

Friday Beat

March 4, 2022, Edition

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

Announcements

Apply to be a Texas School Health Advisory Committee Member

If you are interested in issues surrounding school health, you might be interested in joining the Texas School Health Advisory Committee. The Texas Department of State Health Services (DSHS) is currently accepting applications for membership on the committee for parents, nutrition services representatives from a school setting, medical professionals, school professionals, and organization representatives involved with the health of school children. See [more information and access the application](#). All applications are due March 7, 2022.

Updated School Health Advisory Committee Guide

The DSHS has published an updated School Health Advisory Committee (SHAC) Guide. The guide has been updated to reflect the changes from HB 1525 (2021, 87th Legislative Session, Regular Session) and SB9 (2021, 87th Legislative Session, 2nd Special Session). Changes include local SHAC public meeting requirements, local SHAC duties in recommending human sexuality curriculum, and local SHAC recommendations of child abuse, family violence, dating violence, and sex trafficking curriculum. View the [updated SHAC guide](#).

Professional Development

ASCD Annual Conference: Recharge & Reconnect Registration

The Association for Supervision and Curriculum Development (ASCD) will host an in-person conference in Chicago, Illinois on March 18-21, 2022, and a virtual event on April 20-22, 2022. The conference will focus on building connections with other professionals and growth as an educator. A series of speakers and sessions will be available throughout the conference. Read more about the [ASCD conference and registration](#).

Funding Opportunities

Major League Baseball Youth Development Foundation

The Youth Development Foundation was created to increase participation in and expand access to youth baseball and softball. The Foundation seeks to fund opportunities for youth under 20 and in particular who are minorities, girls, and/or located in underserved communities. Funding requests for capital projects, softball/baseball programs, and education initiatives will be considered. Interested

applicants must complete a Letter of Inquiry. [View instructions and learn more about funding](#) from the Major League Baseball Players Association.

Health Education

Brain Injury Awareness Month

There are more than 5.3 million children and adults in the United States who are living with a permanent brain injury-related disability. Brain Injury Awareness campaigns help educate others about what it is like to live with a brain injury. The Brain Injury Association of America has [more facts about brain injury](#) and ways to get involved.

National Drug and Alcohol Facts Week March 21-27, 2022

Join the National Institute on Drug Abuse for National Drug and Alcohol Facts Week (NDAFW) to help share facts about drugs, alcohol, and addiction in your community. NDAFW is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth. It provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners to help advance science. The goal is to improve the prevention and awareness of substance misuse in our own communities and nationwide. View [activities and event ideas or to register your events](#).

Texas Youth Preparedness Camp

The Texas School Safety Center (TxSSC) at Texas State University will award scholarships to teams of 10 individuals (9 youth and 1 adult) to attend the Texas Youth Preparedness Camp. Camp will take place June 12-16, 2022, at Texas State University in San Marcos, Texas. The Community Emergency Response Team (CERT) curriculum educates individuals about disaster preparedness for hazards that may impact their area. Participants will develop a project and acquire the leadership skills needed to address emergency preparedness in their schools and communities when they return home. Training includes basic disaster response skills such as fire safety, light search and rescue, team organization, and disaster medical operations. Camp participants (including the adult team leader) will receive FEMA CERT Basic Training and a certificate of completion. Applications must be submitted by 5:00 pm April 15, 2022. Read [more about the camp and submit team applications](#).

Nutrition Environment and Services

March is National Nutrition Month

Healthy eating starts with healthy food choices. The [American Heart Association offers nutrition educational resources](#) for parents and families. Visit their website to learn more about how nutrition affects heart health. Additionally, get tips for food choices around salt, fruits and vegetables, and sugar.

Social and Emotional School Climate

Strategies for Increasing Student Motivation

This research-based article from Association for Supervision and Curriculum Development focuses on two instructional tools to increase student motivation in the classroom. Cueing cognitive interest and using personal goal setting and

monitoring can lead to higher engagement as students navigate through competing priorities. Read the [ASCD article about implementing these strategies](#).

Physical Environment

Nature Play: An Early Childhood Health Equity Strategy Webinar

In this webinar, the Early Childhood Health Outdoors (ECHO) team will explore how nature-based outdoor play settings are created and empower caregivers, educators, and families to engage young children outdoors. The goal of the webinar is to foster systemic change that engages and inspires more people to transform and activate the places where young children play and learn daily. The webinar will take place on March 9, 2022 at various times. [Learn more and register for the webinar](#) from the Texas Children in Nature Network.

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 15, 2022.

Quote to Note

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma – which is living with the results of other people's thinking." -Steve Jobs

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