



# Friday Beat

## January 21, 2022, Edition

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

### **Announcements**

#### **Vision and Hearing Screening Reporting**

The reporting period for vision, hearing, and spinal screening is open. Schools are required to submit the results to the Department of State Health Services online in the Child Health Reporting System (CHRS) by June 30 of each year. After June 30, the reporting system shuts down and late reports cannot be submitted. A [flyer with more information](#) can be accessed through the Department of State Health Services. To begin reporting now, visit the [Child Health Reporting System](#).

### **Professional Development**

#### **DSHS Grand Rounds: Pediatric Immunizations and the Impact of COVID-19**

The COVID-19 pandemic has highlighted challenges in providing healthcare to diverse populations. In particular, the ability to continue vaccinating children is suspected to have decreased during the pandemic. Texas Health and Human Services (HHSC) set out to examine the impact of COVID-19 on childhood immunizations. This presentation will cover the impact of the pandemic on childhood immunizations, current vaccination efforts, and data sharing at HHSC and the Department of State Health Services (DSHS). Further discussion about what can be done in the future to improve immunization rates in the Texas Medicaid and CHIP populations will be held. Join the webinar on January 26, 2022, at 11:00 AM. [Register for the webinar](#). Continuing education credits are available.

### **Funding Opportunities**

#### **Oliver Foundation Healthy Choices Grants**

The Oliver Foundation's goal is to encourage children, families, and communities in Texas to improve eating and physical activity patterns. The Oliver Foundation has several Healthy Choices grants available for schools ranging from \$750 to \$5,000. Physical activity and nutrition education components are required for the grants. The grants have rolling deadlines up to April 15, 2022. Learn about eligibility for the [Oliver Foundation grants](#) and how to apply.

## **Texas Education Agency: Funding for New Teacher Mentor Programs**

The application window for Cycle 3 Mentor Program Allotment is open. This application is for districts interested in implementing a mentor program for new teachers. All applications must be submitted by February 18, 2022. Districts who received funding in previous cycles must complete a new application. View [TEA's guidelines and materials](#) for submission.

## **Health Education**

### **Preventing Noise-Induced Hearing Loss**

Access the Centers for Disease Control and Prevention's (CDC) [lesson plan for reducing noise-induced hearing loss](#) in school-age children. Hearing plays an essential role in communication, speech and language development, and learning. Even a small amount of hearing loss can have negative effects on speech, language comprehension, communication, classroom learning, and social development. Loud noises from the environment and even music from headphones can have an impact on hearing.

## **Physical Education and Physical Activity**

### **Reengaging Students through Physical Activity**

Centers for Disease Control and Prevention and National Association of State Boards of Education (NASBE) authors released a new policy update on how state boards of education can support fair access to physical activity and quality physical education. The Reengaging Students through Physical Activity policy brief provides an analysis of how policymaking and community partnerships play a role in prioritizing physical education and fair access to physical activity in school. Read the full [policy update](#) from the NASBE.

## **Nutrition Environment and Services**

### **Tips for Eating Healthy on a Budget**

The holiday season can make budgets and belts a little tighter. Prioritizing a diet that includes plenty of vegetables, fruits, and lean proteins is important for good health and doesn't have to be costly. The Centers for Disease Control and Prevention (CDC) has tips for choosing healthy food even while maintaining a strict budget. Families and health educators can [access this CDC resource](#).

## **Physical Environment**

### **Radon Awareness Week**

Radon Awareness week is January 24–28, 2022. Radon is the second leading cause of lung cancer after cigarette smoking, and it is estimated to cause over 20,000 deaths each year in the U.S. When combined with cigarette smoke, there is an even higher risk of developing lung cancer. [Testing](#) is the only way to assess for high radon levels in your environment. Learn more about [radon awareness and testing](#) from the Centers for Disease Control and Prevention.

## **Employee Wellness**

### **CDC Workplace Health Resource Center**

Maintaining workplace wellness can be challenging when there is no clear plan. The Centers for Disease Control and Prevention's (CDC) approach includes science-based and scalable interventions and prevention strategies targeting the employers that are most affected by the costs of poor employee health. The [CDC Workplace Health Resource Center](#) is a one-stop shop for workplace health promotion that gives employers resources to create a healthy work environment. It has credible tools and step-by-step resources employers can use to tailor a health promotion program to their unique workplace needs.

## **Family Engagement**

### **Raising Resilient Kids**

As the world changes, strategies and tools to raise children evolve. The Child Mind Institute released an excerpt from "Ready or Not: Preparing Our Kids to Thrive in an Uncertain World" by Madeline Levine, PhD. This excerpt is focused on cultivating resilience over time, showing trust, and building "soft" skills. Learn [why these soft skills are important](#) for success on the Child Mind Institute.

## **Community Involvement**

### **Texas Mental Health Creative Arts Contest**

Hosted by Texas System of Care, Texas Institute for Excellence in Mental Health at the University of Texas at Austin, and Texas Health and Human Services Commission, the contest seeks to show why mental health matters. The Texas Mental Health Creative Arts Contest hopes to educate people about how common mental illnesses are and to encourage Texans to seek help when they need it. This year's theme is, "Why does mental health matter to you?" Community members of all ages are invited to [submit artwork](#) to the Texas Mental Health Creative Arts Contest by March 22, 2022.

## **Quote to Note**

"[John Wooden] taught us that doing the best you are capable of is victory enough." - Kareem Abdul-Jabbar

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