



Friday Beat

September 29, 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 (DSHS). It is edited and compiled by the [School Health Program](#).

Announcements

Sickle Cell Awareness Month

The [National Institute of Health \(NIH\)](#) recognizes September as [Sickle Cell Awareness Month](#). Use the NIH resources to raise awareness in your school community. [Nemours Teen Health](#) also has resources for teens to learn about and to manage sickle cell disease. For more information, visit the [DSHS Sickle Cell Disease webpage](#) and the [Centers for Disease Control and Prevention Sickle Cell Disease webpage](#).

IAQ Tools for Schools Action Kit

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

School Nurse Workforce Survey

The [DSHS Texas Center for Nursing Workforce Studies'](#) 2023 Texas School Nurse Workforce Survey will open on October 1st-November 17th. The purpose of this survey is to obtain information on school nurses in Texas. The information in this survey will serve as a guide for the development of policy recommendations by the Texas Center for Nursing Workforce Studies Advisory Committee. Individuals who are working as a school nurse and have a Texas nursing license are encouraged to complete the [2023 Texas School Nurse Workforce Survey](#).

Professional Development

2023 Texas School Nurses Organization Conference

The [Texas School Nurses Organization \(TSNO\)](#) is hosting the [2023 TSNO Conference](#) in San Marcos, Texas on November 4th-5th. The purpose of the conference is to provide evidence-based and/or best practice educational offerings that address known gaps in knowledge and skills, promote excellence in clinical practice and improve quality of health care that School Nurses deliver in schools. Up to 8.5 Nursing Continuing Professional Development credits are available. [Register for the TSNO conference by October 15th](#).

Promoting Outdoor Time in Schools Through School Health Advisory Councils (SHACs)

The [Texas Children in Nature Network](#) is hosting a free webinar: [Promoting Outdoor Time in Schools Through SHACs](#) on October 18th from 2:00-3:00pm CT. Parents, families, and community members are encouraged to [register for the event](#) to learn how playing outside can help promote children's health and academic success.

Funding Opportunities

Budding Botanist Grant

[Kids Gardening](#) and the [Klorane Botanical Foundation](#) are hosting the [Budding Botanist Grant](#). The grant supports programs that help students learn about plants and inspire them to take care of the environment. [Read about grant requirements and apply by October 20th.](#)

Oliver Foundation Healthy Choices Grants

The [Oliver Foundation](#) offer's several [Healthy Choices grants](#) available 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 15th.

Health Education

Ways to Protect Youth from the Harms of Vaping

The [Centers for Disease Control and Prevention](#) published [information on how parents and educators can protect youth from the harms of vaping](#). The article includes facts about e-cigarettes, the health risks of vaping for youth, how nicotine can be a source of stress, and how parents and educators can provide support and connect them with information and quitting resources.

Physical Education and Physical Activity

Active Schools: Family PE Week

[Active Schools](#) and the [Online Physical Education Network \(OPEN\)](#) have partnered to host [Family PE Week](#) on October 2nd-6th. 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

Meal Talk: Celebrate Lunch Trays Many Ways Webinar

The [U.S. Department of Agriculture's Team Nutrition](#) is presenting a [Meal Talk webinar](#) on October 12th from 2:00-3:00 pm CT highlighting ways to offer school lunch with inspirational stories from across the country. Speakers will share strategies and success stories related to incorporating student food preferences and locally grown foods in USDA standardized recipes. Participants will also learn about USDA's Team Nutrition resources and the Healthy Meals Incentive Recognition Awards. Register and find more information on the [webinar registration page](#).

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 [Texas Child Health Access through Telemedicine \(TCHAT\)](#), which provides telemedicine or telehealth programs to school districts to help identify and assess the behavioral health needs of children and adolescents and provide access to mental health services. Texas public schools have an opportunity to enroll in TCHAT at no cost to the school or parent.

Employee Wellness

Filling Your Cup: Comprehensive Self-Care Strategies

[Alliance for a Healthier Generation](#) launched a [four-part, on-demand training with tools and resources to help school staff focus on their own well-being](#). It's accessible in the Alliance's free [Action Center](#), where all Healthier Generation resources are housed. A free login is required.

Quote to Note

"Believe you can and you're halfway there." –Theodore Roosevelt

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