

“ Now is the accepted time, not tomorrow,
not some more convenient season.
It is today that our best work can be done.”
-W.E.B. Du Bois
sociologist, historian, civil rights activist, writer, editor
February is Black History Month

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Mental and Emotional Health Education Resources

There are significant correlations between mental health and co-occurring risk factors. For example, according to the National Alliance on Mental Illness (NAMI), 50% of all lifetime mental illnesses develop by age 14 and 75% develop by age 24, suicide is the 2nd leading cause of death among people aged 10-34 in the U.S., and 3.7% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2018 (9.2 million people). [Research](#) underscores the connection between children with exposure to trauma and mental illness.

Mental health conditions are common among teens and young adults. Florida has identified mental and emotional health as a high priority by Governor DeSantis, First Lady DeSantis and the Florida legislature. Visit the First Lady’s Hope for Healing [webpage](#) for more information about this initiative. [Implementation plans](#) for all three State Board of Education (SBOE) rules (mental and emotional health, substance use and abuse, and child trafficking prevention education) are linked to the FDOE Healthy Schools webpage. Below is a list of programs and resources most frequently cited in school district implementation plans for the mental and emotional health education rule:

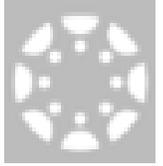
Grades 6-12 Resources:

- [Edgenuity + Purpose Prep](#)
- [EVERFI](#)
- [Evolution Labs, Inc. – Suite 360](#)
- [NAMI](#)
- [NIDA for Teens](#)
- [Sandy Hook Promise](#)
- [teenmentalhealth.org](#)

Health Educators Professional Development Online Course

In partnership with researchers and practitioners, Florida's Title IV, Part A, supported the development of a **Professional Development (PD) Course to Strengthen K-12 Health Education Instruction in Florida**. Instruction focuses on the 16 health education competencies and numerous skills identified in the Florida Teacher Certification Exam (FTCE). The course is particularly timely as it will prepare educators to provide instruction in the recently approved State Board of Education rules related to mental and emotional health and substance use and abuse. This course is designed for teachers who integrate health education benchmarks through other courses, individuals who are interested in becoming health educators, and/or currently certified health educators with a desire to strengthen health education instruction. To enroll in this course, please visit https://www.florida-title-iv-part-a.com/cst_health.php.

For additional [information](#), please contact Tamara Gibson-Alonso.



Florida School Health Association (FSHA) Conference and Training

FSHA is pleased to announce the 2020 Florida School Health Association Conference taking place at the Rosen Centre in Orlando **May 6-8, 2020**. Breakout sessions will be provided regarding school health, mental and emotional health, safety and prevention. The keynote presenter will be the 2020 Teacher of the Year, Dr. Dakeyan Graham. To access participant registration and/or the Call for Proposal form, visit this [webpage](#).

2020 Healthy Schools Summer Academy

Mark your calendar for the 2020 Healthy Schools Summer Academy on **June 10-11, 2020**, at the RP Funding Convention Center in Lakeland, FL. This year's Academy will focus on Florida Standards for Physical Education and Health Education, and implementation of the three new State Board of Education (SBOE) rules related to health education. Our opening keynote speaker on June 10th will be Melanie Lynch, the 2016 SHAPE America Health Educator of the Year. Registration will be available for both exhibitors and participants beginning February 14, 2020, at www.healthyschoolsummeracademy.org.



Good news for those traveling more than 60 miles to the Summer Academy! The Florida Department of Education's Title IV Part A (T4A) team is generously providing an opportunity for complementary **shared** hotel rooms (2 attendees per room) at no cost to participants for a maximum of 150 people. If you live a minimum of 60 miles away and are willing to share a hotel room with another Summer Academy participant, please list names of preferred roommates on the registration form in order to be considered for this opportunity. A member of the T4A team will contact you regarding availability of hotel rooms once registration closes on April 30, 2020.

STEAM Florida 2020 POSIUM

The Office of STEAM at the Florida Department of Education is seeking innovative, dynamic presenters to engage with attendees through lecture style, round table and inquiry-based sessions at the 2020 Florida STEAMposium, June 15-18, in Melbourne, FL. Session applications are due by Saturday, February 29. For more information, or to apply, visit this [webpage](#).

February is Teen Dating Violence Awareness Month

Our Florida Governor has signed the Florida Healthy Teen Relationship Month proclamation. Click [here](#) to view the support stated by Governor Ron DeSantis.

The 2020 campaign theme for Teen Dating Violence Awareness Month (TDVAM) is #1Thing. The intent is to teach teens at least one thing about teen dating violence in order to start conversations about **healthy relationships**. According to the National Domestic Violence Hotline, one in three teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults. In addition, nearly half (43%) of college women report experiencing violent and abusive dating behaviors. Teen and educator action guides are available [online](#) at [loveisrespect.org](#). Additional resources can be located at [cdc.gov/violenceprevention](#) and at [breakthecycle.org](#).



February is American Heart Month

Heart disease is the leading cause of death in the United States. Though women generally get heart disease about 10 years later than men do, heart disease is still the #1 killer of women. The good news is, according to the CDC and the NIH, heart disease is **largely preventable** by staying active, eating healthy and nutritious foods, avoiding tobacco, and limiting alcohol. Visit the American Heart Month National Institutes of Health [webpage](#) and the Action for Healthy Kids [nutrition education](#) page for further details. To receive monthly physical education updates, please contact FDOE Physical Education Specialist, Nichole Wilder, at Nichole.Wilder@fldoe.org.



Tell me and I forget. Teach me and I remember. Involve me and I learn.
-Benjamin Franklin