

# Friday Beat

## November 15, 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

#### Friday Beat Schedule

Due to the upcoming holiday breaks, the Friday Beat will have a slightly different schedule. Below are the publication dates for the remaining 2024 Friday Beat editions:

- December 6, 2024
- December 20, 2024

The Friday Beat will resume regular bi-weekly publications starting January 3, 2025. Subscribe to the Friday Beat or view past editions on the [School Health Program webpage](#). Happy holidays!

#### School Reports: Medications for Respiratory Distress, Epinephrine Auto-Injectors, and Opioid Antagonists

Texas schools must report to the [Texas Department of State Health Services \(DSHS\)](#) when they administer unassigned epinephrine auto-injectors, medication for respiratory distress, and opioid antagonists to students. DSHS creates reports based on this information and post on its website. You can view data for the 2023-2024 school year about medications for [respiratory distress](#), [epinephrine auto-injectors](#), and [opioid antagonists](#).

#### National Influenza Vaccination Week

National Influenza Vaccination Week is December 2-6, 2024. The [Centers for Disease Control and Prevention \(CDC\)](#) released a [Digital Media Toolkit](#) to highlight the importance of influenza vaccination. For more information on the flu and where to get a vaccine in Texas, visit the [DSHS Influenza \(Flu\) webpage](#).

### Professional Development

#### Restorative Practices for Educators

The [Texas School Safety Center](#) is hosting trainings on [Restorative Practices for Educators](#) throughout Texas. This training helps participants learn how to communicate effectively, set healthy boundaries, take responsibility, resolve conflicts, and heal from harm. In the four-hour session, participants will explore the importance of restorative practices as tools for schools, both before and after conflicts arise. To see dates and locations, visit the [website](#).

## **2024 Partners in Prevention Conference**

The Health and Human Services Commission's annual [Partners in Prevention Conference](#) will be held on November 19-21, 2024, in Denton, Texas. In addition to interacting with other professionals with an interest in child-family well-being, youth development, and juvenile justice, participants can take part in a community service project. The theme for this year's event is "Building Relationships, Embracing Tomorrow" in support of the mission to ensure Texas children and their families can thrive. The conference also offers a virtual option.

## **Elevating the Role of School Nurses on School Behavioral Healthcare Teams**

The [National Association of School Nurses](#) is offering a [free continuing professional development program](#) focusing on school-based behavioral health. This program is suitable for those interested in child and adolescent health, community health, and/or school nursing. Participants will earn 1.0 Nursing Continuing Professional Development (NCPD) contact hour.

## **Health Education**

### **E-cigarettes: Facts, Stats, and Regulations**

According to research and evidence at the time of publication, [Truth Initiative](#) published a [resource](#) that provides an overview of key aspects of e-cigarettes, including health effects, marketing practices, and regulations. Information and strategies can be used by educators to support reducing youth e-cigarette use. The [DSHS Tobacco Prevention and Control Program](#) provides vape prevention resources through the [Vapes Down Campaign](#).

## **Physical Education and Physical Activity**

### **GENYOUth: Shaping the Future of Physical Activity and P.E.**

The GenYOUth [National Youth Council](#) and [Youth Insights Advisory Council](#) created the "[Shaping the Future of Physical Activity and P.E.](#)" report, based on a survey of middle and high school students across the country. The report shows the growing problem of physical inactivity among American youth and discusses why young people are not participating in physical activities. The report also includes suggestions from students on how to encourage more involvement in physical activity.

## **Nutrition Environment and Services**

### **Guide: Vary Your Protein Foods**

The [U.S. Department of Agriculture Food and Nutrition Service](#) published information on how to vary the types of protein in children's diet. The [guide](#) shares ways to incorporate a variety of protein options when grocery shopping and how to make healthier choices when planning meals.

## **Elementary Educators' Guide to Container Gardening**

[Kids Gardening](#) and Crescent Garden partnered to create the [Elementary Educators' Guide to Container Gardening](#). The guide helps teachers learn how to teach container gardening to kids and includes information on garden design, planting tips, and ways to connect to your curriculum. The guide also offers 10 fun ideas for themed container gardens for kids, such as a Salsa Garden, Tea Garden, or Sensory Garden.

## **Health Services**

## **National Epilepsy Awareness Month**

The National Association of School Nurses created the [Coordinated Support System for Students with Epilepsy \(CSSSE\)](#) program to help school nurses better support students with epilepsy during school and when they leave high school. You can access free evidence-based resources, toolkits, and training on the [CSSSE webpage](#) to reduce stigma and raise awareness about epilepsy in your school community.

## **Counseling, Psychological and Social Services**

### **Tips for Talking with and Helping Children and Youth Cope After a Disaster or Traumatic Event**

The [Substance Abuse and Mental Health Services Administration](#) created a guide for parents, caregivers, and teachers on how to talk with children and youth and help them in the aftermath of a disaster or traumatic event. The [guide](#) explains how to help children and young people cope with these events and contains a list of useful resources. Share with parents, families, and school staff.

### **988 Partner Toolkit**

The [Substance Abuse and Mental Health Services Administration](#) offers the [988 Partner Toolkit](#), providing a variety of awareness and educational materials to promote awareness of the [988 Suicide & Crisis Hotline](#). The materials can also be adapted to meet the needs of specific audiences.

## **Family Engagement**

### **Quality Time in No Time Course**

The [Alliance for a Healthier Generation](#) hosts an [on-demand online course](#) on quick and simple ways to make family time more meaningful. Tips include connecting families together when spending time in-person or virtually when apart from each other. Share this resource with families and community members.

## **Quote to Note**

"When it comes to life the critical thing is whether you take things for granted or take them with gratitude." –Gilbert K. Chesterton

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