will help nurses work with the school community to develop a healthy environment where students can thrive.

Counseling, Psychological and Social Services

Advancing Behavioral Health Collaboration (ABC) Annual Summit

The Texas Education Agency and partners are planning the [6th ABC Summit](#), which will be held virtually from November 29 – December 1, 2022, from 9:00 a.m. to 2:00 p.m. CST. This year's theme is Integrating School Mental Health to Support the Whole Child. Presentations will focus on ways to elevate and integrate school mental health and wellness to support the whole child. Participation is encouraged for professionals working in education service centers, local education agencies, state agencies and community organizations who desire to support schools, learn from colleagues, and strengthen school mental health in Texas. [Register for the summit](#).

Physical Environment

Take Care of Texas Video Contest

The Texas Commission on Environmental Quality's Take Care of Texas campaign is hosting a [video contest for 6th-8th graders and 9th-12th graders](#). Participants can learn about protecting the environment and come up with creative ways to share this knowledge with others. Students who want to participate in the contest must create a 30-second video that shows positive ways to take care of Texas. Contest sponsor Waste Management of Texas, Inc. will award prizes to the creators of the best videos. Participants must submit entries before 5:00 p.m. CST on December 2, 2022. [Read the full video contest rules](#).

Family Engagement

Family Resource Center Videos

The Child Mind Institute's [Family Resource Center](#) offers hundreds of articles to help families support children who are struggling with mental health, behavior, or learning challenges. This information will now be available on the [Child Mind Institute YouTube channel](#). Expert clinicians will share weekly videos on topics like behavior, anxiety, and parenting challenges.

Healthy Day Toolkit

[Alliance for a Healthier Generation](#) and Kohl's Cares has created a [toolkit](#) to support families to stay healthy during the new school year. The toolkit includes a health checklist, motivation strategies, nutrition tips, and more. This toolkit supports student success at school with a home routine that prioritizes connection and well-being. [The resource is available in Spanish](#).

Quote to Note

"In three words I can sum up everything I've learned about life: it goes on." - Robert Frost

Become a *Friday Beat* subscriber by signing up on the [Friday Beat webpage!](#)

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.

Public Domain. Permission granted to forward or make copies as needed.