

Friday Beat

April 14, 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

Updated Guidelines for the Care of Students with Food Allergies

The Department of State Health Services (DSHS) has revised and updated the [Guidelines for the Care of Students with Food Allergies at Risk for Anaphylaxis](#). The [Education Code, Section 38.0151](#) requires the board of trustees of each school district and the governing body or an appropriate officer of each open-enrollment charter school to adopt and administer a policy for the care of students with diagnosed food allergies at risk for anaphylaxis. School districts and open-enrollment charter schools should review their policies to ensure consistency with the DSHS guidelines.

Health Ambassadors for a Ready Texas Seeking Applicants

Texas Department of Agriculture has developed a Health Ambassadors for a Ready Texas (HART) program. They are seeking student leaders for the 2023-2024 school year to work with their school's nutrition teams to promote school lunches, healthy eating, and importance of Texas agriculture. For more information or to apply, visit the [HART program webpage](#). Applications close May 5, 2023.

Funding Opportunities

FY 2023 Team Nutrition Grant Now Accepting Applications

The United States Department of Agriculture Food and Nutrition Service is now accepting [grant applications](#) with a goal of helping schools facilitate the adoption of healthy eating patterns by school-aged children. Objectives of this grant include an increase of consumption of nutrition foods and beverages, an increase of MyPlate awareness, improve equity of historically underserved and marginalized populations, and increase school community engagement. More information and funding specifics can be found at the [Team Nutrition Grant webpage](#).

EPA Wildfire Smoke Preparedness in Community Buildings Grant

[Environmental Protection Agency \(EPA\)](#) is seeking applicants for a federal grant program. The purpose of this grant is to improve wildfire smoke preparedness by assessment, prevention, control, or reducing wildfire smoke hazards in community buildings and related activities. Local educational agencies, public pre-schools, and non-profit organizations are encouraged to apply. Visit the [EPA Wildfire Smoke Preparedness webpage](#) for more information about this [grant opportunity](#).

Health Education

Health Education Curriculum Analysis Tool

Developed by the Centers for Disease Control (CDC), the [Health Education Curriculum Analysis Tool](#) (HECAT) features guidance on health education curriculum, review processes, and tools for analyzing learning objectives. The CDC also offers several [HECAT recorded webinars](#) addressing updates and resources about student knowledge and content important for schools.

Physical Education and Physical Activity

Concussion Fact Sheet for School Nurses

Concussions can happen through a variety of activities such as playground time, school-based sports, and physical education classes. This [fact sheet](#), released by the Centers for Disease Control (CDC), provides an overview for school nurses to help protect students from concussions and other serious brain injuries. The fact sheet outlines signs and symptoms, ways to help students return to school, and prevention and preparation steps to ensure the best outcomes for students.

Heat Related Illness Resources

The [National Weather Service](#) (NWS) has resources dedicated to teaching the signs and symptoms of heat-related illnesses. These resources address the difference between [heat exhaustion and heat stroke](#). The NWS ["Heat Safety for You and Your Family" brochure](#), will help schools address heat-related concerns during summer months.

Nutrition Environment and Services

The Past, Present and Future of School Nutrition

The [Michael and Susan Dell Foundation](#) is hosting a webinar to address school nutrition by highlighting the importance of nutrition research. Marlene Schwartz, PhD, Director of Rudd Center for Food Policy and Health will be presenting. This webinar offers 1.0 CHES/MCHES credit and will take place on Thursday, April 27th from 12:00 – 1:00pm. You can [register for this webinar](#) today.

Extension of Child Nutrition Program Meal Patterns Comment Period

The Food and Nutrition Service of USDA has extended the public comment period for ["Child Nutrition Programs: Revisions to Meal Patterns Consistent With the 2020 Dietary Guidelines for Americans"](#) until May 10, 2023. The proposed guidelines address added sugar standards and sodium limits in school nutrition services that would go into effect for the 2024-2025 school year. People interested in submitting comments must follow the directions on the [announcement webpage](#).

Health Services

Health is the Greatest Wealth Toolkit

[Texas State University's Texas School Safety Center](#) has released a new Tobacco Prevention kit. The [Health is the Greatest Wealth kit](#) addresses nicotine's effects on physical and mental health in youth. The materials demonstrate the importance of "personal health, confidence, and sense of value without using tobacco". Materials in the kit can be requested by contacting txssc_cpp@txstate.edu.

Counseling, Psychological and Social Services

Stress Awareness Month

As part of April's Stress Awareness Month, the CDC is highlighting the [Body and Mind \(BAM!\)](#) Teacher Portal. This portal addresses how to support mental health in youth by informing teachers about bullying, anxiety, depression, and mental health screenings.

Social and Emotional School Climate Strategies to Promote Healthy Teen Relationships

Centers for Disease Control (CDC) has developed the [Dating Matters: Strategies to Promote Healthy Teen Relationships](#) model. This prevention model focuses on teaching youth about healthy relationships and reducing behaviors that increase the risk of dating violence. Dating Matters is for individuals, peers, families, schools, and neighborhoods that want to help youth between the ages of 11-14 years old to build healthy relationship skills. For specific questions about materials or the Dating Matters model, contact datingmatters@cdc.gov.

Family Engagement

Essentials for Parenting Teens

[Essentials for Parenting Teens](#) is CDC's newest resource for parents and caregivers of youth ranging between ages 11 and 17. Topics include understanding and adapting to teen years, coaching, recognizing, and managing emotions, encouraging independence, and praising teens.

Quote to Note

"Before you act, listen. Before you react, think. Before you spend, earn. Before you criticize, wait. Before you pray, forgive. Before you quit, try." –Ernest Hemingway

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