



Friday Beat

May 4, 2007 Edition



For additional resources on these topics and others related to school health education and services, visit the School Health Program web site at www.dshs.state.tx.us/schoolhealth

Quote to Note:

“As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives.”

---Henry David Thoreau

Program Notices and Postings:

Have a great weekend!

Upcoming Conferences/ Meetings/ Professional Development:

Texas Coalition for Worksite Wellness—Austin Ounce of Prevention Workshop—June 1, 2007

These hands on workshops are co-hosted by Texas Business Group on Health and the Texas Association of Business. They are designed to help your company or organization address spiraling health care costs while improving employee health. For more information, please visit

www.txworksitewellness.org/events_detail.aspx?event=1006.

National Prevention & Health Promotion Summit: Creating a Culture of Wellness-- November 27-29, 2007

The summit will feature prominent national speakers, the Secretary's Innovation in Prevention Awards, and an opportunity to showcase new approaches to prevention and health promotion – including innovations that promote regular physical activity, eating a healthful diet, taking advantage of medical screenings, and making healthy choices to avoid risky behaviors. For more information, please visit

www.cdc.gov/cochp/conference/registration.htm.

Health Education:

Grants to Implement the Toyota Family Literacy Program

The National Center for Family Literacy (NCFL) is seeking five school districts to implement the Toyota Family Literacy Program. Direct funding for school districts will allow for support, training, education materials and assistance from NCFL to implement the program for students in kindergarten through third grade. Maximum Award: \$600,000. Eligibility: communities with high or fast-growing Hispanic and immigrant population. Deadline: May 9, 2007. For complete program information and application guidelines, please visit www.familit.org/TFLP-Capability-Survey.

Healthy and Safe School Environment:

Assessing Whether a Student Might Commit a Violent Act

After every school shooting, the Center for Mental Health in Schools at UCLA is asked about how schools should assess students who may be a threat. According to the Center for Mental Health in Schools at UCLA, "...The threat assessment approach asks the person conducting the inquiry to gather information, and answer key questions about the instant case, to determine whether there is evidence to suggest movement toward violent action.

The questions focus on:

- 1) Motivation for the behavior that brought the person being evaluated to official attention;
- 2) Communication about ideas and intentions;
- 3) Unusual interest in targeted violence;
- 4) Evidence of attack-related behaviors and planning;
- 5) Mental condition;
- 6) Level of cognitive sophistication or organization to formulate and execute an attack plan;
- 7) Recent losses (including losses of status);
- 8) Consistency between communications and behaviors;
- 9) Concern by others about the individual's potential for harm;
- 10) Factors in the individual's life and/or environment or situation that might increase or decrease the likelihood of attack.

Taken together, the information learned from these questions -- as gathered from the student and from corroborating sources (family members, friends, teachers, classmates, school and mental health records, etc.) -- should provide evidence to answer the question of whether the student is moving on a path toward violent action. The answer to the last set of questions in particular can inform the development of a risk management plan. For example, school officials could decide to take active steps to minimize factors that could put the student at greater risk for an attack, such as through referral to appropriate services. Or they could opt instead to monitor the student (perhaps with assistance from family and others close to the student) for changes in factors that could increase the student's targeted violence risk..." .

The American Academy of Pediatrics also has assembled a collection of resources to help parents, teachers, students, schools, and pediatricians cope with the aftermath of school shootings. Additional resources are provided on violence prevention, school safety, and promoting mental health. These resources can be found by visiting: www.aap.org/featured/resourcepage.htm and <http://smhp.psych.ucla.edu/pdfdocs/shootings.pdf>.

