

Friday Beat

September 1, 2023, 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

National Childhood Obesity Awareness Month

[The Centers for Disease Control and Prevention \(CDC\)](#) recognizes September as National Childhood Obesity Awareness Month. [The CDC Division of Nutrition, Physical Activity, and Obesity](#) published [information discussing 4 ways families can prevent child obesity at home](#). Information includes ways to model a healthy eating pattern, move more as a family, set consistent sleep routines, and ways to replace screen time with family time.

National Suicide Prevention Month

September is National Suicide Prevention Month. The Texas Health and Human Services Commission [Office of Mental Health Coordination](#) is hosting an online webinar on September 8th from 12:00PM to 1:00PM on youth suicide prevention. This presentation will prepare parents, educators, mental health professionals, and the wider community with the knowledge and tools to identify and support at-risk youth effectively. [Registration](#) is open.

2024 Texas Environmental Excellence Awards Application Open

The [Texas Commission on Environmental Quality](#) is accepting applications for the 2024 Texas Environmental Excellence Awards. These awards recognize achievements in environmental preservation and protection. Citizens, communities, and organizations can apply to receive the state's highest environmental honor. Education, youth, and civic/community are among the ten award categories. Applications are due Friday, September 8, 2023. [Learn more about the Texas Environmental Excellence Awards](#) and apply.

Professional Development

Stock Asthma Medication: Implementation Guidance for Schools Training

The [American Lung Association](#) launched the [Stock Asthma Medication: Implementation Guidance for Schools online training](#), which is aimed at licensed and unlicensed school personnel administering stock quick-relief asthma medication, and stakeholders seeking to understand and implement relevant legislation, policies, or programs. The course is free, takes one hour to complete, and has four modules that

address essential elements from understanding the need for asthma-related policies in schools to successfully implementing a stock asthma medication program.

Health Education

Truth Campaign

[Truth Initiative's "Truth" Campaign](#) delivers facts about the health effects and social consequences of smoking, vaping and nicotine use. In addition, it talks about the marketing tactics of the tobacco industry so that young people can make informed choices and influence others to do the same. Resources include fact sheets, a comprehensive guide to quit vaping, youth stories video series, and more.

Ways to Talk with Teens About Underage Drinking

[Children's Mental Health Network](#) teamed up with [Substance Abuse and Mental Health Services Administration](#) to create [After High School: Talking with Your Young Adult About Underage Drinking](#). This resource is for parents, teachers, and school professionals to talk with teens about the consequences of underage drinking as they are moving into young adulthood. Ways to start the conversation, important topics of discussion, and the importance of having trusted adults to talk to about underage drinking are included in the resource.

Physical Education and Physical Activity

Music and Dance: Healthy Kids Physical Toolkit

[The University of Nevada Reno Cooperative Extension](#) has created [music and dance opportunities for preschoolers](#) that can be downloaded and used as part of a curriculum, as a teacher-led, structured activity or as an activity to break up sedentary time. The music is multi-genre, has healthy messaging related to physical activity and healthy eating, incorporates math, science, music and creativity to teach children fundamental and perceptual motor skills that help them become active adolescents.

Nutrition Environment and Services

Building a Farm and Garden Youth Entrepreneurship Program

[Farm-Based Education Network](#) is hosting a [virtual workshop series](#) on the ins and outs of farm and garden youth entrepreneurship programs. City Blossoms, United States Botanic Garden, and the Farm-Based Education Network welcomes several guest presenters to share unique youth entrepreneurship models. [Free registration opens soon](#) – bookmark the page and mark your calendars!

Serving Up MyPlate: A Yummy Curriculum

[The U.S. Department of Agriculture's Food and Nutrition Service](#) created the [Serving Up MyPlate: A Yummy Curriculum](#), a collection of classroom materials to help elementary school teachers integrate nutrition education into math, science, English language arts, and health. Three curriculum levels covering grades 1-6 introduce the importance of eating from all five food groups. This [curriculum](#) introduces the importance of eating from all five food groups using the *MyPlate* icon and a variety of hands-on activities. Students also learn the importance of physical activity to staying healthy.

Counseling, Psychological and Social Services

Partnering with Schools to Improve Youth Mental Health

The [School-Based Health Alliance \(SBHA\)](#) partnered with the [National Council for Mental Wellbeing's Center of Excellence for Integrated Health Solutions](#) to develop a resource for improving youth mental health. The collaboration provides a strong, shared understanding and perspective of how partnerships between schools and community mental health organizations are constructed and the tangible impacts that such partnerships realize in practice. Visit the [webpage](#) for more information.

Teen Depression: More Than Just Moodiness

The [National Institute of Mental Health](#) developed [Teen Depression: More Than Just Moodiness](#), a checklist that parents, educators, school staff, and other trusted adults can use to talk with teens about depression. Information also includes ways to get help for depression. [This resource is also available in Spanish.](#)

Social and Emotional School Climate

Thriving Schools Integrated Assessment

[Alliance for a Healthier Generation](#) created the [Thriving Schools Integrated Assessment](#) to help schools and districts quickly and easily identify strengths and opportunities for improving policies and practices in the ways that matter most to them, creating learning environments that promote student achievement and the well-being of kids, teachers, and staff. Some topics include core policies and practices, family and community engagement, health education, and staff well-being. It's accessible in the Alliance's free [Action Center](#), where all Healthier Generation resources are housed. A free login is required.

Family Engagement

Back-To-School and Student Health

[National Association of School Nurses' \(NASN\)](#) President Kate King participated in a [back-to-school segment on the TODAY Show](#) to discuss her five tips for families with students returning to school to promote health, safety, and readiness to learn. Learn best practices to prepare for a healthy, successful school year.

Quote to Note

"Start where you are, use what you can, and do what you can." –Arthur Ashe

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