

Friday Beat

September 15, 2023, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach. The *Friday Beat* is a free publication of the Texas Department of State Health Services. It is edited and compiled by the [School Health Program](#).

Announcements

Evidence-based Strategies to Improve School Nutrition and Physical Activity

The [Centers for Disease Control and Prevention \(CDC\)](#) released a [Collection of Evidence-based Strategies to Improve School Nutrition and Physical Activity](#). The collection is based on CDC's review of over 300 studies published in the last decade. Recommended strategies include low- and no-cost methods for improving nutrition and physical activity knowledge, attitudes, and behaviors among students and staff. Many strategies also improve student academic achievement. Learn more on the CDC's [Improving School Health webpage](#).

Parent, Caregiver, and Young Adult Outreach Surveys

The Texas Department of State Health Services [Children with Special Health Care Needs Systems Development Group \(CSHCN-SDG\)](#) is extending the 2023 Parent, Caregiver, and Young Adult Outreach Surveys deadline to September 30th, 2023.

The purpose of the Surveys is to learn from families' experience with services for children with special health care needs (CSHCN) in Texas. DSHS will use survey feedback to identify gaps or needs in programs and services. The anonymous results will be shared with the public and other state agencies to help improve outcomes for the CSHCN population. Each survey takes approximately 15 minutes to complete.

There are two surveys:

- one for parents with children with special health care needs (available in [English](#) or [Spanish](#)), and
- one for young adults ages 18-24 with specific health care needs and disabilities (available in [English](#) or [Spanish](#)).

Professional Development

Texas School Safety Center Upcoming Fall Trainings

The [Texas School Safety Center \(TXSSC\)](#) has announced its [Fall 2023 training series](#).

New topics covered in the trainings include:

- bullying prevention and cyberbullying,
- school safety prevention and management, and
- school behavioral threat assessment.

Trainings are open to Texas public ISDs, open-enrollment charter schools, junior colleges, school-based law enforcement, and state agencies that support schools. In-person trainings will be hosted in partnership with Regional Education Service Centers. All virtual trainings will be provided through the Zoom online meeting/webinar platform. Trainings fill up quickly, so register today!

Funding Opportunities

Diversity in School Nursing Scholarship

[The National Association of School Nurses \(NASN\)](#) is debuting the new [Diversity in School Nursing Scholarship](#). The scholarship provides up to \$2,500 in financial support to a current NASN-member from a historically underrepresented racial/ethnic background, to pursue advanced education in health-related sciences. Applications are due October 15th. Applicant requirements and more information can be found on the [scholarship webpage](#).

Youth Empowerment Project

[The CDC Division of Adolescent and School Health \(DASH\)](#) is conducting a Youth Empowerment Project to demonstrate and learn about best practices for school district Youth Advisory Councils to engage youth as partners in planning, implementing, and evaluating activities that address structural barriers to adolescent health and well-being. Each selected district will receive start-up funding, training, and technical assistance from DASH's contractor, American Institutes for Research, from Fall 2023 through Summer 2024. Any interested school district is encouraged to [submit an application](#). Both previously funded school districts and/or those who have expressed an interest in prior years are eligible to apply for this project. Applications are due by end of day on September 29, 2023.

Health Education

Big Tobacco's Targeted Marketing Training Module

[Texas Say What! Campaign](#) created the [Caught in the Nicotine Trap: Big Tobacco's Targeted Marketing Online Training](#) to share information about the tobacco industry. The training will cover a historical overview of the industry's marketing practices, expose misleading campaigns used to influence people to use their products, and provide an opportunity to advocate against the industry's targeted marketing by creating counter messages. Share with students, parents, caregivers, and school staff.

Physical Education and Physical Activity

Every Kid Outdoors

The [U.S. National Park Service](#) hosts the [Every Kid Outdoors](#) initiative for fourth-grade students. Teachers can submit requests for all fourth-grade students to receive a free National Park Pass. The pass is valid from September 1, 2023 – August 31, 2024. [Activities and resource guides](#) are available to use with students to learn about the parks. Use this resource to encourage students to stay active and learn about the environment.

Nutrition Environment and Services

Food Safe Families Activity Book

The [U.S. Department of Agriculture](#) published the [Food Safe Families Activity Book](#) full of activities promoting food safety. Various games included focus on the four steps to prevent food poisoning. This resource is also available in [Spanish](#).

Health Services

Getting into the Groove: School-Located Vaccination Clinic Toolkit

The [National Association of County Health Officials](#) published the [School-Located Vaccination Clinic Toolkit](#) to assist schools, communities and families in understanding and accessing vaccinations. The toolkit includes background literature, consent forms, letters to parents, and assessment/evaluation tools that are easily adapted to school-located vaccination clinic programs.

WebLitLegit for Kids

[SaferCare Texas](#) published an [interactive toolkit](#) that allows children to recognize health information “Truth versus Trash” on the Internet. [WebLitLegit for Kids](#) is easy to use in a variety of kid-friendly settings to improve e-health literacy, enabling them to identify credible health information and make informed decisions about their health. Share this resource with parents, caregivers, teachers, and school staff.

Social and Emotional School Climate

Ensuring Child Safety During Times of Disruption

The [Children’s Safety Network](#) published a fact sheet on [Ensuring Child Safety During Times of Disruption](#). Read about strategies, examples, and resources to keep children safe during times of disruption. [Download the full resource](#).

Family Engagement

Supporting Student Health and Emotional Well-being

[The Centers for Disease Control and Prevention \(CDC\)](#) published [ways families can support student health and emotional well-being](#). The article explains how parents and families contribute to their children's lives, often being the first to help their children develop skills to recognize and manage emotions, establish and maintain positive relationships, and make responsible decisions.

Quote to Note

“The best preparation for tomorrow is doing your best today.” – H. Jackson Brown, Jr.

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