

Friday Beat

April 28, 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

Welcome to DSHS School Health Program – Dianna Pierson, MPH, BSN, RN

Please join us in welcoming Dianna Pierson to the Community Health Worker and School Health Branch! She started on April 17, 2023, as the new School Health Nurse and Team Lead.

National School Nurse Day is May 10, 2023

National School Nurse Day has been celebrated since 1972. The purpose of this day is to establish a better understanding for the role of school nurses in educational settings. The National Association of School Nurses has developed a [promotional toolkit](#) including ways schools can honor their nurses on May 10, 2023.

Professional Development

Child Safety Learning Collaborative Webinar

The [Children's Safety Network](#) is hosting a Child Safety Learning Collaborative Webinar. The webinar will feature stories, lessons, tools, and resources for child safety which can be implemented in school districts. The webinar will take place on May 3, 2023 from 2-3pm. Visit the [Children's Safety Network webinar webpage](#) for more information.

2023 Pediatric Brain Health Summit

[Registration](#) is open for the 2023 Pediatric Brain Health Summit. The Pediatric Brain Health Summit will be held May 1-2, 2023. The conference has virtual options still open. Sessions will address current pediatric brain development science and how to support programs of community resilience to provide optimal development in Texas' children. Visit the [Texas Pediatric Brain Health Initiative](#) to learn more.

Health Education

Student Cessation Program - INDEPTH

[American Lung Association](#) offers a four-session program to schools entitled Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH). [The INDEPTH program](#) is intended for school youth currently using tobacco products and is not intended as a prevention program. The guide offers instructions, notes, talking points, and handouts facilitators can use to implement the program.

Physical Education and Physical Activity

Centers for Disease Control (CDC) Healthy Schools Partner Toolkit

Priority 1 of the Healthy Schools Toolkit is physical education and physical activity. Schools can create an environment that offers many opportunities for students to be physically active throughout the school day. A Comprehensive School Physical Activity Program provides strong coordination for five components: physical education, physical activity during school (recess and classroom physical activity), physical activity before and after school, staff involvement, and family and community engagement. Explore the [CDC's physical activity resources](#) to support physical education in schools. These resources include webinars, guides, articles, and ready-to-go handouts to share with staff and families.

Health Services

Assessing & Addressing Childhood Vaccine Delay

The Alliance for a Healthier Generation (Healthier Generation) released a [key findings fact sheet](#) on recommendations around childhood vaccinations by the Centers for Disease Control (CDC). Their findings provide details on vaccine hesitancy and how to promote on-time vaccinations within school districts. View the [Healthier Generations report](#) for more information.

Counseling, Psychological and Social Services

Comprehensive Approach to Mental Health Promotion and Suicide Prevention for High Schools

The JED Foundation's framework – [The High School Comprehensive Approach](#) is a resource used to support and improve student mental health, reduce suicide risk, and prepare students emotionally for transition into young adulthood. The Approach can be utilized by school leadership for strategic planning around mental health and emotional well-being at school. This framework uses seven core domains which focus on evaluation and implementation efforts.

Mental Health and Behavioral Health TCOLE #4064 Training

The [Texas School Safety Center](#) is offering an [in-person training](#) May 18-19, 2023 in San Marcos, Texas. The goal of this training is to assist school districts with compliance with legislative mandates. Topics for this training include mental health crisis intervention, positive behavioral interventions and supports, and mental and behavioral health needs of children with disabilities or special needs. The training is free but [registration](#) is limited to 60 participants.

Social and Emotional School Climate

Texas Education Agency's Safe and Supportive Schools Guide

As schools begin planning their 2023-2024 school year, schools can use [Texas Education Agency's \(TEA\) Safe and Supportive School Program Guide](#). This guide offers support on conducting a needs assessment and implementation activities for improving school climate. School climate encompasses the experience students, parents, school personnel, and community members partake. School norms, goals, values, interpersonal relationships, teaching and learning practices and organizational structures all impact the overall school experience. Schools can also access [TEA's Safe and Supportive Schools webpage](#) for more information.

Family Engagement

Preventing Childhood Obesity: 4 Things Families Can Do

A published CDC article indicates childhood obesity has many contributing factors such as genetics, eating patterns, physical activity levels, and sleep routine.

Together, families can model a healthy eating pattern, move more as a family, set consistent sleep routines, and replace screen time with family time. Families can [view the resources in this article](#) to set up lifelong health habits at home.

Community Involvement

5-Week Guides for Creating a Caring School Community

Guides developed by [Healthier Generation](#) provide resources educators can use to merge community building activities and foster positive relationships. These 5-week guides provide educators with resources used to co-create a caring, supportive in-person and/or virtual school environment. [Access the guides](#) to learn how schools can support staff, students, and families to build a caring school community.

Quote to Note

"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits." – Michael Phelps

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