

SEPTEMBER 2021



The official newsletter of Texas A&M Agrilife
Extension's Working on Wellness Environments

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WELCOME!

BY: VALERIE JAUREGUI

Welcome to the September Issue of the Working on Wellness Environments official newsletter. In this issue, you can find ways in which you can build a task force, and whom you should invite to be on the team, and resources on Farm to School month and Walk to School day which are coming up next month. You will also find resources related to COVID-19 and physical activity. As always, you can reach out to us at valeria.jauregui@ag.tamu.edu or check out our website at wowe.tamu.edu!

The Value of Depths and Connections in Community Planning

By: Dr. Jamie Rae Walker



Rio Grande City kicked off its first meeting to steer its Comprehensive Master Plan forward. When taking on a planning project or pop-up demonstration, it is important to have representation of people from various sectors of the community; from different geographic areas of the community to different fields of expertise, and from diverse backgrounds. While most planning groups engage those from planning, economic development, education, beautification groups, and active groups (sports associations, bike clubs, walking groups), it is also key to think outside the box. Including individuals like bankers, engineers, grant writers, health advocates and experts, church and nonprofit leaders, and representatives from public works can enhance the community support system and help identify creative opportunities to advance projects forward. These often include identifying opportunities to share or connect resources, tie into existing efforts, or garner in-kind support. Having diverse representation can also ensure multiple perspectives are included and efforts are culturally relevant. Lastly, as groups form and create plans, decision-makers should be included in the loop early and often. Thus, they are aware of what is important to the group, can identify how they can support the initiative and can ensure the ideas and goals are sustainable with the existing community resources.

Farm to School Month



October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and local food. From taste tests in the cafeteria and nutrition education activities in the classroom, to farm visits and school garden harvest parties, schools, early care and education sites, farms, communities and organizations in all 50 states, Washington, D.C. and U.S. Territories join in the celebrations. Find more information [here](#).



**NATIONAL
FARM to
SCHOOL
MONTH**



Walk to School Day is Coming!

CELEBRATE THE BENEFITS OF WALKING AND BUILD MOMENTUM FOR SAFETY BY WALKING AS A FAMILY, NEIGHBORHOOD OR SCHOOL.

JOIN TOGETHER IN CELEBRATING WALK TO SCHOOL DAY ON OCTOBER 6, 2021.

IF THAT DAY DOESN'T WORK BEST, NO PROBLEM! SOME CELEBRATE ON OTHER DATES IN OCTOBER OR THROUGHOUT THE MONTH. THE KEY IS TO MAKE THE COMMITMENT. LEARN MORE, AND EVEN REGISTER YOUR COMMUNITY [HERE](#).



**Safe Routes
PARTNERSHIP**

**JOIN A WALKING
SCHOOL BUS TODAY!**

For more information visit
<http://www.walkbiketoschool.org/registration/>



Walk to School Day
Planning Your Program in 4 Easy Steps!

WANT TO LEARN HOW TO START PLANNING YOUR WALK TO SCHOOL DAY? CLICK THE BANNER ABOVE! REMEMBER, OCTOBER 6 IS NATIONAL WALK TO SCHOOL DAY, BUT YOU CAN CELEBRATE EVERYDAY IN OCTOBER!

Funding Opportunity

THE PEOPLE, PARKS, AND POWER (P3) CALL FOR PROPOSALS IS NOW OPEN. **LETTERS OF INTENT ARE DUE BY NOVEMBER 4, 2021.**

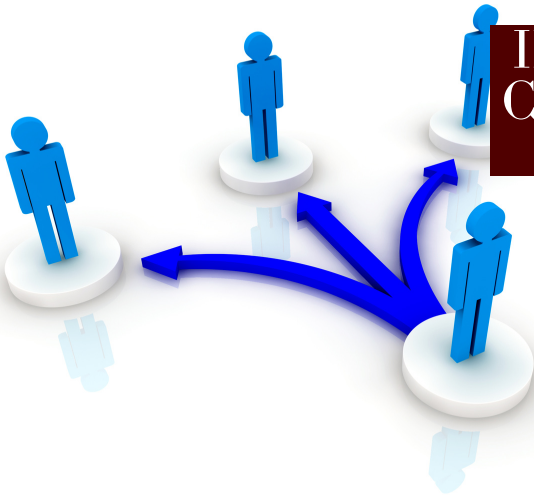
KEY DETAILS:

