



Friday Beat

February 23, 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

February is Teen Dating Violence Awareness and Prevention Month

Teen dating violence is an issue that impacts everyone. Parents, teachers, friends, and communities can help prevent violence and promote safe, healthy relationships. Visit [youth.gov](#) for toolkits, programs, and planning guides for young people, educators, and families.

Texas Education Agency (TEA) Seizure Management Treatment Form is Now Available

[Senate Bill 1506](#) amended [Texas Education Code 38.032](#) requiring the [Texas Education Agency](#) to post a form to be used by schools to submit a seizure management and treatment plan. The form includes specific information and requires the signatures of the student's parent or guardian, and the physician responsible for the student's seizure treatment. This change in law only applies to a seizure management and treatment plan submitted to a school district or open-enrollment charter school on or after January 1, 2024. The required form is posted under the Announcements section of the [TEA Healthy and Safe School Environment of the Coordinated School Health Model webpage](#). For questions, please contact healthandsafety@tea.texas.gov.

Professional Development

Texas School Safety Conference

[Texas School Safety Center](#) is hosting their [in-person conference](#) on June 23-27, 2024, in San Antonio. Conference sessions will dive into current trends, best practices, and innovative, evidence-based approaches in school safety and security. Nationally recognized keynote speakers and relevant breakout sessions, based on best practices in the field of school safety, will equip participants to improve the school safety posture of districts and communities. [Register](#) by May 24, 2023, to receive a discount.

Health Education

Vanquishing Vaping Toolkit

[National Association of School Nurses \(NASN\)](#) has assembled a [toolkit](#) to support school nurses in implementing evidence-based programs in their schools. Resources include planning for sustainability and building collaborations with key stakeholders to successfully engage their school communities in tackling the topic of vaping head

on. Topics include accessing the evidence regarding the risks of e-cigarette use; creating a plan for schools; developing, implementing and enforcing tobacco-free school policies that include e-cigarettes; prevention and cessation support programs; and communicating with parents and students. There is no cost for this toolkit, but you will need to sign in to access.

Nutrition Environment and Services

It's Breakfast Time! Breakfast Menu Planner

The [U.S. Department of Agriculture's \(USDA\) Food and Nutrition Service](#) team developed It's Breakfast Time!, a child and adult care food program breakfast menu for children ages 3-18 years old. The resource includes sample menus, checklists, menu planning activities, and 20 USDA standardized breakfast recipes. Download these materials on the [resource webpage](#).

Basics of Composting

[Take Care of Texas](#) published [information](#) on how to properly compost in efforts to recycle organic waste generated at home and reduce the amount of waste sent to landfills. Compost can be used to fertilize plants, prevent soil erosion, conserve water, and build healthier soil. Learn more about what composting is, the requirements for composting, what can and can't be composted, and the different types of composting systems. Teachers can share this information in the classroom setting when discussing environmental health or nutrition in their lesson plans.

Health Services

Navigating the Health Care System

[Nemours Children's Health](#) developed [Navigating the Health Care System](#), a no cost, four-unit health literacy curriculum for use with young adults. The curriculum is designed to prepare high school and college-age teens to be responsible for managing their own health care as they transition into adulthood. [Lesson plan materials](#) are suitable for in-class, in-home, after-school, and community settings, and can be taught virtually.

Social and Emotional School Climate

School Connectedness

The [Centers for Disease Control and Prevention](#) has [resources](#) to promote school connectedness. Schools play a critical role in encouraging student health and development by creating environments where all students feel that they are cared for, supported, and belong. When schools put in place strategies that create safe and supportive environments, including approaches focused on building school connectedness, youth are less likely to engage in risky sexual, violence, and substance use behaviors. Share this information with school staff today.

Physical Environment

Rabies Awareness & Prevention Poster Contest

The [Department of State Health Services \(DSHS\) Zoonosis Control Branch](#) is hosting its annual statewide [Rabies Awareness & Prevention Poster Contest](#) for K-12. Participating students will learn about rabies, the importance of pet vaccinations, and respecting wildlife from a distance. Participants will also learn the importance of telling adults if they think they may have been in contact with an animal with rabies.

There are prizes for winners in each age group (Kindergarten and grades 1-2, 3-5, 6-8, and 9-12). The poster contest can be used as a how-to-guide assignment, or as an extra credit project. The deadline for poster submission is April 1, 2024.

Employee Wellness

Prioritizing Well-Being Among School & District Staff, Educators, & Administrators

[Alliance for a Healthier Generation](#) and [Kaiser Permanente Thriving Schools](#) are hosting a [monthly professional learning series](#) dedicated to prioritizing staff well-being. Participants will share their experiences, practice strategies, and use implementation resources that can be used in their work settings. Topics covered will include relationship building, gratitude systems, operationalizing staff breaks, as well as a bonus session determined by participants. All school and district staff, regardless of position or title—including cafeteria workers, bus drivers, paraprofessionals, teachers, and administrators—are encouraged to join this no-cost webinar series.

Quote to Note

“The only way to discover the limits of the possible is to go beyond them into the impossible.” –Arthur C. Clarke

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