



# Friday Beat

## April 15, 2022, Edition

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

### Professional Development

#### Project Restore: Trauma Informed Training Series

Project Restore is a trauma-informed training video series launched by the Texas Education Agency (TEA). Many educators have experienced a prolonged state of stress over the course of the pandemic and share concerns regarding loss of safety, health and predictability as students return to school. This video series aims to connect staff to relevant science and strategies to address the emotional needs of students, colleagues, and self. This series will help educators create an environment that jump starts teaching and learning and drives student achievement. View the [Project Restore video series and overview](#) to learn more.

#### National Association for School Nurses Conference

The National Association of School Nurses (NASN) is hosting its annual event to bring together school nurses and others in the school community. The theme is Connecting Health Equity and Student Success. The in-person event will take place in Atlanta, Georgia, June 28-30, 2022. The virtual event will take place July 11-13, 2022. Each event will feature its own sessions and speakers. Participants can also bundle the two events to increase the total number of nursing continuing professional development (NCPD)/continuing nursing education (CNE). Visit the [NASN conference registration page](#) for more details.

### Funding Opportunities

#### Urban Schools Agricultural Grant Program

The Texas Department of Agriculture (TDA) has opened the Urban Schools Agricultural Grant Program. The grant will fund agricultural-related programs for urban elementary and middle public-school pupils enrolled in districts with populations of 49,000 or more. The program helps improve students' understanding of agriculture through projects such as school vegetable gardens. These projects can provide lessons not only in horticulture, but also in water conservation and nutrition. The program provides up to \$2,500 each for the funded elementary and middle schools' agricultural demonstration projects. Applications must be submitted by May 5, 2022. View the [TDA Urban Schools Agricultural Grant description and application](#).

## **Health Education**

### **Fact Sheet: Tobacco Use in Texas 2021**

The Truth Initiative recently released tobacco use fact sheets for each state. The fact sheets share product and usage data for teens and adults. Additionally, youth access laws, statistics on quitting efforts, and the economics of tobacco use and control are included in the fact sheet. Read the full [Truth Initiative fact sheet for Texas](#).

### **Action for Healthy Kids: Developing and Supporting Positive Body Image**

Action for Healthy Kids created a guide for adults on developing and supporting positive body image in young people. How individuals think and feel about their bodies can be internalized from an early age. Body image is directly related to self-esteem, confidence and overall mental health and well-being. It is important to develop and support a positive body image among youth. View the [Action for Healthy Kids body image resource](#) for more information.

## **Nutrition Environment and Services**

### **Action for Healthy Kids: Mindful Eating Resource**

Action for Healthy Kids released a mindful eating resource. Mindful eating is a practice that helps children develop a deeper connection with food and begin to create lifelong, healthy habits. It encourages children to focus on the present – noticing thoughts, feelings, and physical sensations. School staff and families can access the [Action for Healthy Kids mindful eating resource](#).

## **Counseling, Psychological and Social Services**

### **Language Matters in Mental Health Resource**

The Hogg Foundation for Mental Health has published resources for educators. This downloadable resource discusses language use for mental health. It offers descriptions for person-first and identity-first language and examples of communication strategies. [Download the mental health language resource](#) from the Hogg Foundation.

### **Centers for Disease Control and Prevention (CDC): Adolescent Behaviors and Experiences Survey**

The CDC has released new data from the Adolescent Behaviors and Experiences Survey (ABES). The data highlights the impact of the COVID-19 pandemic on our nation's youth. ABES is the CDC's first nationally representative survey of public- and private-school high school students that assessed the well-being of U.S. youth during the COVID-19 pandemic. The survey questions asked about hunger and food insecurity, disruptions to student life, perceived racism among high school students, and telemedicine to access healthcare and counseling services. View the [ABES survey data](#) from the CDC.

### **Student Resource: How to Cope with Stress**

The Child Mind Institute has put together a series of videos to support students. Hear from students of all ages about the challenges they face and how they cope. Each video teaches useful mental health skills and includes an activity sheet to

practice these skills independently. View the [Child Mind Institute's videos and activity sheets](#).

### **Social and Emotional School Climate**

#### **Strategies for Establishing School-Family Partnerships in Support of Social Emotional Learning (SEL)**

The Collaborative for Academic, Social, and Emotional Learning (CASEL) released this resource for school wellness or SEL teams. This tool suggests ways to further engage families in learning about, supporting, and promoting SEL. View and download the full [CASEL resource](#).

### **Physical Environment**

#### **Take Care of Texas: 20 Strategies for Earth Day**

Take Care of Texas created a list of 20 tips to support the environment. Celebrate this Earth Day April 22, 2022 by Taking Care of Texas right where you are! This resource contains strategies to use in the classroom, in the community, and at home. Whether you're in a small town, a booming city, or somewhere in between, you can do your part on Earth Day and every other day of the year. View the [Take Care of Texas list of 20 strategies](#) to plan your Earth Day today.

### **Family Engagement**

#### **Early Childhood Texas Website Launch**

This website is offered through collaboration from Texas Workforce Commission (TWC), Texas Education Agency (TEA), Texas Department of Family and Protective Service (DFPS), Department of State Health Service (DSHS), and the Health and Human Services Commission (HHSC). The website is a one-stop shop to access information about programs and resources. Topics include children's health and development, parenting, child-care and education, and eligibility programs. [Visit the new Early Childhood Texas website](#) to see all topics.

### **Quote to Note**

"Always remember that you are absolutely unique. Just like everyone else." - Margaret Mead

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