



Friday Beat

August 23, 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

Youth Risk Behavior Survey Data Summary and Trends Report

The [Centers for Disease Control and Prevention](#) released the [Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023](#), which provides the most recent Youth Risk Behavior Survey (YRBS) data on health behaviors and experiences of high school students in the U.S. The report includes 2023 YRBS data and changes from 2021 to 2023. It also includes the latest 10-year trends in adolescent substance use, experiences of violence and mental health, including suicidal thoughts and behaviors. Share these [survey findings](#) and the CDC's [What Works in Schools Program](#). Both resources focus on prevention approaches that support student health and well-being.

Requirements

Spread the Word About Bacterial Meningitis

Each year, school employees must inform students and parents about [bacterial meningitis](#). The information includes disease symptoms, prevention information, transmission details, diagnosis, and effectiveness of vaccination and treatment. Each school district should have notification procedures in its handbook. Read more about the state requirements in [Texas Education Code, Section 38.0025](#) and review the DSHS meningitis information for students and parents.

Review Immunization Requirements for Texas Students

Do you know the minimum state vaccine requirements? View the [Texas School Vaccine Requirements for Students Grades K-12](#) for details on required vaccines before students can attend schools in Texas. For soon-to-be-graduates, review the [Texas Minimum State Vaccine Requirements for College Entry](#) for college and university students. If you have questions, please call the DSHS [Immunization Unit](#) at (800) 252-9152 or send an email to schoolimm@dshs.texas.gov.

Ask About Food Allergies and Epinephrine Auto-Injector Policies

[Texas Education Code, Section 25.0022](#) requires public schools to ask parents or caregivers whether their child has a food allergy upon enrollment. [Section 30.0151](#) also requires school districts and open-enrollment charter schools to adopt and administer a policy for students with diagnosed food allergies at risk for anaphylaxis. Schools may also voluntarily adopt unassigned epinephrine auto-injector policies in accordance with [Texas Education Code, Section 38.208](#). Talk to your school about its

allergy policies. If your school adopts an unassigned epinephrine auto-injector policy, view the required DSHS [epinephrine auto-injector reporting](#) form for schools to report when epinephrine injections are administered.

Asthma and Unassigned Medication for Respiratory Distress Policies

Schools can voluntarily adopt unassigned medication for respiratory distress policies in accordance with [Texas Education Code, Section 38.208](#). Talk to your school about its medication for respiratory distress policies. If your school adopts an unassigned medication for respiratory distress policy, use the required DSHS [unassigned medication for respiratory distress form](#) to report when asthma medicine is given. View [additional asthma resources](#).

Unassigned Opioid Antagonist Policies

[Texas Education Code 38.222](#) requires school districts serving students in grades 6 through 12 to adopt a policy regarding the maintenance, administration, and disposal of opioid antagonists. An open-enrollment charter school or private school may choose to adopt a policy. In accordance with [25 Texas Administrative Code, Section 40.87](#), campuses must report when a school personnel member or school volunteer administers an opioid antagonist. Use the required [DSHS unassigned opioid antagonist medication reporting form](#) to report when opioid antagonist medication is administered.

Professional Development

New Resources to Reduce and Prevent Juvenile Justice System Involvement for Youth with Behavioral Health Needs

The [Texas Behavioral Health and Justice Technical Assistance](#) Center is sharing new resources to support stakeholders working with some of the most vulnerable youth at the intersection of schools, communities, behavioral health, and juvenile justice systems. Join for an upcoming webinar featuring guest speakers discussing this new research, [Community Resource Coordination Groups](#) and the [Texas System of Care](#) on August 29, 2024 at 12:00-1:30 p.m. to learn about work happening across the country and in the Texas juvenile justice space. More information and registration details can be found on the [event webpage](#).

Health Education

Online Vaping Prevention and Education Resource Center

The [U.S. Food and Drug Administration's Center for Tobacco Products \(CTP\)](#) launched the [Vaping Prevention and Education Resource Center](#), which provides free science-based, standards-mapped resources that teachers can use to help their students understand the dangers associated with vaping and nicotine addiction. CTP also offers free materials for parents to help them understand and recognize vapes, talk with their children, and keep the conversation going over time. Students can read real-life stories and relatable content to help them understand vaping, nicotine addiction, common myths about vapes, and how to say no to vaping.

Nutrition Environment and Services

Back to School Nutrition Resources

The [Institute of Child Nutrition](#) offers a [Back to School Resources webpage](#) with numerous resources as we roll into the new school year. Topics include incorporating certain food groups to make nutritious meals, proper handwashing techniques, food

safety, accommodating food allergies in school, and more. Share this resource with parents and school staff.

Counseling, Psychological and Social Services

Family Mental Health Resources

[Action for Healthy Kids \(AFHK\)](#) offers findings of the [Parent and Child Mental Health Survey](#). From the survey, responses find that among parents' top concerns for their children's mental health, less than 20% of parents indicate awareness of all the mental health resources and services schools provide to support children's mental health and well-being. In response, AFHK offers the [Confident Connections Campaign](#) with more than 30 free resources for parents and caregivers of children in grades K-12 to learn about and support youth mental health. Confident Connections provides guidance to parents and caregivers to engage in meaningful conversations, activities to connect in authentic ways, and information to deepen their understanding of youth mental health.

Family Engagement

Healthy Homes Calendar Coloring Contest

The U.S. Department of Housing and Urban Development's [Office of Lead Hazard Control and Healthy Homes](#) is looking for artists around the country to participate in the [2025 Healthy Homes Calendar Contest](#). The 12-month calendar highlights the "8 Principles of a Healthy Home". Children in grades Kindergarten through 6th may complete and submit a drawing or picture following one of the eight principles of a healthy home; essentially: "What does a healthy home mean to me?" Entries are due by September 1, 2024.

Quote to Note

"When you are enthusiastic about what you do, you feel this positive energy. It's very simple." –Paulo Coelho

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