Counseling and Mental Health Services:

Children's Mental Health Week-- May 6th – 12th

Established by the Federation of Families for Children's Mental Health, this week provides an opportunity to raise awareness about the importance of social and emotional health to children's overall health and well-being. Did you know that 1 in 5 youth between 9 and 17 have a diagnosable mental illness but only 20% of children needing mental health treatment will receive it in any given year? Approximately 50% of students with a mental disorder age 14 and older drop out of high school -- the highest dropout rate of any disability group. Find out more about children's mental health at www.nasponline.org/resources/handouts/abcs_handout.pdf and about Texas initiatives to address children's mental health at www.mhtransformation.org/mh-awareness/childrens_mh_week_2007.shtm.

Parent and Community Involvement:

Minding MySpace

Schools are hard-pressed to balance the benefits and risks posed by kids' online social networks. Web sites such as MySpace, Facebook, LiveJournal and Xanga make it easy for students to post photos, personal information video clips and music files, and to build networks of "friends" across the country. These sites also pose an irresistible lure to pedophiles. Students can also use them to post scurrilous attacks on teachers, administrators and other adults. They also contribute to "cyberbullying" attacks by students on their peers. Carol Brydolf surveys the terrain of this brave new world for the California School Boards Association's "California Schools" magazine, offering school governance teams expert opinions on how to work with the emerging technology. To read Carol Brydolf's article please visit, www.csba.org/csmag/csMagStoryTemplate.cfm?id=168.

Staff Wellness Promotion:

Journal Article

Job stressors, personality and burnout in primary school teachers (2007) C. Kokkinos, British Journal of Educational Psychology, 77(1) 229-242. To read an abstract, please visit www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=17411497.

Health Services:

CDC HPV Vaccine Information Sheet

The CDC has available a revised Vaccination Information Sheet (VISs) on the HPV vaccine. It has been available since February 2007. VISs are made available to explain to vaccine recipients, their parents, or their legal representatives both the benefits and risks of a vaccine. Federal law requires that VISs be handed out whenever (before each dose) certain vaccinations are given. To print or view VISs, please visit www.cdc.gov/nip/publications/VIS or call 800-CDC-INFO for more information regarding

Physical Education:

Bike and Walk To School Materials

The Texas Bicycle Coalition has *Bike and Walk to School* materials you can use during May's Bike Month. The poster can be localized to promote the day you choose for your walking to school event. Contact KC Jones, BikeTexas Safe Routes to School Outreach Coordinator, Dallas/Fort Worth at 817-205-2595 or KcJones@biketexas.org for orders. Bike Month is a project of The Texas Bicycle Coalition: www.BikeTexas.org

Nutrition Services:

Healthy Lives Program--Deadline: August 1, 2007

GE Healthcare is accepting applications for its Healthy Lives Program. The purpose of this program is to support programs that focus on childhood obesity. Grant amounts ranges from \$1,000 to \$50,000. Eligible applicants include non-profit organizations with a 501(c)(3) status that deliver services to youth and address the issue of childhood obesity. For complete program information and application guidelines, please visit www.gehealthcare.com/us/en/about/gehealthcare_americas_charitable_giving_guidelines.pdf.

Healthy Learning News

The American Association of School Administrator's (AASA's) spring 2007 edition of *Healthy Learning News*, a resource highlighting school districts that are making positive policy and program changes to address healthy eating and activity in their districts has been mailed to every superintendent in the country. To view the Spring 2007 Edition of the Newsletter, please visit <http://aasa.files.cms-plus.com/PDFs/Focus/HLNNewsWeb.pdf>.

What's the Truth about Diabetes and Diet?

Many people with diabetes still believe that there is something called a "diabetic diet." Research has now shown that with proper education about meal planning and food nutrients, a person with diabetes can eat anything a person without diabetes can eat. For more information, access the following link: www.joslin.org/Beginners_guide_665.asp

External links to other sites appearing in the Friday Beat are intended to be informational and do not represent an endorsement by the Department of State Health Services. These sites may also not be accessible to people with disabilities. External email links are provided to you as a courtesy. Please be advised that you are not emailing the DSHS and DSHS policies do not apply should you choose to correspond.

For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about the Friday Beat, contact Laurie Anderson, information listed below.

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