

Friday Beat

May 27, 2022, Edition

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

Announcements

Texas School Mental Health Resources

The Texas Education Agency, University of Texas at Austin, and Advancing Wellness and Resiliency in Education have partnered to compile [mental health resources](#) for school staff, students, and families. Locate and learn about local mental health services and support. The Texas Statewide Behavioral Health Coordinating Council has also compiled mental health resources, including [crisis hotline numbers](#).

School Health Program Public Health Nurse III Position

The Department of State Health Services (DSHS) is hiring a registered nurse (RN) to serve as team lead and coordinator for the School Health Program. This essential position coordinates daily activities of three program specialists and leads efforts in strategic planning, program implementation, and evaluation of program efforts. This position also serves as the school nurse consultant for the state of Texas and participates in three advisory committees. In addition to child health and school health knowledge and experience, DSHS seeks someone with leadership, project management, and interpersonal communication skills. Visit the Health and Human Services Jobs Center to [view the job posting and apply](#).

Professional Development

National Conference on Child Health and Wellbeing: Real Talk. Real Solutions.

Action for Healthy Kids is hosting their [National Conference on Child Health and Wellbeing: Real Talk. Real Solutions](#), on November 2-4, 2022, in Chicago, Illinois. This conference is designed to strengthen district-school-family-community partnerships. It aims to mobilize a community of individuals invested in child health and well-being to implement sustainable solutions. The target audience for this event includes district and school administrators, teachers, staff, parents and community members. [Register](#) by May 31 to receive a discount.

National Association for School Nurses Conference

The National Association of School Nurses (NASN) is hosting its annual conference 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.

Health Education

Characteristics of an Effective Health Education Curriculum

The Centers for Disease Control and Prevention shares the [Characteristics of an Effective Health Education Curriculum](#). This resource includes skills, methods, and strategies to incorporate in the classroom. Use this resource to evaluate current practices.

Physical Education and Physical Activity

Summer Activities for Texas Youth

The Texas Youth Action Network has created a list of [summer activities for Texas youth](#). The resource includes at home activities and activities occurring in different regions of Texas. Share this resource with parents and families to help keep kids active over the summer.

Nutrition Environment and Services

Fostering Health Equity Through the Out-Of-School Time Meal Programs

No Kid Hungry Center for Best Practices released the brief [Fostering Health Equity Through The Out-of-School Time Meal Programs](#). The out-of-school time (OST) meal programs provide healthy meals and snacks to children when school is out. When implemented effectively, the programs can be a tool to improve health equity within communities. This brief follows the experience of the Louisiana Department of Education and the Louisiana Partnership for Children and Families as they developed and implemented a health equity framework in Louisiana OST meal programs. Download the full brief to learn more.

Health Services

Mindfulness in the Garden Full Lesson Plan

Kids Gardening has published a [full lesson plan for mindfulness in the garden](#). The resource includes three different activities to help kids feel grounded while connecting to nature and themselves. Download and use this resource to help kids develop healthy strategies to manage emotions.

Family Engagement

After High School: Talking with Your Young Adult about Underage Drinking (Spanish Version)

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released [Spanish editions of resources for underage alcohol use](#). [This fact sheet](#) informs parents how to effectively talk to their young adult about the risks of underage drinking. View this resource and other Spanish edition resources on the SAMHSA webpage. View the [English edition online](#).

Raising Resilient Kids Video Series

Nemours Children's Health has a video series on [Raising Resilient Kids](#). The video series features a pediatric psychologist who interviews families about resiliency. Topics include disappointment, change, and empathy. Share this resource with families to increase engagement and support kids' health.

Quote to Note

"It is during our darkest moments that we must focus to see the light." - Aristotle

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