



Friday Beat

January 26, 2024, 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

[Vision, Hearing, and Spinal Screening Reporting Period Open](#)

The [Vision, Hearing and Spinal Screening \(VHSS\) Reporting](#) period began on January 15, 2024. Report results are required to be submitted to the Texas Department of State Health Services (DSHS) online through the [Child Health Reporting System \(CHRS\)](#) by June 30th of each year. The last day to submit your report for this school year is June 30, 2024. After June 30th, the reporting system will shut down and late reporting cannot be submitted. Visit the [Vision and Hearing Screening webpage](#) for more details.

Professional Development

[2024 Virtual Diabetes Management Conference for School Nurses](#)

[Texas Children's Hospital](#) will be hosting a [virtual conference](#) on February 3, 2024 from 8:00 AM to 5:30 PM CT. The goal of the conference is to meet the educational needs of school nurses and other healthcare providers who work with students that have diabetes. Learn more and register on the [conference registration page](#).

[Enhancing Safe Learning Environments through Engagement and Connection Webinar](#)

[Alliance for a Healthier Generation](#) and [Kaiser Permanente](#) are hosting a no-cost, three-part professional learning series addressing school safety at the intersection of health and wellbeing on January 17 (past), February 14, and March 6, 2024. Participants will engage in peer learning, practice strategies, and explore implementation resources that can be applied to their work settings. All school and district administrators and their leadership staff, team leads, and student support staff are encouraged to join. [Register to attend all sessions live or receive the recordings](#).

Funding Opportunities

[TAAIS Memorial Foundation Asthma Scholarship Award](#)

The [Texas Allergy, Asthma and Immunology Society \(TAAIS\)](#) Memorial Foundation is pleased to announce the [2024 TAAIS Memorial Foundation Asthma Scholarship Award](#). This \$3,000 one-time award will be granted to up to five qualified high school seniors in Texas who suffer from Asthma. Applications are due on March 1, 2024.

GroMoreGood Grassroots Grant

The [Scotts Miracle-Gro](#) Foundation and [KidsGardening](#) are accepting applications for the GroMoreGood Grassroots Grant. The grant is designed to bring gardens to communities across the United States. Any nonprofit organization, school district, university, or tax-exempt organization with at least 15 youth participating in the program is eligible to apply. Awards will be awarded to 170 programs to start or expand their youth garden or greenspace. A total of \$100,000 will be awarded. Visit the [KidsGardening website to learn more about eligibility](#) and apply by February 9, 2024.

Health Education

National Drug and Alcohol Facts Week March 18-24, 2024

The [National Institute on Drug Abuse](#) will recognize March 18-24, 2024 as [National Drug and Alcohol Facts Week](#). The week encourages dialogue about the science of drug use and addiction among youth. The goal is to improve prevention and awareness of substance misuse in local communities and nationwide. [Subscribe](#) to find free resources and start planning activities.

Physical Education and Physical Activity

Lung Force Walk

The [American Lung Association](#) is hosting the [Lung Force Walk – South Texas](#) at Texas State University in San Marcos, Texas on May 4, 2024. For those who cannot join the event in person, there is the [Walk Your Way](#) virtual option available. To register and find more information, visit the [Lung Force Walk webpage](#).

Health Services

Helping the Student with Diabetes Succeed: A Guide for School Personnel

The [American Diabetes Association](#) updated their school guide, [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#). The guide reflects changes in diabetes technology and treatment in a school setting. This resource can be used by school nurses and staff, families, and policy makers. More training resources for schools can be found on the [Association's webpage](#).

Counseling, Psychological and Social Services

Texas Mental Health Creative Arts Contest

The [Texas Health and Human Services Commission](#) and [Texas System of Care](#), in collaboration with the [Texas Institute for Excellence in Mental Health at the University of Texas at Austin](#), are hosting their annual [Texas Mental Health Creative Arts Contest](#). Individuals and groups are invited to submit entries through March 1, 2024. The contest aims to raise awareness of mental health experiences, challenge stigma, and provide an opportunity to express complex emotions through creative means. For more information, including past winners, rules, and how to submit artwork, visit the [Texas Mental Health Creative Arts Contest webpage](#).

Trauma-Informed Care Workshop for Educators

The [Texas School Safety Center](#) is hosting virtual training for Trauma Informed Care throughout Spring of 2024. Attendees will learn about the role of mental health in daily functioning, how trauma impacts the brain, the importance of unrecognized executive function deficits, and the role neuro diverse difficulties play in student

behavior. Throughout the workshop, participants will be provided with strategies that can be implemented in a school and/or classroom setting to support all learners through a trauma informed perspective. Register for the [Elementary \(K-5\)](#) or [Secondary \(6-12\)](#) training.

Physical Environment

Free Lead Testing in Schools and Child Care Facilities

The [Texas Commission on Environmental Quality \(TCEQ\)](#)'s [Lead Testing in School and Child Care \(LTSCC\) Program](#) is a voluntary statewide program that offers free lead testing to public schools and regulated childcare facilities. The program's goal is to help reduce childhood exposure to lead in drinking water. Water sample kits are provided to all enrolled schools, and every water outlet that children use for drinking, teeth brushing, or food preparation at no cost. Support is available if elevated lead levels are detected. For more information, please visit the [program webpage](#), email info@txleadtesting.org, or call the program helpline at (737) 276-1987.

Community Involvement

School Safety Resource Package

[SchoolSafety.gov](#) has put together a set of original one-pagers and infographics released on the site over 2023 to support K-12 schools and districts in creating holistic and comprehensive school safety plans in 2024. This [new resource compendium](#) covers a range of school safety topics and provides a collection of strategies, guidance, and resources that can help inform and improve school safety programs and activities. Share with parents, teachers, school staff, and community members.

Quote to Note

"With the new day comes new strength and new thoughts." –Eleanor Roosevelt

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