



Friday Beat

October 4, 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

Required Reporting Forms Update

The [School Health Program](#) is excited to announce that all submitters of the [Required Reporting Forms](#) will now receive an automatic confirmation and copy of their report to the email provided on the form. If this submission of this web form does not meet the requirement for reporting to the Texas Department of State Health Services Commissioner of Health, School Health Program staff will reach out to clarify information.

Indoor Air Quality Tools for Schools Action Kit

October is Indoor Air Quality (IAQ) Awareness Month! Providing a healthy, comfortable environment is an investment in your students and staff. The [Environmental Protection Agency \(EPA\)'s IAQ Tools for Schools Action Kit](#) can help ensure good IAQ in your school. Additional information can be found online at the [EPA Creating Healthy Indoor Air Quality in Schools webpage](#).

2023 Youth Risk Behavior Survey (YRBS) Results Released

The [Centers for Disease Control and Prevention \(CDC\)](#) recently published the [2023 Youth Risk Behavior Survey \(YRBS\)](#) results. In addition to the national survey data and documentation, the [YRBS Explorer](#) and [YRBS Analysis Tool have been updated](#). Visit the [YRBS website](#) and the [results toolkit](#) for more information about the 2023 survey.

Updated Texas School Health Advisory Committee (TSHAC) Resource

The TSHAC has updated the [Recommended School Health Services Staff Roles](#) document, which are now posted online. Visit the [Resources created by TSHAC webpage](#) to view this document, alongside all other resources developed and updated by TSHAC.

Professional Development

2024 Texas Children in Nature Network Summit

The [Texas Children in Nature Network \(TCiNN\)](#) is hosting the [Texas Children in Nature Network Summit](#) from December 11-13, 2024, in Waco, TX. Health, education, built environment, faith, and conservation community leaders will gather to shape an even brighter future for the children of Texas. As part of the summit, over 300 community leaders will meet to strengthen the network and to develop

policies and opportunities to serve more children and families. Learn more and register on the [conference webpage](#).

Funding Opportunities

Oliver Foundation Healthy Choices Grant

The [Oliver Foundation](#) offers several [Healthy Choices grants](#) for schools ranging from \$750 to \$5,000 to encourage children, families, and communities in Texas to improve both eating and physical activity patterns. The grants have rolling deadlines up to October 15.

Project Learning Garden Grant

Applications for the [Herb Society of America Samull Classroom Herb Garden Grant](#) are open. Elementary classrooms grades K-6 with ten students or more may apply for a grant to establish an herb garden. In addition to plants, the funds may be used for supplies such as soil, plant trays, containers, child-sized tools, etc. Apply by October 15 through the [grant webpage](#) or by emailing grants@herbsociety.org.

NASN Research Grants

The [National Association of School Nurses \(NASN\)](#) has opened applications for their [Research Grants](#). The purpose of the grants are to 1) encourage and support research around school nursing and health of school-aged children, and 2) advance and fund quality school nursing practice and school-affiliated delivery of healthcare. To be eligible, a NASN member must be a part of the research team. You can [learn more](#) and apply by October 31, 2024.

Health Education

Bullying Prevention Video Series

The [Texas School Safety Center](#) (TxSSC) has a video series called A [Guide to Preventing Bullying](#). It helps students in Texas understand what bullying is according to the law and provides them with age-appropriate tools to deal with bullying. School districts can use these resources to improve safety and create positive school climates. Please share the series with teachers and other school staff.

- [A Guide to Preventing Bullying: Elementary K-2](#)
- [A Guide to Preventing Bullying: Elementary 3-5](#)
- [A Guide to Preventing Bullying: Secondary 6-12](#)

Physical Education and Physical Activity

Family PE Week 2024

[Active Schools](#) and the [Online Physical Education Network \(OPEN\)](#) have partnered to host Family PE Week October 7-11. The goal of [Family PE Week](#) is to help families, schools, and communities understand the importance of physical education. Teachers and schools can download and use the tools and resources on the [OPEN website](#). The entire family can participate in the [Active Family Challenge](#)!

Nutrition Environment and Services

Nibbles for Health: Nutrition Newsletters

The U.S. Department of Agriculture [Food and Nutrition Service Team](#) published [Nibbles for Health newsletters](#). These colorful and interesting newsletters for parents of young children can be shared by Child and Adult Care Food Program providers to

help communicate information about popular nutrition topics. Visit the webpage to access the printable copies and order print copies.

Counseling, Psychological, and Social Services

Accessible Mental Healthcare Services are Now Available to Every Texas Public School

The [Texas Child Mental Health Care Consortium](#) launched a program called [Texas Child Health Access through Telemedicine \(TCHATT\)](#). This program offers telemedicine and telehealth services to school districts to 1) identify and assess the behavioral health needs of children and adolescents and 2) provide access to mental health services. Texas public schools have an opportunity to enroll in TCHATT at no cost to the school or parent.

Physical Environment

Take Care of Texas Video Contest

[Take Care of Texas](#) is hosting a [Student Video Contest](#) for young people to learn about protecting the environment. The contest consists of coming up with creative ways to share their knowledge of how to protect the environment. Students can create a 30-second video that shows positive ways to “Take Care of Texas”. Contest sponsor Waste Management of Texas, Inc. will award prizes to the creators of the best videos. The contest is open through December 6, 2024.

Family Engagement

Connecting Conversations

The [CDC](#) published [tips for supporting communication between parents/caregivers and their children and teens](#). Learn how to use conversation starters to build conversations with the whole family, and access other resources to encourage open communication.

Quote to Note

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.” –Ralph Waldo Emerson

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

The articles and hyperlinks to external websites appearing in *Friday Beat* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services (DSHS). Other websites may not be accessible to people with disabilities. External email addresses may also be provided as a courtesy. If you choose to correspond, please be advised that DSHS policies may not apply. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about *Friday Beat*, email the School Health Program at schoolhealth@dshs.texas.gov or call (512) 776-7279.

Public Domain. Permission granted to forward or make copies as needed.