



Texas Department of State
Health Services

Friday Beat

April 22, 2022, Edition

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

Announcements

Children's Mental Health Acceptance Week

The Hogg Foundation for Mental health is hosting Children's Mental Health Acceptance Week (CMHAW) on May 1-7, 2022. This week is an opportunity to shine a light on the importance of caring for every child's mental health. It is not too early to begin planning how your community will take part in this year's campaign. View the [CMHAW planning toolkit](#) to start planning.

National School Nurse Day: May 11, 2022

Since 1972, National School Nurse Day has been set aside to recognize school nurses. National School Nurse Day was established to foster a better understanding of the role of school nurses in the educational setting. Learn more about [National School Nurse Day and plan activities](#) from the National Association for School Nurses.

Texas Education Agency (TEA) Call for Public Comment: Minimum Standards for Bullying Prevention Policies and Procedures

TEA is inviting comment from any interested person on the proposed minimum standards for bullying prevention policies and procedures. The proposed minimum standards are available on the [TEA Student Discipline](#) webpage. Public comments will be accepted through April 30, 2022 and should be submitted to StudentDisciplineSupport@tea.texas.gov with the subject line "Minimum Standards Public Comment." All submitted comments will be reviewed and considered prior to release of the final minimum standards on or about July 1, 2022. For more details, visit the [Public Comment Announcement](#).

Professional Development

Texas School Safety Conference

The Texas School Safety Conference will be held in San Antonio from June 19-23, 2022. The conference will focus on building school safety into daily routines and collaboration with community partners. Participants will leave with connections and strategies to implement in their own school and district. [Register for the Texas Safety Conference](#) by May 27, 2022 for a discounted rate.

Webinar: A Celebration of Family: Parenting with Co-occurring Mental Health and Developmental Disabilities – May 10, 2022

This webinar from the Mental Health and Developmental Disabilities (MHDD) National Training Center will focus on the experiences of parents and families who

have lived experience with co-occurring mental health and developmental disabilities. They will discuss their families, the strategies they used, and assistance they received to become successful parents. There will be additional discussion about the bias and discrimination families have experienced. CEU's are available. Learn more and [register for the MHDD webinar](#).

Funding Opportunities

Salad Bars to Schools Grant

Salad Bars to Schools (SB2S) is a grant program that provides schools and districts with salad bar equipment and support. Any district or independent school participating in the National School Lunch Program (NSLP) is eligible to apply. Districts and schools can request multiple salad bar and single salad bar packages in one application. Visit the [SB2S application guidelines](#) to learn more and apply.

Health Education

Full Lesson Plan: Design an Accessible Garden

The Design and Accessible Garden lesson plan from Kids Gardening is intended for high school students. In this lesson, students will engage in the process of designing an accessible garden space to better understand the garden features that help meet the needs of all students. [Download the full Kids Gardening lesson and resources](#).

Lesson Activity: Put Your Best Fruit Forward

Healthier Generation released the [National Nutrition Month resource](#) for young people and families. Students can take a colorful quiz, learn from the budget-friendly buyer's guide, and explore easy-to-use resources about food choice. The content will help families discover and enjoy fruit all year round.

Vaping Prevention Resource

Created by UNC-Chapel Hill researchers, the Vaping Prevention Resource is a non-commercial, educational resource. It provides practitioners, researchers, and communities with vaping prevention media content. It also provides strategies and resources for youth vaping prevention. View the full [Vaping Prevention Resource media gallery](#) to choose messages specific to your target audience.

Physical Education and Physical Activity

Centers for Disease Control and Prevention (CDC) Healthy Schools Partner Toolkit

Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A Comprehensive School Physical Activity Program provides strong coordination for five components: physical education, physical activity during school (recess and classroom physical activity), physical activity before and after school, staff involvement, and family and community engagement. Explore the [CDC's physical activity resources](#) to support physical education in schools. These resources include webinars, guides, articles, and ready-to-go handouts to share with staff and families.

Nutrition Environment and Services

Texas Department of Agriculture (TDA) Summer Meal Programs Materials

The Summer Meal Programs provide healthy and nutritious meals after the school year ends. Children 18 years and younger and enrolled students with disabilities up

to 21 years old are eligible. The TDA has developed no-cost, online resources and printed materials to promote the availability of these meals for families in need. [Download free TDA summer meal resources.](#)

Health Services

Managing Asthma in School: A Guide for Schools

Asthma is a leading cause of chronic disease-related school absenteeism. Students will experience fewer missed days from school when parents and school administrators work together to address risk factors for students with asthma. A healthy school environment is a key factor in asthma management in schools. [Download the Allergy and Asthma Network's Guide for Schools](#) to learn more.

Counseling, Psychological and Social Services

National Prevention Week: May 8-14, 2022

The Substance Abuse and Mental Health Services Administration (SAMHSA) is hosting National Prevention Week on May 8-14, 2022. National Prevention Week (NPW) is a national public education platform. It brings together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health. Activities include interactive events and learning opportunities. [Learn more about the SAMHSA events and register.](#)

Family Engagement

Managing Mild Persistent Asthma in Children: Evidence Update for Parents

Asthma is a common chronic illness among children in the US, with disproportionate impact among racial and ethnic minorities. A recent Patient Centered Outcomes Research Institute (PCORI)-funded study looked at two different approaches to managing mild persistent asthma in children and teens. [Download the full PCORI update.](#)

Social and Emotional Learning (SEL) Guidance for Parents and Caregivers

The Collaborative for Academic, Social, and Emotional Learning (CASEL) provides SEL guides for parents and caregivers. These guides support teaching and demonstrating social and emotional skills through conversations and interactions. Access [CASEL's guides for Pre-K through 12th grade.](#)

Quote to Note

"Don't judge each day by the harvest you reap but by the seeds that you plant."
-Robert Louis Stevenson

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