



Friday Beat

March 8, 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

Apply to be a Texas School Health Advisory Committee Member

Are you interested in working on matters related to school health? If so, you might be interested in joining the [Texas School Health Advisory Committee](#) (TSHAC). The Texas Department of State Health Services (DSHS) is currently accepting applications for membership on the committee for parents, health educators, medical professionals, and organization or agency representatives involved with the health of school children. Please visit the [DSHS website](#) for more information and to access the application. All applications are due March 15, 2023.

Updated TSHAC Resources

The TSHAC has updated both the [Health Education for All Texas Students K-12 Grade](#) and the [Opioid and Substance Use Prevention Resource for Texas Schools](#) documents, which are now posted online. Visit the [Research and Recommendations developed by TSHAC](#) and [Resources created by TSHAC](#) webpages to view these documents, alongside all other resources developed and updated by TSHAC.

Eye on the Future Teen Video Contest

The [National Eye Institute](#) is hosting the Eye on the Future Teen Video Contest where teens in high school can submit a video on their own or in a group of up to three. Videos must fit into one of the three categories listed on the contest website for a chance to win. The last day to submit a video is April 14, 2024. Visit the [Eye on the Future Teen Video Contest website](#) for more information.

Professional Development

National Association of School Nurses (NASN) In-Person Conference

[NASN](#) is hosting their [56th Annual School Nurse Conference](#) in-person from June 28-July 1, 2024 in Chicago, IL. Learn and collaborate with experts in the field as school nurses and other school health team members from all over the world come together for this event. Attendees will experience informative presentations, expert speakers, and engaging activities, with wellness events ranging from morning workouts to mindfulness sessions designed to rejuvenate and inspire. Registration information can be found on the [conference webpage](#).

Health Education

Brain Injury Awareness Month

March is Brain Injury Awareness Month. The [Brain Injury Association of America](#) and the [Texas Health and Human Service Commission](#) have posted facts about brain injury and ways to get involved or seek services. Visit the [Center for Disease Control and Prevention's](#) resource, [HEADS UP to Schools](#) to complete online concussion training for school professionals.

Know the Risks: E-Cigarettes and Young People

The U.S Surgeon General released an [Advisory on E-cigarette Use Among Youth](#). [Know the Risks: E-Cigarettes & Young People](#) website helps address how harmful e-cigarettes can be to the health of youth and young adults. Web information includes e-cigarette trends among youth, the risks of e-cigarette use, and other resources.

Nutrition Environment and Services

National Nutrition Month

March is National Nutrition Month. Healthy eating starts with healthy food choices. The [Academy of Nutrition and Dietetics](#) has themed this year's National Nutrition Month as "[Beyond the Table](#)" which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets. Visit the [annual campaign website](#) for nutrition education resources for parents and families and learn more about how nutrition affects heart health. Additionally, get tips for food choices around salt, fruits and vegetables, and sugar.

Health Services

Five Things to Know About Whooping Cough

The [American Lung Association](#) published [five things to know about pertussis \(whooping cough\)](#). The webpage includes information on who is most affected, statistics, symptoms, vaccines, and prevention strategies. Share how to stop the spread of whooping cough with teachers, parents, school staff, and community members.

Counseling, Psychological and Social Services

Suicide Care Texas Toolkit

[Texas Health and Human Services Commission](#) (HHSC) and the [Texas Institute for Excellence in Mental Health](#) have updated their mental health toolkit. The updates include increased guidance on best practices, practical guidance on implementing the elements of Zero Suicide, and examples from organizations on their implementation plans utilizing this framework. To view the full update, visit the [Suicide Care in Texas Toolkit](#). To view additional resources, visit the [resources webpage](#) and scroll to the bottom for downloadable documents.

Mental and Behavioral Health Webinar Series

The Texas Education Agency's [Texas School Mental Health Program](#) and [Project AWARE Texas](#) partners will be hosting a series of monthly webinars to highlight resources and best practice strategies on timely and relevant safe and supportive schools topics. CPE credits are available to those who attend the full live session. The March 14th webinar will discuss the use of Tier 1 approaches for enhancing school mental health. [Register for the March 14th webinar](#).

Employee Wellness

Beyond Burnout: Exploring the Cost of Caring Lunch and Learn

[Texas School Safety Center](#) is hosting their Lunch and Learn event, [Beyond Burnout: Exploring the Cost of Caring](#) on April 12, 2024 from 11:30am-1:00pm. Participants will be given tools to reduce the risk for compassion fatigue, stress, trauma, and burn-out. The presentation will revise self-care and offer a live Q&A session. [Register for this virtual training.](#)

Family Engagement

Tips for Taking Screen Breaks

[Alliance for a Healthier Generation](#) published [10 Tips for Taking Screen Breaks](#) for parents and caregivers. Although computers, televisions, and phones can provide us with unique benefits, it is important to regularly take breaks from screens. This resource shares ways to balance screen time, physical activity, and family connection. It's accessible in the Alliance's free [Action Center](#), where all Healthier Generation resources are housed. A free login is required.

Community Involvement

Community Kit and Resources

The Texas School Safety Center [Community Prevention Program](#) released a new spring [community kit](#). The kit includes links to online trainings and resources, which can be used to assist schools and community-based organizations in their efforts to educate youth and young adults about the dangers of all commercialized tobacco products. Access these free materials and share with community members.

Quote to Note

"The true secret of happiness lies in taking a genuine interest in all the details of daily life." –William Morris

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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.

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