



Friday Beat

November 10, 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

Friday Beat Schedule

Due to the upcoming holiday breaks, the Friday Beat will have a slightly different schedule. Below are the publication dates for the remaining 2023 Friday Beat editions:

- December 1, 2023
- December 15, 2023

The Friday Beat will resume regular bi-weekly publications starting January 5, 2024.

[Subscribe](#) to the Friday Beat or [view past editions](#) on the School Health Program webpage. Happy holidays!

Texas School Safety Center (TxSSC) Needs Assessment

The Texas School Safety Center ([TxSSC](#)) at Texas State University needs your expertise and insight around your school safety trainings, resources, service needs and preferences. The [survey](#) is completely confidential and takes less than 10 minutes. The TxSSC will use the survey results to guide and refine the trainings, resources, and technical assistance to K-12 schools, open-enrollment charter schools, and community colleges. Don't wait – the [survey](#) closes December 10, 2023.

National Diabetes Month 2023

During National Diabetes Month in November, The National Institute of Diabetes and Digestive and Kidney Diseases encourages all people to learn about diabetes, find resources, and bring attention to the impact of diabetes in communities across the nation. [The National Institute of Diabetes and Digestive and Kidney Diseases](#) provides resources to manage prediabetes and prevent diabetes. The Texas Department of State Health Services [Diabetes Prevention and Control](#) Program offers Texas-specific resources and guidelines for people living with diabetes, plus information for caregivers.

Professional Development

Texas Immunization Conference

The [Texas Department of State Health Services \(DSHS\)](#) will host the biennial Texas Immunization Conference (TIC) in June 2024. TIC educates immunization partners with the latest vaccine-related information and is open to Texas health care

professionals from both the private and public health sectors. DSHS is currently accepting conference proposals. If you or someone you know would like to present at TIC, please visit the [Texas Immunization Conference](#) for details on submitting a proposal. Conference proposal deadline is November 15, 2023. More information on registering for the event, including the date, location and time will be shared at a later time. If you have any questions, contact immunization.info@dshs.texas.gov.

Health Education

PAX Good Behavior Game

[PAXIS](#) Institute and the [Texas Health and Human Services Commission](#) have partnered to offer free training to those working with children or families in both in and out of school settings. The [PAX Good Behavior Game](#) provides educators with evidence-based strategies to help build children's self-regulation skills. These skills can improve classroom behavior, support academics, and reduce opioid misuse. Education Service Center Region 13 offers PAX Good Behavior Game trainings to educators throughout Texas. To learn more and register for a training, visit the [PAX Good Behavior Game webpage](#).

Ask the Doctor: Teens and Vaping

The U.S. Food and Drug Administration [Tobacco Education Resource Library](#) shared an [interview](#) with Dr. Susan Walley, chair of the American Academy of Pediatrics Section on Tobacco Control and expert in the prevention of youth tobacco use and tobacco-related diseases. Topics include misperceptions of e-cigarettes, who to reach out to help quit nicotine use, and other advice. Teachers can use this interview and other [lesson plan resources](#) as activities in their classroom.

Physical Education and Physical Activity

How to Keep Kids Active in Winter

[Children's Health](#) published tips on [fun ways to keep kids moving in the winter months](#). With a little planning and creativity, families can stay physically active all year long – no matter what the weather is outside. Information includes ideas for indoor activities, outdoor activities, and safety tips.

Nutrition Environment and Services

Elementary Educators' Guide to Container Gardening

[Kids Gardening](#) and Crescent Garden partnered to create the [Elementary Educators' Guide to Container Gardening](#). The guide teaches educators the basics of container gardening with kids, including container garden design, planting tips, and curriculum connections. It also contains 10 ideas for creating engaging themed container gardens for kids, like a Salsa Garden, a Tea Garden or a Sensory Garden.

Ways to Use a Variety of Protein Foods

The [U.S. Department of Agriculture Food and Nutrition Service](#) published information on how to vary the types of protein in children's diet. The [guide](#) shares ways to incorporate a variety of protein options when grocery shopping, and how to make healthier choices when planning meals.

Partnering with Schools to Improve Mental Health

The [School-Based Health Alliance](#) partnered with the [National Council for Mental Wellbeing's Center of Excellence for Integrated Health Solutions](#) to develop a resource for improving youth mental health. The collaboration provides a strong, shared understanding and perspective of how partnerships between schools and community mental health organizations are constructed and the impact they can make. Visit their [webpage](#) for more information.

Social and Emotional School Climate

Trauma-Informed School Nursing

Trauma-informed schools provide students, families, and staff with an environment attuned to the prevalence of trauma. The "Trauma-Informed Care in School Nursing" session, initially presented at Virtual [National Association of School Nurses](#) Conference in 2022, is [now available in the NASN Learning Center](#) to equip school nurses with skills, knowledge, and tools to identify traumatic stress reactions, reduce the occurrence of new trauma or re-traumatization, and provide families and staff with available information and resources, all while prioritizing nurse well-being.

Family Engagement

Quality Time in No Time Course

[Alliance for a Healthier Generation](#) hosts an [on-demand online course](#) on quick and simple ways to make family time more meaningful. Tips include connecting families together when spending time in-person or virtually when apart from each other. Share this resource with families and community members.

Community Involvement

988 Partner Toolkit

[Substance Abuse and Mental Health Services Administration](#) released the [988 Partner Toolkit](#), offering a variety of awareness and educational materials to promote awareness of the [988 Suicide & Crisis Hotline](#). The materials can also be adapted to meet the needs of specific audiences.

Quote to Note

"Magic is believing in yourself. If you can make that happen, you can make anything happen." –Johann Wolfgang Von Goethe

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