



Friday Beat

March 17, 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

Youth Risk Behavior Survey (YRBS) Data Summary & Trends Report

[CDC's YRBS Data Summary & Trends Report: 2011-2021](#) is now available. This report provides the most recent 10-year trends on the health and well-being of U.S. high school students. For Texas-specific data, visit [Texas Youth Risk Behavior Surveillance System website](#) or contact them at YRBSS@dshs.texas.gov or 512-776-2564.

Eye of the Future Teen Video Contest

The National Eye Institute is hosting the Eye on the Future Teen Video Contest for teens in high school. Teens can submit a video on their own or in a group of up to three and must fit into one of the three categories listed for a chance to win. The last day to submit a video is April 16, 2023. Visit the [Eye on the Future Teen Video Contest website](#) for more information.

Professional Development

Say What! Tobacco-Free Conference

The Texas School Safety Center (TxSSC) is hosting its 2023 Say What! Texas Tobacco-Free Conference from July 23-26, 2023. The conference will offer a variety of opportunities for youth groups working on tobacco prevention related issues. Both youth and adult participants, will be able to attend a variety of breakout sessions to discuss a range of youth tobacco prevention and enforcement topics as well as network and team build. Registration for the conference closes May 31. For more information on the conference and scholarship opportunities, visit the [Say What! Texas Tobacco-Free Conference website](#).

Funding Opportunities

2023 America's Healthiest School Award

The Alliance for a Healthier Generation is accepting applications from schools for the Healthier Generation Award. The Healthier Generation Award is an annual distinction presented to schools that have demonstrated remarkable efforts to focus on the essential health needs of students, staff, and families. Schools that receive a Healthier Generation Award meet or exceed best practice standards in one or more topic areas related to the physical, mental, and social-emotional health of students, teachers, and school staff. Award winners are featured on the annual list of

America's Healthiest Schools and receive a digital promotion package. Complete the [Alliance for a Healthier Generation award application](#) by April 18, 2023.

Health Education

Know the Risks: E-Cigarettes & Young People

In 2016, the U.S. Surgeon General released the [33rd Report of the Surgeon General](#). The report outlined the impact of e-cigarette use among youth and young adults. [The Know the Risks: E-Cigarettes & Young People](#) website helps address the importance of health. The website contains information on e-cigarette trends among youth, the risks of e-cigarette use, and prevention resources.

Fighting Fentanyl

The Texas Education Agency (TEA) and the Texas Health and Human Services Commission (HHSC) have launched fentanyl awareness toolkits to assist school systems to educate Texas schools and communities on the growing dangers of this lethal opioid. For more information, please visit the [TEA Fentanyl Response Communications Toolkit](#) webpage and the [HHSC Fighting Fentanyl](#) webpage.

Nutrition Environment and Services

New Nutrition Education Materials for Kindergarten

The United States Department of Agriculture (USDA) has new and updated nutrition education materials for kindergarteners. These materials are designed to foster the development of healthy food choices and physically active lifestyles. The recipes, food cards, workbooks, and more can be found on the [USDA website](#).

Fifty Years Celebrating National Nutrition Month

The Academy of Nutrition and Dietetics is celebrating 50 years of National Nutrition Month. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. Visit the [Academy of Nutrition and Dietetics](#) webpage for ideas on getting involved at home, school, workplaces, or the local grocery store during National Nutrition Month.

Counseling, Psychological and Social Services

Updated Suicide Care Texas Toolkit Now Available

HHSC and the Texas Institute for Excellence in Mental Health have updated their mental health toolkit. The updates include increased guidance on best practices, practical guidance on implementing the elements of Zero Suicide, and examples from organizations on their implementation plans utilizing this framework. To view the full update, visit the [Suicide Care in Texas Toolkit](#). To view additional resources, visit the [resources](#) webpage and scroll to the bottom for downloadable documents.

Social and Emotional School Climate

Tools for Supporting Emotional Wellbeing in Children and Youth

The National Academies of Sciences, Engineering, and Medicine created the Tools for Supporting Emotional Wellbeing in Children and Youth. There are two sets of tools. A set for parents to share with their younger children as well as tools for youth and teens. The tools were designed to teach skills on how to cope certain challenges

stimming from the pandemic. To view the tools and the additional resources, visit the [National Academies of Sciences, Engineering, and Medicine website](#).

Stop Bullying on the Spot

Parents, school staff, and other adults in the community can help kids prevent bullying by talking about it, building a safe school environment, and creating a community-wide bullying prevention strategy. Research shows, when adults respond quickly and consistently to bullying behavior, they can stop bullying behavior over time. [StopBullying.gov](#) provides information on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

Quote to Note

“Strive not to be a success, but rather to be of value.” – Albert Einstein

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