



# Friday Beat

## May 17, 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

#### **HHS's Office of Public Affairs Celebrates National Adolescent Health Month in May**

Each May, [Office of Population Affairs](#) celebrates [National Adolescent Health Month](#) (NAHM). This year, NAHM focuses on [Take Action for Adolescents – A Call to Action for Adolescent Health and Well-Being](#). This initiative envisions that all adolescents in the United States have the safety, support, and resources to thrive, be healthy, and have opportunity to realize their full potential.

#### **Texas Education Agency 2023-2024 Annual School Health Survey**

The deadline to complete the 2023-2024 Annual School Health Survey is May 24, 2024. School districts and open-enrollment charter schools will provide the [Texas Education Agency](#) with information relating to school health and physical activity. Districts and open-enrollment charter schools must complete the [2023-2024 survey](#) on or before 5:00 pm on May 24, 2024. For questions related to the survey, please email [healthandsafety@tea.texas.gov](mailto:healthandsafety@tea.texas.gov).

#### **Heat Safety Awareness Day**

The [Centers for Disease Control and Prevention \(CDC\)](#) observes Heat Safety Awareness Day on May 31. [CDC's Heat and Infants and Children webpage](#) shares information to keep infants and children safe as temperatures rise. The resource includes tips to prevent and identify heat-related illnesses. Share with students and families before the summer break.

#### **Naloxone Texas**

[UT Health San Antonio](#)'s naloxone program, More Narcan Please, is now referred to as Naloxone Texas. [Naloxone Texas](#) is a statewide initiative that aims to end the state's overdose epidemic through medication distribution, public awareness, and workforce empowerment. Free naloxone can be obtained through the [naloxone request webpage](#). [Access](#) virtual, on demand, training in evidenced-based strategies for overdose reversal and prevention. Share these resources with parents, teachers, and school staff.

### Professional Development

#### **Junior Master Gardener Trainings**

[Texas A&M AgriLife Extension](#) and the [Junior Master Gardener program](#) are hosting [trainings sessions](#) over the summer on their Learn, Grow, Eat, Go curriculum. This

interdisciplinary curriculum combines academic achievement, gardening, nutrient dense food experiences, physical activity, and school/family engagement.

## **Funding Opportunities**

### **School Safety Grant Finder Tool**

The [U.S. Department of Homeland Security](#), [U.S. Department of Education](#), [U.S. Department of Justice](#), and the [U.S. Department of Health and Human Services](#) created [SchoolSafety.gov](#) to share actionable recommendations to keep school communities safe. Use this [Grant Finder Tool](#) to locate, access, and apply for federal grant programs and funding opportunities for school safety.

## **Health Education**

### **World No Tobacco Day**

The [World Health Organization \(WHO\)](#) recognizes May 31 as [World No Tobacco Day](#). This celebration informs the public on the dangers of using tobacco, what WHO is doing to fight the tobacco epidemic, and promote health and healthy living for the future. Find more information and resources on the [World No Tobacco Day webpage](#).

### **Fentanyl Prevention and Awareness Toolkit**

The [Texas School Safety Center](#) offers a [Fentanyl Prevention and Awareness Toolkit](#) to support schools, parents, youth, and adults in addressing fentanyl use. The toolkit provides a list of resources that includes information on Texas laws, educational programs, awareness campaigns, tools for educators and parents, free naloxone access, and other resources. You can find the Fentanyl Prevention and Awareness Toolkit and other TxSSC toolkits on the [TxSSC webpage](#).

## **Physical Education and Physical Activity**

### **2023-2024 Physical Fitness Assessment Deadline June 14**

[Texas Education Code Section 38.101 to Section 38.104](#) requires schools to annually assess and submit data for students enrolled in grades 3-12. For the 2023-2024 school year, districts and charter schools may submit their data through one of three options, [FitnessGram®](#), the [Physical Fitness Assessment Initiative \(PFAI\) application](#), or other vendor collection tool. Detailed help documentation and the data upload template are posted on the [Physical Fitness Assessment Initiative webpage](#) under the Announcements heading. The deadline for submitting data this school year is before June 14 at 5 p.m.

## **Nutrition Environment and Services**

### **Updated School Nutrition Standards**

On April 24, 2024, the [United States Department of Agriculture \(USDA\)](#) announces [updated nutrition standards](#) for school meals. These changes will ensure that school meals are even more nourishing while allowing flexibility in menu planning. This means that schools ensure food they serve has less added sugar and salt, and if possible sourced from nearby farms. USDA offers a [toolkit](#) with resources to help communicate with schools, parents, and students about these important changes.

### **Vision, Hearing, and Spinal Screening Reports Due Soon**

The deadline for reporting your school's mandatory Vision, Hearing, and Spinal Screening Reports is June 30. The report online submission deadline is always June 30 of every year. Late reports are not applicable. Report your submissions on the

[Child Health Reporting System](#). If you have any questions or concerns, contact [vhssprogram@dshs.texas.gov](mailto:vhssprogram@dshs.texas.gov) or [chrs.loginhelp@dshs.texas.gov](mailto:chrs.loginhelp@dshs.texas.gov).

## **Employee Wellness**

### **How Right Now Campaign**

[Action for Healthy Kids](#) is partnering with the [How Right Now \(HRN\) Teacher's campaign](#). The campaign aims to support public school teachers for K-12 and school staff who are going through high levels of stress, burnout, and grief. Explore the available [HRN resources](#) and share them with teachers and school staff.

## **Family Engagement**

### **Summer Activities for Texas Youth**

The [Texas A&M University Texas Youth Action Network](#) offers a list of [summer activities for youth](#). The resource includes at home activities that youth can do on their own and organized activities occurring in different regions of Texas. Share this resource with parents and families to help keep kids active over the summer.

### **After High School: Talking with Your Young Adult about Underage Drinking**

The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) offers resources for underage alcohol use. [This fact sheet](#) is intended to help parents talk to their young adults about the risks of underage drinking. This resource is also available in [Spanish](#). View more related resources on the [SAMHSA webpage](#).

## **Quote to Note**

"One way to get the most out of life is to look upon it as an adventure." –William Feather

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