



# Friday Beat

## October 27, 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

#### October is Fentanyl Poisoning Awareness Month

Fentanyl Poisoning Awareness Month was established by House Bill (HB) 3144, 88th Texas Legislature, Regular Session, 2023, to increase awareness of the dangers of fentanyl and potential overdoses. The [Texas Education Agency's Fentanyl Response Awareness Toolkit](#) provides resources that can help Texas school systems and communities support awareness throughout the month of October.

#### Nonpharmaceutical Measures to Keep Students Healthy this Fall

As fall approaches, it's important to be ready for the respiratory virus season. The Centers for Disease Control and Prevention shares everyday actions schools can take to help prevent the spread of germs. Visit the [coughing and sneezing etiquette](#) and [proper handwashing protocol](#) webpages to learn about best practices and promote healthy hygiene.

#### School Reports: Epinephrine Auto-Injectors and Asthma Medication

Texas schools must report to the Texas Department of State Health Services (DSHS) the administration of unassigned epinephrine auto-injectors and unassigned asthma medication. The School Health Program and the DSHS Chronic Disease Epidemiology Branch develop reports with data submitted via the reporting forms. View the *2022-2023 school year* data for [administered epinephrine](#) and [unassigned asthma](#) medication.

### Professional Development

#### Restorative Practices for Educators

The [Texas School Safety Center](#) is hosting the [Restorative Practices for Educators](#) training in various locations around Texas. Restorative practices include strategies for effective communication, establishing healthy boundaries, taking responsibility, solving conflict, healing when harm has occurred, and creating accountability for self and others. In this four-hour session, participants will learn about restorative practices. Participants discuss why restorative practices are a proactive and reactive tool campuses should have in their intervention toolbox. Participants learn how to facilitate the restorative processes and implement foundational structures. Presenters discuss key components for data collection and analysis to track program effectiveness.

## **Elevating the Role of School Nurses on School Behavioral Healthcare Teams**

The [National Association of School Nurses](#) is offering a [free continuing professional development program](#) to meet the educational needs in school-based behavioral health with knowledge and practice for registered nurses interested in child, adolescent health, community/public health, and school nursing. Participants are awarded 1.0 Nursing Continuing Professional Development (NCPD) contact hour. Visit the program webpage for more information.

## **Funding Opportunities**

### **Patrick Leahy Farm to School Program**

The [U.S. Department of Agriculture](#) is hosting the [Patrick Leahy Farm to School Program](#), which helps child nutrition programs incorporate local foods into school breakfast and lunch, summer meals, and meals served at childcare centers. The program offers a variety of resources, from research, technical assistance, and grants to help build and grow farm to school programs. [Applications](#) are now open through January 12, 2024.

### **Reaching for Excellence Grant**

DSHS invites public and charter schools to apply for the [Reaching for Excellence \(RFE\) in Texas School Health Grant](#). Two \$10,000 grants will be awarded for the 2024-2025 school year. The goal of the RFE grant is to fund projects that inspire students to live healthier lives. Projects must focus on at least one key component of the [Whole School, Whole Community, Whole Child model](#). Register for the [November 16th](#) or [December 5th](#) webinars to learn more about the grant and application process. Applications will be accepted until 11:59 p.m. CT on January 22, 2024. Email [schoolhealthwards@dshs.texas.gov](mailto:schoolhealthwards@dshs.texas.gov) or call 512-776-7279 for questions about the grant.

## **Health Education**

### **How Vaping Delivers Both Nicotine and Toxic Therapy**

[Truth Initiative](#) teams up with actor and comedian, Chris Parnell to illustrate how vaping nicotine increases symptoms of depression and anxiety and interfere with sleep through [informational videos](#). The information speaks to youth to engage in conversation and share tools to help encourage smoking cessation.

### **Kids Health in the Classroom**

[Nemour's Kids Health](#) offers [health education resources](#) for teachers including teacher guides and lesson materials for a variety of topics across all grade levels. Topics include the human body, health problems, and personal health. Nemours also provides web-based information for [teens](#) and [kids](#) to teach them about their health.

## **Physical Education and Physical Activity**

### **Texas Children in Nature Network 2022 Summit**

[Texas Children in Nature Network \(TCiNN\)](#) is hosting their 2023 Summit December 6-8, 2023. During this three-day Summit, TCiNN brings together health, education, built environment, faith, and conservation community leaders to shape an even brighter future for the children of Texas. TCiNN unites over 300 community leaders to strengthen the network and develop opportunities and policies to connect more children and families in nature. For more information about the Summit and to [register](#), please visit the TCiNN webpage.

## **Nutrition Environment and Services**

### **How to Make No Waste Lunches: A Guide to Reducing Food Waste**

[Take Care of Texas](#) publishes information on [how to reduce the amount of waste created when packing lunches for work or school](#). Use these tips to benefit the environment while also promoting healthier eating habits by creating no-waste lunches that are both delicious and eco-friendly.

### **Ways to Be Safe and Healthy This Halloween**

Don't let your health be a victim of a trick this Halloween! The [Centers for Disease Control and Prevention](#) shares [seven tips to stay safe and healthy](#). Information and resources include how to incorporate healthier options for spooky treats, how to scare away the flu and colds, and more. This resource is also available in [Spanish](#).

## **Health Services**

### **First Aid for Severe Trauma (FAST)**

The [American Red Cross](#) offers the [FAST course](#) at no charge to high school students. This course teaches participants to prepare for bleeding emergencies, communication with emergency dispatchers, and caring for people with life-threatening bleeding. Become a Red Cross training provider to provide the FAST course to students by [registering your school](#).

## **Community Involvement**

### **Emergency Planning for Children with Asthma and Anaphylaxis Webinar**

The [Allergy & Asthma Network](#) hosts a free [Emergency Planning for Children with Asthma and Anaphylaxis Webinar](#) on November 29, 2023, at 3:00 p.m. CT. Many people with food allergies also have other types of allergies. Since respiratory symptoms are common in both conditions, it can be challenging to know whether someone is experiencing a severe allergic reaction or an asthma flare because they have similar symptoms. Asthma, food allergy and a high risk of anaphylaxis can occur together, and asthma can increase the risk of fatal anaphylaxis. In this webinar, Dr. Alice Hoyt discusses how to plan for emergencies with both asthma and anaphylaxis.

## **Quote to Note**

"With rare exceptions, all of your most important achievements on this planet will come from working with others—or, in a word, partnership." – Dr. Paul Farmer

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