

## SCHOOL HEALTH Q3 2021 Edition

# SPECIAL ANNOUNCEMENT

## Covid-19 Updates

**COVID 19**  
CORONAVIRUS  
DISEASE

**HOW TO GET THE  
\$100 CASH CARD**

**Congratulations on making the decision to protect yourself and our community by getting a COVID-19 vaccine! You may be eligible to receive a \$100 cash card. Follow the steps below to see if you qualify:**

Unfortunately the COVID-19 pandemic is still a serious issue in the Harris County community. All individuals 12 years old and over are eligible to receive the COVID-19 vaccine, and the Pfizer brand has full FDA

approval for administration for anyone from the age 16 and above. If you are eligible to receive the vaccine, please do so. You can sign up to receive the vaccine here: <https://vacstrac.hctx.net/landing>. Currently, anyone who gets their first dose will receive an incentive of \$100. This incentive will be active until September 30th.

Please continue to **Wash** your hands, **Watch** your distance, and **Wear** your mask, especially for the children who are not yet eligible to be vaccinated. You can keep track of the metrics in the Harris County area with [this dashboard](#).

If you would like HCPH's COVID-19 outreach team to come to your school to give a presentation (virtually or in person), or distribute care kits with information please reach out to Justin Rahman at [Justin.Rahman@phs.hctx.net](mailto:Justin.Rahman@phs.hctx.net).

# SPOTLIGHT ON THE FIELD

We would like to extend a congratulations to Felicia Ceaser-White, HISD's Director for Health and Physical Education, who was elected to the



**SHAPE America** Southern District Leadership Council Member-at Large for a 2 year term. Southern District is one of five districts of SHAPE America, and is dedicated to furthering the purposes of the organization within the following Southern District states: Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas and Virginia. Southern District serves as an advocate for quality programs that encourage healthy,

physically active lifestyles. The district provides professional development opportunities such as workshops, conferences and leadership conferences. The council responsibilities are also to promote and support the mission and vision of SHAPE America, to advance SHAPE America initiatives and to build strong, diverse, engaged membership communities within Southern District.

### **How can individuals and school districts committed to healthy lifestyles support the SHAPE Southern District?**

- There are usually a number of ways that individuals can support the SHAPE Southern District as there are many committees (ranging from advocacy to planning sessions or social events at our national conferences).
- Immediate volunteer need for anyone who is qualified and interested in supporting SHAPE Southern District
- Reviewers of national convention proposals from Southern District

### **Are there any upcoming conferences, trainings or professional development opportunities you would like to share?**

[TAHPERD Annual Conference](#) – Dec- 1-4, Arlington, TX

[SHAPE National Conference](#) – April 26-30, New Orleans, LA

Thank you for being a great physical health and wellness advocate for the region Ms. Ceasar-White!

## **EAT**

### **Big Green Jumpstart Outdoor Learning Grants - Act Quickly!**



Is your campus interested in jumpstarting outdoor learning for your students? If you answered YES, please take advantage of this opportunity for funding in the amount of \$2,000 to get you started. This funding has been made possible by [Green Schoolyards America](#), the [Children and Nature Network](#), and the [School Garden Support Organization Network](#). You

should connect with these organizations to keep up with their initiatives and opportunities that arise.

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### **US House of Representatives Discuss Food As Medicine**



## Childhood Obesity Awareness Month Challenge - Eat the Rainbow

September is Childhood Obesity Awareness Month! HLM concentrates on raising awareness about this epidemic throughout the year, but in recognition of this month, we encourage schools and families to try an "Eat the Rainbow" challenge! Brighter Bites has a great list of recipes for almost any fruit or vegetable you can think of. We encourage you to try some of these recipes this month, and throughout the year! Click [here](#) to review Brighter Bites' robust list of recipes.



