



Friday Beat

April 5, 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

Members Sought for Stock Epinephrine Advisory Committee

The [Stock Epinephrine Advisory Committee \(SEAC\)](#) advises the Texas Department of State Health Services (DSHS) commissioner on the storage and maintenance of epinephrine auto-injectors. DSHS is accepting applications for committee membership in three categories:

- an employee from a public junior college or public technical institute,
- a physician with expertise in treating anaphylaxis and specialization in emergency medical services, pediatrics, allergies, asthma, or immunology, and
- a registered nurse employed in a school district in an urban or suburban area as a health services coordinator or school nurse, and possess additional training or education in emergency response, allergies, or allergic reactions.

Interested applicants should visit the [SEAC webpage](#) to complete the application online. Word document versions of the application are available upon request. We must receive your application before 11:59 p.m., April 26, 2024. For more information contact the School Health Program at schoolhealth@dshs.texas.gov or (512)-776-7279.

2023-2024 Annual School Health Survey

The [2023-2024 Annual School Health Survey](#) is now available for school districts and open-enrollment charter schools to provide the [Texas Education Agency](#) with information relating to school health and physical activity. Districts and open-enrollment charter schools must complete the 2023-2024 survey on or before 5:00 pm on May 24, 2024. For questions related to the survey, please email healthandsafety@tea.texas.gov.

Texas School Health Advisory Committee (SHAC) Network

The [Texas SHAC Network](#) is an online resource and network for School Health Advisory Councils (SHAC) across the state. The SHAC Network was formed to help local SHACs by providing a place that houses resources and a network to connect SHACs across the state. [Join the Texas SHAC Network](#) to receive information on wellness policies and assessment tools for school professionals, school personnel, and parents with children in school.

2022 School Health Profiles

The Centers for Disease Control and Prevention (CDC) released the [2022 School Health Profiles](#) survey results with the latest data on school health programs and

policies at the national, state, and local level. The CDC also created a new [Profiles Explorer](#) interactive tool to assist in searching for the data. The data will help see how schools and school districts are providing health education and services, getting students active in physical education, engaging families and more.

Professional Development

2024 School Health Conference

The [American School Health Association](#) (ASHA) is hosting its 98th Annual [School Health Conference](#), in-person from October 16-18, 2024 in Pittsburgh, PA.

Participants will be part of a dynamic learning environment focused on critical thinking, inclusive dialogue, and evidence-based practices. Share knowledge, learn from diverse viewpoints, and contribute to shaping a healthier future for all students and communities. More information on the call for abstracts and registration can be found on the [ASHA conference webpage](#).

Funding Opportunities

Spring Healthy Choices Grants

The [Oliver Foundation](#) offers several [Healthy Choices grants](#) available for schools ranging from \$750 to \$5,000 to encourage children, families, and communities in Texas to improve both eating and physical activity patterns. The grants have rolling deadlines up to April 15th.

Health Education

Say What! Tobacco-Free Conference

The [Texas School Safety Center](#) (TxSSC) is hosting its [2024 Say What! Texas Tobacco-Free Conference](#) from July 21-23, 2024, in Austin, TX. Both youth and adult participants will be able to attend a variety of breakout sessions from Say What! Teen Ambassadors, Say What! youth groups, and experts from diverse fields discussing a range of youth tobacco prevention and implementation topics as well as network and team build with like-minded peers. Group sponsors and other adult participants will be able to attend specialized sessions that focus on strengthening youth-adult relationships and their role as an adult ally. [Registration](#) for the conference closes May 31. For more information on the conference and scholarship opportunities, visit the [Say What! Texas Tobacco-Free Conference website](#).

Nutrition Environment and Services

“Look and Cook” Recipes Video

The [U.S. Department of Agriculture’s Food and Nutrition Service](#) Team published a [“Look and Cook” Recipes Video](#) to share five easy, healthy recipes with families with young children. The video is also available with [audio description](#). Find more recipes and resources on the [Discover MyPlate: Nutrition Education for Kindergarten](#) webpage.

Counseling, Psychological and Social Services

Autism Toolkit

[Texas SPED Support](#) created an [Autism Toolkit](#) with various resources for families and educators with students on the Autism Spectrum. Activity topics include behavior cues, social narratives, communication with teachers and family, task

progress, and more. Detailed instructions, templates, and tips are included in each activity.

Family Engagement

Essentials for Parenting Teens

[The Centers for Disease Control and Prevention](#) released the [Essentials for Parenting Teens resource](#) for parents and caregivers of youth ranging between ages 11 and 17 years old. Topics include understanding and adapting to teen years, coaching, recognizing, and managing emotions, encouraging independence, and praising teens.

Community Involvement

Family-School Partnership Workplan for Engaging Diverse Communities in Healthy Schools

[Action for Healthy Kids](#) released [Family-School Partnership Workplan for Engaging Diverse Communities in Healthy Schools](#), a resource designed to motivate and challenge educators to support, advance and/or adopt effective evidence-based strategies to foster authentic family partnerships. The free resource developed for educators, district staff, families, professional development providers, and key stakeholders working in schools and districts, outlines five evidence-based strategies aimed at driving systemic change within a school district. Share with school staff, parents, and community members.

Quote to Note

"When you are enthusiastic about what you do, you feel the positive energy. It's very simple." –Paulo Coelho

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