



Texas Department of State
Health Services

Friday Beat

June 24, 2022, Edition

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

Professional Development

A Return to School Health: Opportunities for Prioritizing Student Health in the Upcoming School Year

The University of Texas Health Science Center at Houston School of Public Health and the Michael and Susan Dell Center for Healthy Living are hosting this presentation on July 26, 2022, from 11:30 a.m. to 12:30 p.m. CDT. Speakers will share some recent research about how Texas school districts are prioritizing health. They will offer suggestions on ways districts and schools can improve their school health environment. Read more and [register for the webinar on prioritizing student health](#).

Texas School Nurses Virtual Asthma Summit 2022 – Improving Asthma Management in Your School

The American Lung Association and other supporters are hosting this [virtual summit on asthma management](#) on July 19, 2022. The goal of the summit is to assist school nurses in assessing and managing asthma in the school setting. Topics will include asthma management in schools, case scenarios, medication, and more. School nurses can attend for free and CEU credit will be provided.

Webinar: The Impact of COVID-19 on Children's Obesogenic Behaviors

The Michael and Susan Dell Center for Healthy Living and the University of Texas are hosting this webinar on June 28, 2022, from 11:30 a.m. to 12:30 p.m. CDT. During the COVID-19 pandemic, many children faced interruptions to their typical structure and routines. The interruptions impacted children's physical activity, sleep, sedentary behaviors, and diet. This webinar will provide an overview of the structured day hypothesis. It will also present recent results from two studies looking at the impact of COVID-19 on children's obesogenic behaviors. [Register for the webinar](#).

Funding Opportunities

Little Seeds Pollinator Pals Grant

Little Seeds and KidsGardening are partnering to award twenty \$500 grants to support gardens. These grants are specifically designed to support new or expanding youth garden programs interested in preserving and creating pollinator habitats. Non-profits, schools, and other tax-exempt organizations are eligible to

apply. View the [pollinator grant application instructions](#). Applications must be submitted by 11:59 p.m. PT on July 15, 2022.

Health Education

Native Diabetes Wellness Program Eagle Books

The Centers for Disease Control and Prevention (CDC) Native Diabetes Wellness Program has a reading resource for kids. [Eagle Books](#) are a series of books for young readers that encourage healthy living. Colorful, Native American inspired characters in the stories promote healthy eating, physical activity, and diabetes awareness. These books are free and available for download for students in kindergarten through 8th grade.

Physical Education and Physical Activity

Presidential Youth Fitness Program Trainings

The [Presidential Youth Fitness Program](#) has free training resources for physical education teachers. Training includes information on best practices, teaching tools, and effective communication strategies. [Create a free account](#) to access these resources and more.

Nutrition Environment and Services

BAM! Dining Decisions App

The CDC released their Body and Mind (BAM!) [Dining Decisions App Game](#). Play this free game to learn about smart food choices to stay powered up. Dining Decisions places you in control of your food plate. Decide which foods give you more energy and powerful muscles and which ones are better to eat only sometimes. Students and parents can use the app to increase their knowledge about healthy food choices.

Social and Emotional School Climate

Integrating Social, Emotional, and Academic Development: An Action Guide for School Leadership Teams

The Aspen Institute collaborated with multiple partners to create an [Integrating Social, Emotional, and Academic Development: An Action Guide for School Leadership Teams](#). This action guide is organized into five sections including student success and learning experience, adult learning, and more. Each section includes foundational research, guiding questions, and additional resources.

Family Engagement

Screen Time Guidelines for Big Kids

Nemours KidsHealth has [guidelines for screen time for kids](#). This resource includes recommendations from the American Academy of Pediatrics and screen time tips. Review this resource before planning summer activities and encourage kids to find activities with less required screen time. This [resource is also available in Spanish](#).

Webinar: Keeping Kids Safe Around Medicine

The Texas Health and Human Services Commission Office of Disability Prevention for Children, Safe Kids Austin, CommUnityCare, and the Central Texas Poison Center have partnered to offer this webinar on July 7, 2022, from 10 a.m. to 11 a.m. CDT. Participants will learn about the data and trends related to child medicine

poisoning and tips to keep kids safe. This webinar is aimed at parents and people who work with families and children. View [webinar information and register](#) today.

Community Involvement

Children Safety Network (CSN) Webinar

The CSN is hosting the [“Why Do Racial/Ethnic Disparities in Drowning Risk Exist and How Can They Be Addressed?” webinar](#) on June 28, 2022, from 2 p.m. to 3 p.m. CDT. Drowning is the second leading cause of injury death for children ages 1 to 14 years. Further understanding of the factors that contribute to drowning disparities can help prevent drowning among those who are disproportionately affected. Presenters will share how communities can work together to develop initiatives to address issues of justice, access, equity, and inclusion to build resources for the aquatics community. Share this information with local community partners and your school’s School Health Advisory Committee to create a plan for students at your school. [Register for the racial/ethnic disparities in drowning risk webinar.](#)

Quote to Note

“Life is a succession of lessons which must be lived to be understood.” - Ralph Waldo Emerson

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