



Texas Department of State
Health Services

Friday Beat

September 16, 2022, Edition

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

Announcements

Friday Beat on Biweekly Schedule

The Department of State Health Services (DSHS) School Health Program will continue to publish the Friday Beat on a biweekly schedule. Visit the [Friday Beat webpage](#) to view past editions of the Friday Beat. Any questions or content for the Friday Beat can be sent to SchoolHealth@dshs.texas.gov.

Reaching for Excellence Grant Webinar

DSHS invites public and charter schools to apply for the [Reaching for Excellence \(RFE\) in Texas School Health Grant](#). Two \$10,000 grants will be awarded for the 2023-2024 school year. The goal of the RFE grants is to fund projects that inspire students to live healthier lives. Projects must focus on at least one key component of the [Whole School, Whole Community, Whole Child model](#). Register for the [September 20, 2022 webinar](#) to learn more about the grant and application process. The application is open until 11:59 p.m. CT on November 14, 2022. Email schoolhealthawards@dshs.texas.gov or call 512-776-7279 if you have questions about the grant.

Professional Development

Preventing Adverse Childhood Experiences (ACEs) Training Module

The Centers for Disease Control and Prevention (CDC) offers an ACEs [training module for educators](#). These trainings help participants understand, recognize, and prevent ACEs. [Learn more about ACEs](#) and view additional tools.

Funding Opportunities

Budding Botanist Grant

[Kids Gardening](#) and The Klorane Botanical Foundation are hosting the Budding Botanist Grant. The purpose of the grant is to support programs that teach respect for the environment and protect nature through preservation. The grant will help students learn about plants and inspire them to take care of the environment. Read about [grant requirements and apply](#) by October 14, 2022.

Health Education

Empower Teens to Manage Their Health Care

[Nemours Children's Health](#) has released a four-unit health literacy curriculum for teens. High school and college-age teens will learn how to manage their own health care as they transition into adulthood. Materials are suitable for in-class, in-home,

after-school, and community settings. They can be taught virtually or in person. [Download the free health literacy materials for teens.](#)

CDC Teen Newsletter: Concussions

The CDC's [Teen Newsletter for August focused on concussions](#). Use this newsletter with students to learn about the signs and symptoms of concussions. Students will learn how prevalent concussions are and which activities increase concussion risk. Access additional resources to learn how to prevent, recognize, and respond to concussions and other serious brain injuries.

Nutrition Environment and Services

Fueling My Healthy Life: Health Materials for Grades 6-8

The United States Department of Agriculture has classroom materials to learn about nutrition. The materials use project-based learning and technology to engage students in nutrition education while meeting educational standards for English and Health. [Lesson plans and resources](#) are available for grades 6-8.

Health Services

Health Communication Virtual Workshops for COVID-19

The University of Texas Health Science Center at San Antonio's [Health Confianza](#) is hosting virtual workshops for school nurses. Each session covers different topics about COVID-19 including health communications, stress management, and more. All sessions are from 4:30–6:00 p.m. CST and offer 1.5 nursing CEUs. [Register for the workshops](#) to learn more.

Asthma Activity Book for Kids

[Safer Care Texas](#) published an asthma activity book for kids. Activities help students learn about asthma triggers and how to create an asthma plan. [Download the free activity book](#) to share with students.

Monkeypox Resources for Educators

The CDC has resources for educators regarding monkeypox. Their [frequently asked questions \(FAQ\) about monkeypox](#) webpage answers common questions about monkeypox in the school setting. Read a [monkeypox factsheet for teens and young adults](#) to learn about prevention and care.

Counseling, Psychological and Social Services

Positive Behavior Change Workshops

The Texas Health and Human Services Commission in conjunction with the University of North Texas is hosting free [Positive Behavior Management and Support workshops](#). These workshops are designed to help attendees learn techniques for supporting positive behavior, including strategies and techniques for the prevention of problem behavior. The workshop is intended for family members, education providers, case managers, and mental health care professionals. Continuing education credits are available.

Social and Emotional School Climate

September is National Suicide Prevention Month

The Texas Department of Family and Protective Services and Texas Health and Human Services collaborated to create a [social media toolkit for suicide prevention](#).

While mental health and suicide awareness is important year-round, for the month of September, we encourage you to promote suicide prevention and education with your networks.

Family Engagement

September is National Childhood Obesity Awareness Month

The U.S. Office of Disease Prevention and Health Promotion recognizes [September as National Childhood Obesity Month](#). CDC's Division of Nutrition, Physical Activity, and Obesity has [Tips to Help Children Maintain a Healthy Weight](#). Parents can find resources to help kids stay at a healthy weight on [MyHealthfinder](#).

Quote to Note

"Do not let making a living prevent you from making a life." - John Wooden

Become a *Friday Beat* subscriber by signing up on the [Friday Beat webpage](#)!

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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