



Friday Beat

February 17, 2023, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach.

Announcements

Attend the Texas School Health Advisory Committee Meeting

The Texas School Health Advisory Committee will hold its Spring Semester meeting on Monday, February 27, 2023. There is an option to attend virtually through Microsoft TEAMS or in person. View the [agenda and meeting information](#).

February is Teen Dating Violence Awareness and Prevention Month

Teen dating violence is an issue that impacts everyone. Parents, teachers, friends, and communities can help prevent violence and promote safe, healthy relationships. Visit [youth.gov](#) for toolkits, programs, and planning guides for young people, educators, and families.

Professional Development

2023 Texas School Safety Conference

[Texas School Safety Center](#) is hosting their conference themed Developing School Safety Leaders on June 18-22, 2023 in San Antonio. The conference will offer strategies to empower everyone in the school community to lead with confidence. Nationally recognized keynote speakers and relevant breakout sessions, based on best practices in the field of school safety, will equip participants to improve the school safety posture of districts and communities. [Register by May 26, 2023](#) to receive a discount.

Office of Disability Prevention for Children 3rd Annual Statewide Virtual Conference

Texas Health and Human Services (HHS) is hosting their statewide virtual conference, Creating Connections: Prevention with Purpose. The conference will take place on Tuesdays from March 7-28, 2023, from 10 am –12:30 pm CT. The conference will highlight key topics on preventing intellectual and developmental disabilities in children. The goal is to bring together a diverse group of stakeholders, including community-based and government organizations, health care professionals, educators, families, caregivers and others to discuss and learn about strategies for creating positive change in the lives of children and families across Texas. Continuing education credit for multiple disciplines will be provided for this event. [Register for the sessions on the HHS webpage](#).

Health Education

Vaping Prevention and Education

The United States Food and Drug Administration's Center for Tobacco Products (CTP) has an [online vaping prevention and education resource center](#). The center provides free, science-based, standards-mapped materials that teachers can use to help their students understand the dangers associated with vaping and nicotine addiction. CTP also developed free materials for parents and teens.

Social and Emotional School Climate

School Connectedness

The Centers for Disease Control has [resources to support school connectedness](#). Schools play a critical role in promoting students' health and development by creating environments where all students feel that they are cared for, supported, and belong. When schools put in place strategies that create safe and supportive environments, including strategies focused on building school connectedness, youth are less likely to engage in risky sexual, violence, and substance use behaviors.

Physical Environment

February is National Pesticide Safety Education Month

During the month of February, the U.S. Environmental Protection Agency (EPA) recognizes National Pesticide Safety Education Month to raise awareness for pesticide safety education and share best practices for using pesticides safely in and around schools and homes. [Learn about pesticide safety in schools](#) and share resources with school families.

Family Engagement

Quality Time in No Time: Quick and Simple Ways to Make Family Time More Meaningful

Healthier Generation, Kohl's Healthy at Home, and Blue Star Families have created a [resource to support families to have meaningful time together](#). Spending quality time with family and loved ones can improve social skills, boost children's confidence, and increase feelings of happiness. Share this course with families and community partners.

Community Involvement

Texas Mental Health Creative Arts Contest

The Texas Health and Human Services Commission, Texas System of Care, in collaboration with the Texas Institute for Excellence in Mental Health at the University of Texas at Austin, is excited to announce the return of the Texas Mental Health Creative Arts Contest in 2023. The contest will accept individual and group submissions through March 10, 2023. The contest seeks to raise awareness of mental health experiences, challenge stigma, and provide an opportunity to express complex emotions through creative outlets. For more information, including past winners, rules, and instructions for submitting artwork, visit the [Texas Mental Health Creative Arts Contest webpage](#).

Quote to Note

"Life itself is the most wonderful fairy tale." - Hans Christian Andersen

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