



Friday Beat

May 26, 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

School Participation Sought - National School Health Data, Every Student Counts

The National School Health Data Set: Every Student Counts! is collecting school health data until July 30, 2023. This initiative is designed to collect school health data to better understand student health policies, identify best practices in school health and gain a better understanding of child health. Read more about [the Every Student Counts! initiative](#) and [submit your school's data](#).

National Association for School Nurses Conference

The National Association of School Nurses (NASN) is hosting its annual event to bring together school nurses and others in the school community. The theme is Building for the Future: Health, Advocacy, & Leadership. The in-person event will take place in Orlando, Florida June 30 to July 3, 2023. The virtual event will take place July 10-12, 2023. Each event will feature its own sessions and speakers. Participants can also bundle the two events to increase the total number of nursing continuing professional development (NCPD)/continuing nursing education (CNE). Visit the [NASN conference registration page](#) for more details.

Professional Development

Harm Reduction Approach to Overdose Prevention

UT Health San Antonio offers a free continuing education training opportunity for nurses and provides 2.0 nursing contact hours. [A Harm Reduction Approach to Overdose Prevention](#) training seeks to increase understanding of harm reduction and opioid overdose risk factors, and how to recognize signs and symptoms of an opioid overdose and respond using naloxone.

Junior Master Gardener Summer Trainings

Texas A&M AgriLife Extension Service in conjunction with the Junior Master Gardener program is hosting a [set of trainings](#) on their Learn, Grow, Eat, Go curriculum over the summer. This interdisciplinary curriculum combines academic achievement, gardening, nutrient dense food experiences, physical activity, and school/family engagement. [View the full website](#) to learn more about the Junior Master Gardener program.

Funding Opportunities

School Safety Grant Finder Tool

The U.S. Department of Homeland Security (DHS), U.S. Department of Education (ED), U.S. Department of Justice (DOJ), and the U.S. Department of Health and Human Services (HHS) created [SchoolSafety.gov](https://www.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

Back to School Health and Wellness Fair

Summer is the perfect time to start planning a school/district wide Health and Wellness Fair. Action for Healthy Kids has developed a [Health and Wellness Fair resource](#) you can use when planning. This resource includes tips for program planning, implementation, evaluation, and more.

World No Tobacco Day

The [World Health Organization \(WHO\)](https://www.who.int) 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. You can read more about [World No Tobacco Day](#) on the WHO website.

Truth Initiative's Quit-Vaping Journey

The Truth Initiative [published an article](#) with resources on how to support someone on their quit-vaping journey. Quitting can be extremely difficult and nicotine withdrawal can make people feel stressed and irritable. The article discusses the importance of staying patient, positive and encouraging those experiencing symptoms.

Physical Education and Physical Activity

Summer Activities for Texas Youth

The Texas Youth Action Network has created 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.

Health Services

Centers for Disease Control Recommended Immunization Schedules

The Centers for Disease Control (CDC) has updated their clinical considerations for use of COVID-19 vaccines to reflect the recent changes in the mRNA COVID-19 vaccination schedule. [Access the clinical considerations](#) to view the CDC's updates. When planning for next school year, access the [Texas Minimum State Vaccine Requirements for Students Grade K-12](#).

CDC's TeenVaxView and Texas Vaccine Requirements for College and Technical School Students

School nurses can reduce some of the unknowns for graduating seniors by promoting vaccinations recommended for those entering college and technical schools. The CDC's TeenVaxView provides recommendations for all vaccination schedules and you can access the vaccination schedules on the [CDC's TeenVaxView](#)

[page](#). The Texas Department of State Health Services also provides an overview of minimum [Texas vaccine requirements for college entry](#).

Counseling, Psychological and Social Services **Mental Health Resources for K-12 Schools**

The United States' SchoolSafety.gov published a [resource for mental health in schools](#). The resource aims to make schools safer by improving school connectedness and access to mental health services. View facts, figures, and resources from the CDC and other national stakeholders on this link.

Family Engagement

After High School: Talking with Your Young Adult about Underage Drinking (Spanish Version)

The Substance Abuse and Mental Health Services Administration (SAMHSA) has released Spanish editions of [resources for underage alcohol use](#). This fact sheet informs parents how to effectively talk to their young adult about the risks of underage drinking. View this resource and other Spanish edition resources on the SAMHSA webpage.

Raising Resilient Kids

Nemours Children's Health has a video series on [Raising Resilient Kids](#). The video series features a pediatric psychologist interviewing families about resiliency. Topics include disappointment, change, and empathy. Share this resource with families to increase engagement and support kids' health.

Good Food. Good Move.

Texas Health and Human Services encourages families to incorporate small steps each day to eat healthy foods and move more. During the summer, families can make a few changes to make a big difference. Access the [Good Food. Good Move. website](#) for ways to plan meals, save money, move more, and live a healthier life this summer.

Quote to Note

"To plant a garden is to believe in tomorrow." –Audrey Hepburn

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