



Friday Beat

February 9, 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

February is National Children's Dental Health Month

Celebrate National Children's Dental Health Month (NCDHM) with a free Health Habits for Healthy Smiles Poster and interactive coloring activities from the [American Dental Association](#). For more information on oral health, visit the [Oral Health Improvement Program website](#). To schedule a free [dental clinic](#) for students, reach out to your [regional dental team](#).

Stock Albuterol Stakeholder Questionnaire

[The American Lung Association](#), in partnership with Texas asthma stakeholders, is looking to gain current knowledge and interest in adopting and implementing stock albuterol in schools. This [brief questionnaire](#) is intended to gather information for the American Lung Association to find ways to support Texas schools in implementing stock albuterol. If you are interested in sharing more or being part of a brief focus group, please indicate so in the open response question.

Professional Development

Green Schools Conference

[The Center for Green Schools](#) is hosting their annual [Green Schools Conference](#) on March 5-7, 2024 in Santa Fe, New Mexico. The conference will address topics from environmental impact to health and wellbeing. Session topics include school gardens, indoor air quality, social and emotional health, and nutrition programs. [Register at the conference registration page](#).

Standard Response Protocol Train-the-Trainer Training

The [Texas School Safety Center](#) in collaboration with the [I Love U Guys Foundation](#), is hosting an online, no cost, 4-hour, train-the-trainer version of the [Standard Response Protocol \(SRP\) training](#). This training also covers mandated drills for Texas schools. All virtual trainings will be provided through Zoom online platform. Learn more and register for either the March 6th, April 10th, or May 8th trainings on the [virtual training's webpage](#).

Funding Opportunities

2024 America's Healthiest Schools Award

[Alliance for a Healthier Generation](#) is accepting applications from schools for the America's Healthiest Schools Award. This award is an annual distinction presented to

schools that have demonstrated remarkable efforts to prioritize the essential health needs of students, staff, and families. Award winners are featured on the annual list of America's Healthiest Schools and receive a digital promotion package. [Complete the America's Healthiest Schools award application](#) by April 16, 2024.

Grant Funding to Address Indoor Air Pollution at Schools

The [U.S. Environmental Protection Agency \(EPA\)](#) is seeking applications from eligible entities to assist K-12 schools in low-income, disadvantaged, and/or Tribal communities in the development and adoption of comprehensive indoor air quality (IAQ) management plans to address air pollution and energy efficiency consistent with EPA's recommended [best practices](#). EPA requests that applicants email an optional Notice of Intent to Apply by February 22, 2024, to IAQSchools@epa.gov. Applications are due March 19, 2024. More information can be found on the [grant webpage](#).

Health Education

Texas Tobacco Quitline

The Texas Tobacco Quitline is a toll-free service available for those ages 13 and older who want to quit tobacco or are thinking about quitting tobacco. Call the Quitline at 1-877-YES QUIT (1-877-937-7848) or by visiting www.yesquit.org to learn more about how you can quit tobacco.

Physical Education and Physical Activity

Teacher's Lesson Plan: Getting Fit

Promoting "moving" forward in the new year, [Nemours KidsHealth](#) shares a previously published fitness lesson plan for teachers in grades 9-12. The lesson plan includes a [teacher's guide](#), [handout](#), [quiz](#), and [answer key](#) to encourage the importance of fitness and how students can take simple steps toward becoming more physically fit. Share these resources with teachers, school staff, and administrators.

Nutrition Environment and Services

The Two-Bite Club

[The U.S. Department of Agriculture Food and Nutrition Service](#) published [The Two-Bite Club](#), an educational storybook developed to introduce MyPlate to young children. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story. The back of the book contains a MyPlate coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and tips for growing healthy eaters. This storybook is available in both [English](#) and in [Spanish](#).

Physical Environment

Creating Lung-Friendly Environments for Youth

[The American Lung Association \(ALA\)](#) launched a new initiative called [Creating Lung-Friendly Environments for Youth](#), in efforts to help schools and parents address chronic lung diseases like asthma, air quality, and tobacco policies. Check out ALA's [interactive resource tool](#) and [take the assessment](#) to help recognize opportunities to improve lung health policies and practices for students and the school community.

National Pesticide Safety Education Month

The [U.S. Environmental Protection Agency](#) recognizes February as the 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 communities.

Family Engagement

Helping Kids Who Struggle with Executive Functions

[Child Mind Institute](#) published [an article](#) where authors share ways to help children build organizational skills. Topics discussed include what executive function skills are, what strategies help kids who struggle with executive functions, and how parents can help kids feel motivated. Child Mind Institute also offers a 10-minute recording to follow along and listen to as you read through the article.

Quote to Note

“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.” – Scott Adams

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