



Texas Department of State
Health Services

Friday Beat

January 7, 2022, Edition

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

Announcements

Tips for a Healthy and Safe New Year

We at the School Health Program hope that everyone had a great winter break and a happy new year! To help improve overall health and safety in the new year, the Centers for Disease Control and Prevention (CDC) released tips to reduce the spread of COVID-19 and prevent chronic disease. Read [CDC's health and safety tips](#).

USDA Announces \$1.5 Billion to Support School Meals

Agriculture Secretary Tom Vilsack has announced that the United States Department of Agriculture (USDA) is providing up to \$1.5 billion to states and school districts to help school meal program operators deal with the challenges of supply chain disruptions brought on by the pandemic. The funds will go toward supply chain assistance, the Local Food for Schools Cooperative Agreement Program, and purchasing food for states to distribute. Read more about the [USDA announcement](#).

Professional Development

Texas School Mental Health Toolkit Webinar

The Texas Education Agency, Health and Human Services Commission, the University of Texas, and the Mental Health Technology Transfer Center developed the [School Mental Health Toolkit](#). The toolkit is designed to help districts align with the Safe and Supportive Schools Program and the Effective Schools Framework in supporting best practice implementation for students, staff, and community. The Texas School Counselor Association (TSCA) will host a webinar on the toolkit, providing attendees with an in-depth look at the newly released resources for immediate implementation in their district and on their campus. Sign up for the [TSCA webinar about the toolkit](#). The webinar is on January 12, 2022, at 12:00 p.m.

SHAC Town Hall

Action for Healthy Kids (AFHK) will be hosting the School Health Advisory Council (SHAC) Town Hall. The town hall will be an opportunity to discuss the importance of SHACs, the challenges SHACs are facing, and how they can be better supported moving forward. The town hall will be online on January 18, 2022, at 11:30 a.m. Register for the [SHAC Town Hall](#).

Funding Opportunities

2022 Farm to School Grant

The United States Department of Agriculture (USDA) is requesting applications to the 2022 Farm to School Grants. There are three types of grants available, and the grant awards range from \$50,000-\$500,000. The application is due January 10, 2022. View the USDA application request on [Grants.gov](https://www.grants.gov) for eligibility requirements and how to apply. See more [resources on the 2022 Farm to School Grants from the USDA](#).

Texas Vaccine Outreach and Education Grant – Round 2

In partnership with the Texas A&M Health Sciences Center, the Texas Department of State Health Services (DSHS) is pleased to announce opening a second round of funding for the Texas Vaccine Outreach and Education Grant Program. The purpose of this second round of funding is to fund projects lasting 12 months that ensure greater access and knowledge of COVID-19 vaccines through education and outreach to populations disproportionately affected by COVID-19. DSHS encourages community-based organizations, statewide organizations, and/or academic institutions who have strong, direct relationships with the populations they serve to apply for funding. Read full details, instructions, and application templates at [Texas Vaccine Outreach and Education Grant – Round 2](#).

Health Education

Say What! Action Summits: Save the Date

Looking for opportunities to inspire your middle school and high school students to live life vape-free and help educate others to do the same? Say What! Action Summits are back in-person starting in March 2022 and are available for 6 to 12 grade youth groups for free. Participants will receive vaping prevention education, tips and tricks to increase mental wellness, leadership and networking opportunities, as well as community service hours for participating in a local community service project. Visit the [Say What! website to save the date](#) of a summit location near you.

Nutrition Environment and Services

Garden to Cafeteria Toolkit

Slow Food USA, in partnership with Whole Kids Foundation, has developed a toolkit to help school district food services safely bring school garden produce onto the lunch line. The toolkit builds off the successes and safety protocols of four school districts across the United States to provide templates and a step-by-step process to help District Food Services develop their own protocols. Download the [garden to cafeteria toolkit](#) and view the sample documents.

Health Services

Empower Teens to Manage Health Care

Nemours Children's Health released a four-unit health literacy curriculum for teens. It is designed to prepare high school and college-age teens how to manage their own health care as they transition into adulthood. Materials are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually. [Download the free materials](#) from the Nemours Children's Health.

Employee Wellness

Healthy Teachers Program

Teachers with more knowledge about nutrition and healthy eating can not only lead healthier lives, but also can be stronger role models for kids and better advocates for school wellness policies. The Institute of Child Nutrition released a free two-hour nutrition and cooking class for teachers. The interactive class breaks down nutrition into digestible information that everyone can use. Learn more and [sign up for the nutrition and cooking course](#) from the Institute of Child Nutrition.

Family Engagement

Back-to-School Safety During COVID-19: Tips for Families, Guardians, Caretakers

Social isolation and school closures have added a lot of stress to children's lives. The Association for Professionals in Infection Control and Epidemiology and National Association of School Nurses (NASN) released a resource to help parents, guardians, and caretakers help children cope and keep them S.A.F.E. through Support, Action, Facts, and Engagement. The document provides advice and resources for caregivers to best support their children as they go back to school. Download the [NASN document on back-to-school safety](#). View the [Spanish version document](#).

Community Involvement

Move Your Way Community Resources

The United States Health and Human Services Office of Disease Prevention and Health Promotion (ODPHP) released resources on the Move Your Way campaign. Move Your Way is a promotional campaign based on the Physical Activity Guidelines for Americans. The goal of the campaign is to help people live healthier lives through increased physical activity. The online resources allow you to learn more about the campaign and how you can use it to communicate with your audiences about physical activity. Download the [ODPHP physical activity resources](#).

Quote to Note

"Change is not made without inconvenience, even from worse to better."

–Richard Hooker

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