

Friday Beat

July 22, 2022, Edition

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

Announcements

2021 Youth Risk Behavior Survey Data Now Available

Data from the 2021 [Texas Youth Risk Behavior Survey](#) (YRBS) are now available. The Texas YRBS is a primary source of comprehensive data on preventive health practices and health risk behaviors among Texas high school students. To request the survey data, please email YRBSS@dshs.texas.gov.

Professional Development

The Emerging School Nurse Leader Role in Decreasing School Absenteeism in Children with Migraine Headache

The [National Association for School Nurses](#) offers this self-paced program for 1.0 Continuing Nursing Education contact hour. This program includes information about the Headache Action Plan Project for Youth which is a framework on timely identification and effective management of childhood migraines. There will also be content on the school nurse's role as leader of a school-based health to help manage childhood migraines while they are at school. Visit the [registration page](#) for more information.

Promoting School Preparedness, Community Resilience, and Recovery in the Face of Adversity: Part 4 – Recovery and Maintenance

The Southeast Mental Health Technology Transfer Center Network is hosting this [webinar for school professionals and community members](#) on July 27, 2022, at 11:00 a.m. CT. This session will provide best practices and key resources to promote collaboration for collective resilience. Presenters will share trauma training resources for school professionals and community members. Participants will learn about strategies and resources for data-driven learning and planning. [Register for this session](#) or view [other recorded sessions](#).

Funding Opportunities

Healthy Schools Ten-Year Roadmap Implementation Grants

The [National Healthy Schools Collaborative](#) is accepting statements of interest for Roadmap Implementation Grants (RIGs). The vision for RIGs is for every school to succeed, every educator to excel, and every child to thrive. Statements of interest must demonstrate coordination and acceleration of the interconnectedness of health and learning. Read more about the [roadmap implementation grants](#) and what to include in the statement of interest. Submit statements of interest to thrivingschools@kp.org by August 1, 2022.

FY 2022 Urban Agriculture and Innovative Production Competitive Grants Program

The United States Department of Agriculture (USDA) is accepting applications for the [FY 2022 Urban Agriculture and Innovative Production Competitive Grants Program](#). The primary goal of the program is to support the development of urban agriculture and innovative production. School districts and non-profits are eligible to apply. Visit the [grants.gov](#) webpage for specific project requirements. View a [pre-recorded webinar](#) about the application process. All applications must be submitted to [grants.gov](#) by 10:59 p.m. CT on August 2, 2022.

Physical Education and Physical Activity

How Extreme Heat Impacts Physical Activity and What to do About it

The University of Texas Health and the Michael and Susan Dell Center for Healthy Living are hosting the [How Extreme Heat Impacts Physical Activity and What to do About it webinar](#) on July 28, 2022, at 12:00 p.m. CT. The webinar will include results and recommendations from the [Green Schoolyards Project](#). Use these recommendations to encourage physical activity in summer programming with students despite the extreme heat.

Nutrition Environment and Services

Procuring Local Foods for Child Nutrition Programs Guide

The USDA's revised [Procuring Local Foods for Child Nutrition Guide](#) is now available. The guide provides an overview of federal procurement principles. It covers topics related to sourcing and purchasing local foods for child nutrition program operators. [Download the full guide](#) to view all available resources.

Increasing Participation through Alternative Meal Service Models

No Kid Hungry Center for Best Practices released the [Increasing Participation through Alternative Meal Service Models](#) for school nutrition professionals. The resource shares alternative service models. Try an alternative model to support efficient and convenient meal service during the school day. [Download the full resource](#).

Health Services

Health Care Toolbox: Pediatric Medical Traumatic Stress

[The Center for Pediatric Traumatic Stress](#) created the [Health Care Toolbox](#). The toolbox contains links to resources for nurses, parents, and counseling professionals. Use the website and its resources to provide trauma-informed care, especially after child illness and injury.

Counseling, Psychological and Social Services

Psychological First Aid for Displaced Children and Families

[The National Child Traumatic Stress Network](#) published this resource to support immigrant children and families. The [downloadable PDF](#) includes a set of tools to assist staff in supporting displaced children and families. Use these tools during school counseling sessions and share with other school staff.

Social and Emotional School Climate

Start with Hello Virtual Training

The [Texas School Safety Center](#) and the [Sandy Hook Promise](#) partnered to create the *Start with Hello* program. *Start with Hello* is a program which teaches students to be more socially inclusive and connected to each other. The program offers activities and curricula for all ages and seeks to empower students to end social isolation. This training allows participants to use the *Start with Hello* program cycle to train students. Participants will learn to assess the impact of loneliness and isolation in school communities. [Register for available training dates in July and August.](#)

Quote to Note

"Only a life lived for others is a life worthwhile." - Albert Einstein

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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 or server restrictions. 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 or call (512) 776-7279.

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