



Texas Department of State  
Health Services

# Friday Beat

## April 8, 2022, Edition

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

### Announcements

#### Healthier Generation Award: Applications due April 29, 2022

The Alliance for a Healthier Generation is accepting applications from schools for the Healthier Generation Award. The Healthier Generation Award is an annual distinction presented to schools that have demonstrated remarkable efforts to prioritize the essential health needs of students, staff, and families. Schools that receive a Healthier Generation Award meet or exceed best practice standards in one or more topic areas related to the physical, mental, and social-emotional health of students, teachers, and school staff. Award winners are featured on the annual list of America's Healthiest Schools and receive a digital promotion package. Complete the [Alliance for a Healthier Generation award application](#) by April 29, 2022.

#### Student Essay Contest: Speaking Up about Mental Health

The National Institute on Minority Health and Health Disparities (NIMHD) is hosting a nationwide essay contest. Speaking Up About Mental Health! This is My Story, is an essay contest for high school students ages 16-18. Essays should address ways to eliminate and/or reduce mental health stigma that young people may experience when seeking mental health treatment. Submissions must be entered by April 30, 2022. Read the [NIMHD contest description and submission guidelines](#) to learn more.

#### April is National Child Abuse Prevention Month

National Child Abuse Prevention Month (CAPM) recognizes the importance of families and communities working together to strengthen families to prevent child abuse and neglect. Prevention services and support help protect children and produce thriving families. Read more on [National Child Abuse Prevention Month](#) and download the [2021/2022 U.S. Department of Health and Human Services Prevention Resource Guide](#) for services providers and organizations. Use the [Texas Department of Family Protective Services social media toolkit for Child Abuse Prevention Month](#) to advertise information and events.

### Professional Development

#### Attend the Standard Reunification Method Training of Trainers

The Texas School Safety Center, in collaboration with the I Love U Guys Foundation, is hosting a no cost Standard Response Protocol/Standard Reunification Method Train-the-Trainer Training. This training covers how to reunite students with guardians after a crisis. The training is 7-hours and designed for participants to lead

training sessions at their own district and implement the program. View dates and register for the [Texas School Safety Center virtual and in-person training](#) to learn more.

### **2022 School Health and Related Services Virtual Conference**

Join the Texas Association of School Boards for the 29th Annual School Health and Related Services (SHARS) 2022 Virtual Conference on April 28-29, 2022. This event is free to all Texas school districts and education service centers. Participants will discuss SHARS/Medicaid billing best practices and take part in networking events with peers. Speakers include Angela L.B. Foote from Texas Education Agency and Mary Barkman, Medicaid Coordinator Pinellas County Schools. Participants can earn continuing education credit. For more information, please visit the [SHARS registration page](#).

### **Health Education**

#### **Celebrate Every Kid Healthy Week: April 25-29, 2022**

Action for Healthy Kids created a wellness themed week to celebrate and encourage kids' health. Celebrate Every Kid Healthy week at school and at home by planning activities, events, and lessons to promote health and wellness among students and families. [Action for Healthy Kids resources and event ideas](#) are free and available for download.

#### **Health Ambassador for a Ready Texas (HART) Program: Student Application**

The HART program encourages students who are passionate about making a difference at their school to apply. A HART ambassador works with the school's nutrition team to promote school lunches and healthy eating. Additionally, ambassadors share the importance of Texas agriculture and locally grown food to classmates and peers. Participants who complete the program will walk away with leadership, teamwork, and event coordination experience to add to their resumes, as well as a wealth of new knowledge about agriculture, nutrition, and health. To be eligible to participate, students must be in Texas 9<sup>th</sup> – 11<sup>th</sup> grade who attend schools that participate in the National School Lunch Program and apply by April 30, 2022. View HART [program details and application](#) on the Texas Department of Agriculture website.

#### **Say What! Conference Group Scholarship Application: Due April 15, 2022**

The [Say What! Texas Tobacco-Free Conference](#) will occur on July 26-28, 2022 in Austin, TX. The conference provides learning opportunities for youth groups working on tobacco-free policies, tobacco prevention, and other related topics. Group scholarships to attend the conference for free are available for schools and community-based youth groups. Lead Adult Sponsors should submit their group's scholarship application by April 15, 2022. Visit the [Say What! Scholarship application page](#) for more information.

## **Physical Education and Physical Activity**

### **Centers for Disease Control and Prevention (CDC): Heads Up Resource**

The CDC offers information and resources regarding concussions. A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. Parents, youth sports coaches, school professionals, and health care providers can refer to the [CDC's concussion information and resources site](#). The webpage includes details about recognizing, responding to, and minimizing the risk of concussion or other serious brain injury.

## **Nutrition Environment and Services**

### **Kids Gardening Month: Weekly Contest**

Kids Gardening is hosting a weekly contest for kids during the month of April. To participate, kids have to share how their garden takes care of them with a picture, video, song, dance, poem, art, craft, or anything else they can think of. Creativity is encouraged. Kids ages 0-18 are eligible to participate. Get more information from the [Kids Gardening contest details](#).

## **Health Services**

### **Texas Health and Human Services (HHS) Suicide Prevention Resources**

The Texas HHS Suicide Prevention website shares resources for people of all ages. Suicide prevention starts with recognizing the warning signs of suicide and taking them seriously. Talking openly about suicidal thoughts and feelings can save a life. [Download HHS suicide prevention wallet cards and parent and youth suicide prevention resources](#) in English or Spanish.

## **Quote to Note**

"One small positive thought can change your whole day." – Zig Ziglar

---

### **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. 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](mailto:schoolhealth@dshs.texas.gov) or call (512) 776-7279.

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