

Friday Beat

October 13, 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

October is Children's Health Month

The [United States Environmental Protection Agency \(EPA\)](#) recognizes October as [Children's Health Month](#). Review the EPA's [resource on healthy school environments](#). Topics include clean school buses, indoor air quality, pest management, and more.

October is Bullying Prevention Month

The [Pacer Center's National Bullying Prevention Center](#) has resources to prevent childhood bullying. Download the student activity kit and plan a bullying prevention awareness campaign at your school. Want to spread the word about Bullying Prevention Month? Visit the [Texas School Safety Center's Bullying Prevention Checklist for Schools and other resources](#) to spread awareness about bullying.

Red Ribbon Week: October 23-31, 2023

Red Ribbon Week is a drug-use prevention initiative that encourages youth to stay away from alcohol, tobacco, and other drugs. Visit the [Red Ribbon Campaign](#) to learn more about this year's theme and to download resources. [Students, Adults and Youth Working Hard Against Tobacco \(SayWhat!\)](#) created a [Red Ribbon Week Kit](#) to encourage and empower your school community to participate in Red Ribbon Week. SayWhat! is also hosting a [virtual summit](#) to honor Red Ribbon Week on October 26, 2023. [Register for the summit](#) to hear from youth ambassadors about vaping and its impact on wellness.

Professional Development

Classroom WISE Training

[Classroom Well-Being Information and Strategies for Educators \(WISE\)](#) is a free 3-part mental health literacy training for educators. The [Classroom WISE package](#) includes an [implementation guide](#), a self-paced online course, a video library featuring real educators and students, and a constantly evolving collection that includes resources to supplement the Classroom WISE online course content.

2023 Annual Conference on Advancing School Mental Health

The [National Center for School Mental Health](#) is hosting their [Annual Conference on Advancing School Mental Health](#) December 5-7 in New Orleans, LA. The annual conference includes leaders, practitioners, researchers, family members, advocates, and other partners in the school mental health field to share the latest research and best practices. The conference focuses on a shared school-family-community agenda

to promote mental health promotion, prevention, and intervention to students and families as part of a multi-tiered system of support. [Registration is now open.](#)

Texas Action for Healthy Kids Virtual Summit

[Action for Healthy Kids](#) is hosting the Texas Action for Healthy Kids Fall Summit 2023 online from October 24-25, 2023. This free web conference will focus on school health, student and staff mental health, family connections, youth voices, improving and promoting school meals, physical activity, and the role of a school health advisory council. [Register today!](#)

Health Education

Vaping Prevention and Quit Resources

[The Truth Initiative](#) published an article discussing how parents and educators play an important role in providing students with the information they need to make informed choices, by providing tools to prevent and quit vaping. Parents, educators, and others working with young people can access free resources on the [article webpage.](#)

Nutrition Environment and Services

Food Safety Emergency Response Pocket Guide

The [U.S. Department of Agriculture Food and Nutrition Service](#) provides information on preventing foodborne illness during emergency and disasters for school nutrition professionals. The pocket guide, posters, and other resources are also available in Spanish on the [Food and Safety Emergency Response webpage.](#)

Health Services

NASN Launches New Naloxone Education Toolkit

[National Association of School Nurses \(NASN\)](#) released the new [NASN Naloxone Education for School Nurses Toolkit](#), which provides resources to assist school nurses and other school leaders in assessing and responding to drug overdose incidents in schools. The free toolkit includes three sections: Creating a Naloxone Program in Your School, Campus Protocols for Emergency Naloxone Administration, and Communication Resources. This comprehensive guide equips schools to address the drug overdose crisis and take action to prevent and manage potential emergency situations.

Counseling, Psychological and Social Services

Tools for Supporting Emotional Wellbeing in Youth and Teens

[National Academies](#) published a [Tools for Youth and Teens](#) to help students manage stress, anxiety, and sadness. The tools are available in English and [Spanish](#), and include graphic novel-style videos and PDFs that teach students stress management skills, such as deep breathing and mindfulness.

Family Engagement

Connecting Conversations

The [Centers for Disease Control and Prevention \(CDC\)](#) published [tips for supporting communication between parents/caregivers and their children and teens.](#) Learn how to use conversation starters to build conversations with the whole family, as well as other resources to encourage open communication.

Healthy Day Toolkit

[Alliance for a Healthier Generation](#) and Kohl's Cares created a [toolkit to support families to stay healthy during the new school year](#). The toolkit includes a health checklist, motivation strategies, nutrition tips, and more. This toolkit supports student success at school with a home routine that prioritizes connection and well-being. The resource is available in [Spanish](#).

Family Resource Center Videos

The [Child Mind Institute's Family Resource Center](#) provides hundreds of articles and other resources to assist families with children who are struggling with mental health, behavior, or learning difficulties. This information is now available on the [Child Mind Institute YouTube channel](#). Expert clinicians will share weekly videos on topics like behavior, anxiety, and parenting challenges.

Quote to Note

"No act of kindness, no matter how small, is ever wasted." –Aesop

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