



# Friday Beat

## June 28, 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

#### July is National Ultraviolet (UV) Safety Month

The [Centers for Disease Control and Prevention \(CDC\)](#) recognizes July as National Ultraviolet (UV) Safety Month. Even though spending time outside is a great way to be physically active, reduce stress, and get Vitamin D, it is important for families to protect their skin from exposure to UV light. Sun Safety Tips for home and at school can be found on the [Sun Safety webpage](#).

#### DSHS Vision, Hearing, and Spinal Screening Program Update

The [DSHS Vision, Hearing, and Spinal Screening Program](#) announced that certified screeners and external instructors may request all personal information to remain private. To participate, submit a [Public Access Notice Form](#). Completed forms will need to be forwarded to the vision, hearing and spinal screening program at [VHSSProgram@dshs.texas.gov](mailto:VHSSProgram@dshs.texas.gov) for processing.

### Professional Development

#### American Academy of Pediatrics Social Media and Youth Mental Health Extension for Community Healthcare Outcomes (ECHO): Strategies for Professionals

Want to learn more about the risks and benefits of social media and how it impacts youth wellbeing? Want to help empower youth and families to create a better digital ecosystem for the individual child? The [American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health](#) is hosting the first session of the [American Academy of Pediatrics Social Media and Youth Mental Health ECHO: Strategies for Professionals](#) on Tuesday, July 16, 2024, at 2:00 p.m. ET. [Learn more](#), see a complete list of session dates, and register.

#### Student Athlete Mental Health: A Game Plan

The [McLean Hospital Education Outreach Department](#) is offering a free [online course](#) on the importance of mental health for student athletes. This course equips participants with essential knowledge, strategies, and resources to effectively support the mental health needs of student athletes. Share this opportunity with youth coaches and other school staff.

### Funding Opportunities

## **Healthy Meals Incentives Recognition Awards**

[Action for Healthy Kids](#) is recognizing and celebrating School Food Authorities (SFA) that have improved the nutritional quality of their school meals through operational changes. They are also honoring SFAs that involve students and families in nutrition education and in planning and preparing healthy school meals. SFAs meeting the [Recognition Award](#) criteria will receive national and local recognition, along with an awardee toolkit that includes digital assets and travel stipends to attend a national Healthy Meals Summit. Applications are due by June 30, 2024, at 11:59 p.m.

## **Health Education**

### **Native Diabetes Wellness Program Eagle Books**

The [Centers for Disease Control and Prevention Native Diabetes Wellness Program](#) offers reading toolkits for students in [kindergarten through 4<sup>th</sup> grade](#) and [5<sup>th</sup> grade through 8<sup>th</sup> grade](#). Eagle Books are a series of books for young readers that encourage healthy living. Colorful, Native American inspired characters in the stories promote healthy eating, physical activity, and diabetes awareness. These books and other resources are free and available for download.

## **Physical Education and Physical Activity**

### **Give Your Kids a Healthy Body and Mind This Summer**

The [CDC](#) has shared a list of activities for families to help children stay healthy and happy during the summer. The [resources](#) include ideas for both indoor and outdoor physical activities, tips for adding new healthy snacks, and guidance on emotional well-being activities.

## **Nutrition Environment and Services**

### **Food and Nutrition Service Program Participation Dashboard**

The [U.S. Department of Agriculture Food and Nutrition Service](#) released a new tool called the [FNS Program Participation Dashboard](#) that provides new, in-depth insight into publicly available data, specifically, program participation and meals served across ten FNS nutrition programs. This dashboard is available to the public and uses the most recent data available. It allows users to explore and display data in several ways and across different geographic locations. Users can download programmatic data in an easy-to-use format.

## **Health Services**

### **School-Based Health Center Playbook on Health Care Transition**

The [School-Based Health Alliance](#) and [Got Transition](#), in collaboration with an advisory group of school-based health center (SBHC) clinicians, administrators, and young adults, created the [SBHC Health Care Transition \(HCT\) Playbook](#). The Playbook is designed to help SBHCs, and school staff support students in getting ready to move from pediatric care to adult health care. For more information, please visit the webpage.

## **Family Engagement**

### **Screen Time Guidelines for Big Kids**

[Nemours Kids Health](#) published [guidelines for screen time for older kids](#), including recommendations from the American Academy of Pediatrics and screen time tips. Review these guidelines before planning summer activities and encourage kids to

find activities with less required screen time. This resource is also available in [Spanish](#).

### **Ways to Build a Network of Support for Your Child at School**

The [Alliance for a Healthier Generation](#) provides [ways to build a network of support for children at school](#). They emphasize the importance of family engagement within the school community. This helps to improve academic achievement and boost self-esteem. Family engagement also helps parents and caregivers feel more confident in making decisions at home and when interacting with their children's teachers. With summer approaching, here are six steps to help you connect with school staff and other families in the community before the new school year begins.

### **Quote to Note**

"You must be the change you wish to see in the world." –Mahatma Gandhi

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### **Become a *Friday Beat* subscriber by signing up on the *Friday Beat* [webpage](#)!**

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