

Friday Beat

March 22, 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

Updated Asthma Reporting Form

School districts, open-enrollment charter schools, and private schools must report the administration of unassigned medications for respiratory distress. DSHS has updated the [required unassigned administered medications for respiratory distress form](#) to align with [Texas Education Code, Section 38.2091](#). Reach out to the DSHS School Health Program at SchoolHealth@dshs.texas.gov if you have any questions.

National Youth HIV and Aids Awareness Day

The National Youth HIV and AIDS Awareness Day (NYHAAD) is on April 10th. NYHAAD educates the public about the impact of HIV on young people. As part of the Healthy Youth campaign, the [Centers for Disease Control and Prevention](#) provides [sample social media posts, fact sheets, and HIV data](#) that schools can utilize to play a critical role in promoting the health and safety of youth.

Photovoice Contest

The [Texas School Safety Center](#) is encouraging students in grades 6-12 across Texas to participate in a Photovoice Contest, "[Youth Voices: Preparing Today for a Safer Tomorrow](#)," to capture aspects of their environment and experiences to share them with others. All photo submissions have a chance to be featured at the [2024 Texas School Safety Conference](#) in San Antonio, Texas in June. The top 25 entries from each prompt will be showcased at the conference. Contestant entries are due no later than May 15th.

Professional Development

Understanding Youth Movement Behaviors: Texas School Physical Activity and Nutrition (Texas SPAN) Survey Insights

The UT School of Public Health [Michael and Susan Dell Center for Healthy Living](#) is hosting a webinar on March 26, 2024, from 12:00pm-1:00pm CT that covers the importance of context when exploring adolescent movement behaviors. Using examples from the [Texas School Physical Activity and Nutrition \(Texas SPAN\) survey](#), this webinar will present and discuss findings from two recent studies; One that examines the associations between physical activity context and children meeting daily physical activity guidelines, and another that explores the differential effects of electronic media on sleep among 8th and 11th grade Texas adolescents. [Register](#) for the webinar today.

Texas Commission on Law Enforcement (TCOLE) #4064 In-Person Training

The Texas School Safety Center [School-Based Law Enforcement Training Division](#) is offering free in-person [TCOLE #4064 trainings](#) in Huntsville, San Antonio, Beaumont, and Eagle Pass, TX. The goal of this training is to assist school-based law enforcement officers and school districts with compliance with legislative mandates requiring districts employing a peace/resource officer to create a policy requiring officers to complete education and training. This training is open to school-based law enforcement officers, public ISDs, open-enrollment charter schools, junior colleges, and state agencies that support schools. Register for one of these spring trainings under the Current In-Person Trainings header on the [TCOLE #4064 webpage](#).

Funding Opportunities

Grants to Replace or Retrofit School Buses

The [Texas Commission on Environmental Quality Texas Emissions Reduction Plan](#) is now accepting applications for the [Texas Clean School Bus program](#), which is designed to reduce school children's exposure to diesel exhaust from school buses. Grants are available statewide for eligible public school districts and open-enrollment charter schools in Texas. Private schools do not qualify for funding. Applications are accepted and considered on a first-come, first-served basis until October 14, 2024, or until all available funds have been awarded.

Health Education

Ways to Enhance Children's Activity & Nutrition

The [National Institutes of Health's Ways to Enhance Children's Activity & Nutrition \(We Can!\)](#) is a resource schools can use to engage their communities to help children maintain a healthy weight. With a focus on eating right, getting active, and reducing screentime, parents, educators, and entire communities can make a difference. Access the We Can! resources to learn more about this educational program.

This is Quitting Resources

[Truth Initiative](#) encourages schools to spread the word about [truth's text message quit vaping program](#) for teens and young adults with printed resources from the [truth online print store](#). Educators, parents, and other interested parties can order printed flyers and palm cards with information about enrolling in the program. New materials will be periodically uploaded.

Nutrition Environment and Services

Texas Fruit and Vegetable Day

Join the [Texas Department of Agriculture \(TDA\)](#) for the first Texas Fruit and Vegetable Day on April 5, 2024. Last year, the 88th Texas Legislature designated the first Friday in April as Texas Fruit and Vegetable Day in public schools. The event promotes awareness of the health benefits of eating fruits and vegetables at school and the impact healthy foods have on student success. School nutrition teams can use [TDA resources](#) and their own creativity to encourage students to eat their fruits and vegetables! Additional resources coming soon. Explore the types of fruits and vegetables available in Texas on the [TDA Homegrown and Healthy webpage](#).

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

Myths About Mental Health

[Mental Health Texas](#) addresses [myths about mental health](#). Understanding the difference in a myth and a fact can make a real difference in the stigmas associated with mental health. Mental Health Texas has also partnered with [Texas Health and Human Services Commission](#) to provide educational webinars. These [webinars](#) address behavioral health, depression, trauma and post-traumatic stress disorder, serious emotional disturbances in children and more.

Employee Wellness

April's Million Mile Month: School District Wellness Challenge

[Texas Association of School Business Officials](#), [Texas Association of School Administrators](#), and [Texas Association of School Boards](#) invites school districts to participate in the 10th annual free April virtual activity wellness challenge called the [Million Mile Month](#). The challenge's goal is to complete one million miles of physical activity as a community. This challenge is open to all schools across the state, U.S., and globe.

Community Involvement

How to Design Community Meetings

The [Alliance for a Healthier Generation](#) series on Family Networking Opportunities shares tools to assist in hosting a community meeting within school districts. The [resource](#) discusses five tips to designing community meetings that schools can follow to improve family engagement within their district.

Quote to Note

"Education is learning what you didn't even know you didn't know." –Daniel J. Boorstin

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