

Friday Beat

March 31, 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

Members Sought for Stock Epinephrine Advisory Committee

The [Stock Epinephrine Advisory Committee](#) (SEAC) advises the Texas Department of State Health Services (DSHS) commissioner on the storage and maintenance of epinephrine auto-injectors. DSHS is accepting applications for committee membership in two categories:

- an employee from a public junior college or public technical institute,
- a physician with expertise in treating anaphylaxis and specialization in emergency medical services, pediatrics, allergies, asthma, or immunology.

Interested applicants should visit the [SEAC webpage](#) to complete the application online. Word document versions of the application are available upon request. We must receive your application before 11:59 p.m., April 14, 2023. For more information contact the School Health Program at SchoolHealth@dshs.texas.gov or 512-776-7279.

National Youth HIV & AIDS Awareness Day

April 10th is recognized as National Youth HIV & AIDS Awareness Day (NYHAAD). NYHAAD is observed in order to educate the public about the impact of HIV on young people. As part of the Healthy Youth campaign, the Centers for Disease Control (CDC) has released [sample social media posts, fact sheets, and HIV data](#) schools can utilize to “play a critical role in promoting the health and safety of youth”.

Professional Development

World Obesity Day Summit Releases Online

A recording of the Live Smart Texas’ World Obesity Day Summit is available online. Live Smart Texas hosts the summit each year to discuss the impact of obesity and addressing root causes together in partnership with other organizations. The summit provided updates from Health Service Regions 1, 7, 8, 9/10 and Texas A&M AgriLife Extension Service. The recording and presentation slides from the summit are available on the [Michael & Susan Dell Center for Healthy Living website](#).

Health Education

Tobacco Cessation Resources for Youth

The American College of Preventive Medicine has multiple [resources](#) dedicated to tobacco cessation for youth. The site includes a list of tools and resources for those

seeking to help youth quit tobacco use. Resources are separated for clinical and non-clinical professionals.

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 with a way 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.

Physical Education and Physical Activity

National Physical Education Standards Task Force Revision

[The Society of Health and Physical Educators \(SHAPE\)](#) began revising their national physical education standards at the beginning of 2021 through a task force. SHAPE’s [task force](#) is gathering perspectives from physical education faculty and staff. Opportunities for public review and comment to the revision of physical education standards. The [survey](#) closes April 3, 2023.

Nutrition Environment and Services

Food Buying Guide for Child Nutrition Programs

The [USDA Food and Nutrition Service](#) has released The Food Buying Guide as a resource for all child nutrition programs. The guide focuses on purchasing the correct amounts of foods for child nutrition programs and determining each food item’s contribution toward required meal patterns. To view the guide, visit the [USDA’s Food Buying Guide](#) for Child Nutrition Programs.

Health Services

Newly Released Childhood Vision Screening Expert Panel Report

The Vision, Hearing, and Spinal Screening Program at the Texas Department of State Health Services has released the 2022 Childhood Vision Screening Expert Panel Report. The 2022 Childhood Vision Screening Expert Panel Recommendations were previously released for public comment from January 3, 2023 – January 10, 2023. The report is available [2022 Childhood Vision Screening Expert Panel Report](#). If you have any questions, please email the program at VHSSprogram@dshs.texas.gov.

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

School Nurses Mental Health Study

Findings from a CDC study indicate COVID-19 related duties as well as other work stressors negatively impact the mental health of school nurses. Leaders in school

districts can take action to support school nurses by creating and supporting policies and practices which increase support and reduce workplace stressors. To view the full article, visit the [article](#) and the [CDC's School Employee Wellness webpage](#).

Community Involvement

How to Design Community Meetings

The [Alliance for a Healthier Generation's](#) series, on Family Networking Opportunities, provides the tools to learn how to design a community meeting within your school. There are [five tips to designing community meetings](#) schools can follow to improve family engagement within their districts.

Quote to Note

"If you really want to do something you'll find a way, if you don't, you'll find an excuse" – Jim Rohn

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