- AS PART OF THE P3 INITIATIVE, \$7 MILLION IN FUNDING IS AVAILABLE TO SUPPORT COMMUNITY-BASED ORGANIZATIONS AND BASE-BUILDING GROUPS WORKING IN URBAN, LOW-INCOME COMMUNITIES OF COLOR ACROSS THE U.S. TO INCREASE PARK EQUITY THROUGH LOCAL POLICY AND SYSTEMS CHANGE.
- THE GEOGRAPHIC FOCUS OF P3 IS URBAN AREAS, WITH A PARTICULAR INTEREST IN SMALL AND MIDSIZED CITIES (UNDER 500,000 POPULATION) AS WELL AS DISTINCT, DISINVESTED COMMUNITIES WITHIN LARGER CITIES.

FIND MORE INFORMATION [HERE!](#)



RESOURCES

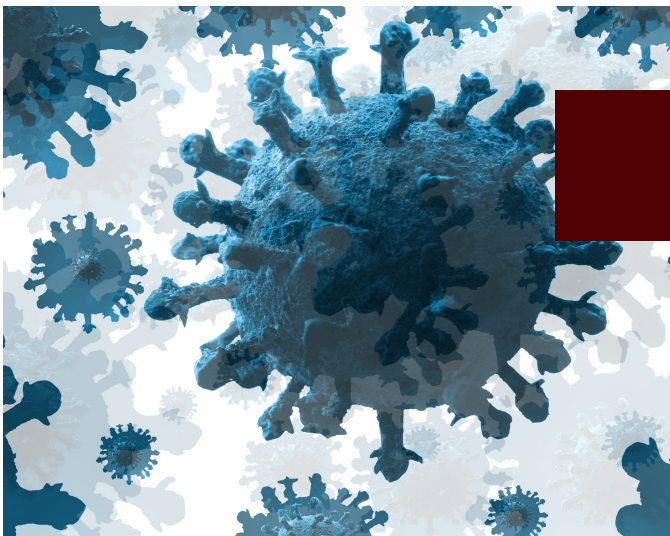


INTRODUCTION TO HEALTH COMMUNICATION PLANNING COURSE

Are you interested in learning about creating health communication plans? Texas A&M Agrilife Extension has a course on health comm planning free for WOW-E counties. Read more [here](#).

NEW COVID-19 GUIDELINES FOR ECE PROGRAMS

CDC has released new COVID-19 Guidance for Operating Early Care and Education/Child Care Programs. Read more [here](#).



COVID-19 TESTING

School spirit is better at school. Regular COVID-19 testing helps keep students on the field and friends and parents in the stands. Support COVID-19 testing at school. Learn more at cdc.gov/covid19-school-testing



COVID-19 VACCINES

Have you been waiting for full FDA approval to get vaccinated? It's time to schedule your appt! Now that the FDA has issued full approval for the first COVID-19 vaccine, we can all be even more confident that these vaccines work and are safe. Learn more: <https://dshs.texas.gov/covidvaccine/>



PHYSICAL ACTIVITY FOR ALL WOMEN

Physical activity is important for all women throughout their lives. Read on for ways you can change your physical activity routine to fit your needs based on your age, stage of life, or physical abilities. Read more [here](#)



HOW SHOULD PHYSICAL ACTIVITY MAKE YOU FEEL?

Howdy Health, an initiative of Texas A&M Agrilife Extension has a mini video on how you feel before and after physical activity matters. Watch it [here!](#)

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