

Friday Beat

September 30, 2022, Edition

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

Announcements

School Health Program Nurse Position

The Department of State Health Services (DSHS) is hiring a registered nurse to serve as 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. The School Health Nurse 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, we seek someone with leadership, project management, and interpersonal communication skills. [Visit the Health and Human Services Jobs Center](#) to apply.

Reaching for Excellence Grant

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](#). 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.

Texas School Health Advisory Committee (TSHAC) Updated Resources

The TSHAC approved updated resources and recommendations at the September 12, 2022, meeting. View the following resources:

- [Late Start of School Activities for High School Students](#)
- [Benefits to Supporting Healthy Physical Activity Behaviors in School Districts](#)
- [School Health Advisory Council Annual Progress Report to the Board of Trustees](#)
- [Mental Health Resources for Educators and Schools](#) has been retired. Instead, you can find mental health resources for school communities on the Texas Education Agency's [School Mental Health webpage](#).

September Is Sickle Cell Awareness Month

The National Institute of Health (NIH) recognizes September as [Sickle Cell Awareness Month](#). Use the NIH resources to raise awareness in your school community. [Nemours Teen Health](#) has resources for teens to learn about and

manage sickle cell disease. For more information about sickle cell disease, visit the [DSHS Sickle Cell Disease webpage](#) and the [Centers for Disease Control and Prevention webpage](#).

Professional Development

Texas School Nurses Organization Conference November 4-6, 2022

The [Texas School Nurses Organization](#) (TSNO) is hosting their conference in Houston, Texas on November 4-6, 2022. The conference will feature speakers, networking, and poster presentations. Topics will include skills for stress resilience, trauma and mental health, pediatric sports medicine injuries, and more. Up to 12 Nursing Continuing Professional Development credits are available. [Register for the TSNO conference](#) by October 15, 2022.

Webinar: DisabiliTree: Finding Ways to Integrate Nature and Accessibility

The [Texas Children in Nature Network](#) is hosting the webinar DisabiliTree: Finding Ways to Integrate Nature and Accessibility on October 12, 2022. Using the film DisabiliTree: A Film on Disability and Trees, presenters will look at how some individuals with disabilities navigate disability and accessibility in nature. This film will encourage participants to discuss the most apparent barriers to accessing nature and learn from shared experiences. Use this webinar to evaluate accessibility in your school community. [Register by October 11, 2022](#) to reserve your spot.

Funding Opportunities

Oliver Foundation Healthy Choices Grants

The Oliver Foundation's goal is to encourage children, families, and communities in Texas to improve eating and physical activity patterns. The Oliver Foundation has several Healthy Choices grants available for schools ranging from \$750 to \$5,000. The grants require physical activity and nutrition education components. The grants have rolling deadlines up to October 15, 2022. Learn about [eligibility for the Healthy Choices grants and how to apply](#).

Physical Education and Physical Activity

Creating Healthy, More Resilient Kids Through Recess (Outdoor Play)

The Michael and Susan Dell Foundation is hosting the [Creating Healthier, More Resilient Kids Through Recess \(Outdoor Play\) webinar](#) on October 13, 2022.

Participants will learn how sedentary lifestyle choices and inactivity increase chances of developing chronic diseases. This webinar will focus on how recess can be highly beneficial to the whole child when offered throughout the day every day.

Active Schools: Family PE Week October 3-7, 2022

Active Schools and the Online Physical Education Network (OPEN) have partnered to host [Family PE Week](#) on October 3-7, 2022. The goal of Family PE Week is to help families, schools and communities understand the importance of physical education. Teachers and schools can [download and use the tools and resources](#). Families can participate in the [Active Family Challenge](#).

Health Services

Webinar: Pediatric Acute-onset Neuropsychiatric Syndrome (PANS): An Often-Overlooked Condition in Children

The Texas Health and Human Services (HHS) [Office of Disability Prevention for Children](#) is hosting this webinar. Pediatric Acute-onset Neuropsychiatric Syndrome (PANS): An Often-Overlooked Condition in Children will occur on October 6, 2022, from 10:00–11:30 a.m. CDT. Presenters will discuss the causes of PANS, as well as the importance of early identification and diagnosis of the syndrome. This webinar is intended for parents, caregivers and people who work with families and children. [Register for the HHS webinar about PANS.](#)

Counseling, Psychological and Social Services

Virtual 2022 Annual Conference on Advancing School Mental Health

The [National Center for School Mental Health is hosting their conference](#) on October 13-14, 2022. This year's theme is The Three Rs: Reflect, Recover, Renew. The conference brings together various stakeholders in school mental health to share the latest research and best practices. The conference emphasizes a shared school-family-community perspective to bring evidence-based mental health to students and families. It will focus on a multi-tiered system of support for mental health. [Register for the Annual Conference on Advancing School Mental Health.](#)

Webinar: Navigating Mental Health in the School Environment

Texas [Action for Healthy Kids](#) is hosting their Navigating Mental Health in the School Environment webinar on October 10, 2022. Mental and behavioral health services in schools are traditionally focused on individual students. However, creating a positive school environment that supports the "whole child" is an important component that can contribute to a culture of positivity and support for students. Join Action for Healthy Kids as they share how to make your school district one that supports mental and physical wellbeing. [Register for the event.](#)

Webinar: Protecting Children in a Digital Age

The National Criminal Justice Training Center of Fox Valley Technical College is hosting a seminar called [Protecting Children in a Digital Age](#) on October 20, 2022. Participants will learn about technology used by children and teens, common online issues, and digital safety. It will also cover legal aspects of these topics and how to address them. The seminar is open to child protection teams, school officials, social workers, counselors, educators, community leaders, and staff members for programs that serve youth. [Register for the webinar about children and technology.](#)

Quote to Note

"Keep smiling, because life is a beautiful thing and there's so much to smile about."
-Marilyn Monroe

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