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Teaching and Learning

North Carolina Department of Public Instruction



2/26



Healthy Children Learn Better

Healthful Living Update

This month the updates offers a lot of opportunities, please be sure to scroll through the entire document.

February Observances

American Heart Month

American Heart Month is observed every February to raise awareness about heart disease and promote cardiovascular health.



**American
Heart
Association®**

National Wear Red Day®

SAVE THE DATE! National Wear Red Day is Friday, February 6, 2026.

Get ready to GO RED in support of women's cardiovascular health by wearing red, sharing information and resources, and donating to support research and education.

[American Heart Association Webpage](#)
[Downloadable Resources](#)

American Heart Month Communications Toolkit

This [toolkit](#) contains facts and resources that anyone can use to raise awareness about the risks of heart disease and the importance of identifying and managing heart-related health conditions.

[Shareable and printable tools in English and Spanish](#)



Teen Dating Violence Awareness Month

Throughout February, organizations and individuals nationwide are coming together to highlight the need to educate young people about dating violence, teach healthy relationship skills and prevent the devastating cycle of abuse. Teen dating violence affects nearly 10% of all teenagers throughout the US.

[Materials and Resources](#)



National Children's Dental Health Month (NCDHM)

A national health observance to promote the benefits of good oral health, brought to you by the ADA.

[Printable Posters, Flyers and Coloring Pages](#)



Active Classrooms Month

Each February, teachers and families across the country are encouraged to participate in Active Classrooms Month. The event will introduce ways to integrate movement into the classroom and demonstrate the positive impact it has on young people. Resources and tools to make it easy for teachers and parents/caregivers to use movement activities with their students/children [here](#).

Calling All Healthful Living Teachers

Barriers to Teaching Health Education Survey

WCU is seeking input from current Health and PE teachers to better understand the challenges in teaching health education. The anonymous survey should take about 6 minutes to complete and can be accessed via the QR code or link below. Please feel free to share this survey with other Health and PE Teachers. Thank you for your support!

Link: https://wcu.az1.qualtrics.com/jfe/form/SV_6gPAOIFOmFuBRb0

Questions? Contact Amy Stringer, PhD: AStringer@wcu.edu

QR Code:



Youth Prevention Education Research Grant

Request for Proposals:

Grants of up to \$10,00 are available for middle schools, high schools and at-risk community-based programs in North Carolina to implement the NC Problem Gambling Program Youth Prevention Education (YPE) 10 modules. Instructors are trained, provided technical support and given the materials needed to implement the program.

The North Carolina Problem Gambling Program addresses youth problem gambling as part of a broader effort to prevent high-risk behaviors among young people. The program educates students about how their environments—social, physical, and digital—can create toxic stress. This stress impairs critical thinking and emotional regulation, often leading young people to develop unhealthy coping mechanisms. Over time, these patterns can evolve into harmful behaviors and addictions that compromise brain health.

Important Information:

- **All grant applicants must attend** one of the three **Request for Proposal Webinars** options.
- Grant applications will be provided to **those who attend**.
- Please review the **grant guidelines** to better understand the application procedure.
- Please **click on the link below** to register for one of the webinars.
- <https://www.surveymonkey.com/r/RFPWebinar2026>

RFP Webinar Dates:

- Tuesday, February 17 from 3:30 pm – 4:30 pm
- Thursday, February 19 from 3:30 pm – 4:30 pm
- Monday, March 2 from 3:30 pm – 4:30 pm

Dates to Remember:

- Grant applications are due on March 15, 2026
- Grant award announcements will be made on April 15, 2026
- Grant contracts are due by April 30, 2026
- Funding dispersed by June 1, 2026
- All awarded grantees must complete UNC-BHS Adolescent Gambling and Gaming Series asynchronous modules by July 15, 2026
- All awarded grantees must attend NCFADS summer school on July 19 – July 21, 2026, in Wilmington, NC

Please read the grant guidelines, linked below, thoroughly before applying.

[YPE Research Grant Program 2026 Guidelines](#)

11 Principles of Character Education: Building School Cultures Where Every Student Thrives

March 25, 2026

Join NCDPI for a full-day, interactive professional development session designed to help schools learn how to use the 11 Principles to create a culture of character in their classrooms, schools, and districts. This session will introduce a wide range of approaches, strategies, and practices that school leaders can implement immediately to transform their school climate and culture. Whether your school is beginning its journey or seeking to deepen its implementation, this workshop will provide:

- A clear overview of each principle
- Examples from NC Schools of Character
- Practical strategies for improving school culture
- Tools for assessing progress and gathering evidence
- Support for completing the School of Character Application

[Registration Flyer](#)

[Registration Form](#)



Featured Blog - Growing Strong: Helping Children Thrive Using the 8 Dimensions of Wellness

Virginia Johnson
Substance Use Prevention Senior Director

Jessica Fowler, MS, CPS
MindWELL Associate Director

As parents and caregivers, we want children to grow into healthy, confident, and resilient adults. One of the most powerful gifts adults can give children is the tools they need to increase their resilience and wellness.

[Explore the 8 Dimensions of Wellness](#)



Celebrate Presidents Day

Now through February 26, **save 26%** on all professional learning courses on Varsity University with promo code **PRES26**.

[OPEN On Demand Courses](#)

All courses are self-paced, built for real educators, and designed to help you grow in the areas that matter most.

Explore courses that support your teaching and leadership:

- Plan smoother lessons with **Ready, Set, Teach**
- Save time and stay creative with **AI for Educators 1, 2, and 3**
- Equip your support staff with **Paraprofessionals in PE**
- Build student connection through the **Believe in You Certification**
- Strengthen your PE instruction with the **OPEN Teacher Certification**

Now is the perfect time to invest in your growth and take on the rest of the year with confidence.

February is American Heart Month

We're excited to reintroduce Healthy Habits with a fresh structure and the same great purpose.

This cross-curricular resource includes learning activities for physical education and the classroom to support the whole child.

Students explore the basics of healthy living including sleep, nutrition, movement, and mental wellness; while building real-life skills and routines they can carry with them beyond the classroom.

[K-2 Resources](#)

[3-5 Resources](#)

Save the Dates



National PE Institute

July 23 - 24, 2026
UNC-Asheville
Sherrill Center

**227 Campus Drive
Asheville, North Carolina 28804**

The National PE Institute has long been recognized as one of Physical Education's most celebrated professional events. As in the past, we are honored to host a number of "Gold Star" keynoters, presenters, supporters & participants.

Earn up to 30 contact hours

Recorded Whova Breakout Sessions: Because you can't be in two places at once, we're providing video recordings via the Whova app. These will be available for a 30-day period following the Institute and count towards your overall CEU Credit.

[Information Flyer/Housing
Registration](#)

Back by popular demand!
**Growing Success for MLs and
The Standards Academy**

**Save the 2026
Summer
Conference
Dates!**

**Face to Face
June 23 - 25**
*Cleveland High School
1892 Polenta Road,
Clayton NC 27520*

**Virtual
July 13 - 16**

High-quality, Research-
based Sessions
Statewide Collaboration
and Networking
Alignment and
Consistency
Experts from across the
State and NCDPI



North Carolina Department of
PUBLIC INSTRUCTION

The Healthful Living Consultant at the NC Department of Public Instruction makes every effort to provide relevant, timely information to stakeholders collected from numerous state and national sources. The inclusion of items in this update does not imply the endorsement of this agency.

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