## My Plate Plan Widget



We know how important it is to have good nutrition to preventing childhood obesity. The United States Department of Agriculture My Plate page has a wealth of resources to help families follow a balanced diet. They even have a widget that you can add to your school website that allows individuals or families to personalize their food choices. Consider trying it out by visiting the [My Plate Website!](#)

## PLAY

### October 6th is National Walk to School Day!

Promoting Safe Routes to Schools initiatives and encouraging active transport to and from school has been one of HLM's PLAY priority priorities. Participating in Walk to School Days is a fun way to raise awareness



about healthy behaviors and also to foster great school and family relationships. Click [here](#) for some creative ways to celebrate Walk to School Day! If your campus is interested in planning a Walk to School Day on October 6th, or during the 2021-22 school year, please reach out to HLM staff to discuss!

## Family Physical Education (PE) Week is Coming! (Oct. 4 - 8)



Active Schools is always a great resource for schools throughout the year! Please check out the resources they have for fun and creative ways to engage families during Family PE Week. They provide a variety of turn-key resources for all K-12 levels. Please share this information with the PE and Health Staff in your district or on your campus!

Please click [here](#) for more information and to register your school!

## LEARN

### New CDC Digital Toolkit for Schools

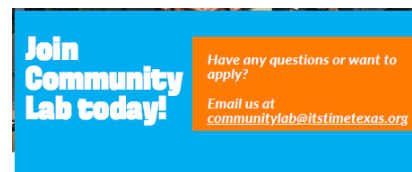


The Centers for Disease Control and Prevention (CDC) has released a new digital toolkit of information for schools to use

as a reference in keeping kids safe and healthy this school year. This toolkit includes information on how to address the health of the whole child during this time, and has digital downloads and posters. Click [here](#) to access the toolkit.

### It's Time Texas Community Labs

You are probably familiar with the annual [It's Time Texas Community Challenge](#) (hopefully your school district is planning to participate in the Spring!), and the Healthier Texas Summit, but It's Time Texas also has monthly meetings for community health collaborative groups to meet and share their work. Consider reaching out [communitylab@itstimetexas.org](mailto:communitylab@itstimetexas.org) to for more information about how you can learn from this group, or possibly share your work and the challenges you have overcome along the way. There is great power in collaboration and learning from each other is rewarding and also a smart way to work.



# HLM Team Presents Webinar for American School Health Association



## Family Engagement Webinar for SHACs



## RESOURCES FOR PARENTS

*Join now!*

At the tail end of the 87th Legislative session, some new mandates were put in place for School Health Advisory Councils (SHACs) to follow. These changes are designed to increase transparency between SHACs and the school district community.

These are the details of the bill as it related to SHAC:

- Requires SHAC meetings to have minutes of the meetings that state the subject and content of each deliberation and each vote, order, decision, or other action taken during the meeting. There must also be an audio or video recording of the meeting. Both the minutes and the audio or video recording must be posted on the school district's website.
- Requires parents to give written consent prior to a student receiving human sexuality instruction.

These changes may not be a big transition for some SHACs, but for many SHACs it will be an adjustment. Please consider joining the **SHAC Network** so that you can receive State updates and resources for SHACs to be as successful as possible. Join [here!](#)

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## UPCOMING EVENTS

### **HLM Collaborative Meeting - New Strategic Plan (virtual)**

Friday, September 17th, 1 pm - 3 pm

[Register here](#)

### **Re-Re-Opening Schools – What will This Year Look Like?**

Thursday, September 23rd, 11:30am

[Register here](#)

### **How Districts are Addressing The New Physical Education and Health TEKS**

Thursday, October 14th, 11:30am

[Register here](#)

### **Laws Passed during 87th Legislative Session and How They Impact Child Health and Your School Health Advisory Council**

Thursday, November 11th, 11:30am

[Register here](#)

### **Healthier Texas Summit**

October 27th - 29th

[Register here](#)

### **Regional SHAC Convening**

Date TBD

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## PAST ISSUES

Spring 2021

January 2021

Fall 2020

Home School 2020

Fall 2019

Back to School 2019

March/April 2019

January/February 2019

January 2017

February 2017

March 2017

April 2017

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