

Friday Beat

February 13, 2026, 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

Requesting Input: Updates to the Guidelines for the Care of Students with Food Allergies at Risk for Anaphylaxis

The Texas Department of State Health Services (DSHS) is asking for public input to update the *Guidelines for the Care of Students with Food Allergies at Risk for Anaphylaxis*. Texas Education Code, [Section 38.0151](#) requires every school district and open-enrollment charter school to create and follow a policy for caring for students with diagnosed food allergies who are at risk for anaphylaxis. The policy must follow *Guidelines for the Care of Students with Food Allergies at Risk for Anaphylaxis* developed by DSHS.

DSHS invites the public to review and provide comments on the draft guidelines. A draft of the document was published on the [DSHS School Health Program webpage](#) to provide an opportunity for public comment. Oral and written comments on the guidelines may be directed to the School Health Program by calling 512-776-7279 or emailing SchoolHealth@dshs.texas.gov. Comments will be accepted until February 17, 2026.

DSHS School Health Program Resource Library

The School Health Program is excited to announce that the [Resource Library](#) is now available! This library serves as a centralized site developed to provide Texas school health personnel with easy access to tools, guides, materials and resources. To access resources on specific school health topics, navigate the [School Health Resource Library's pages](#).

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 the [Love is Respect webpage](#) for programs, resources, and planning guides for young people, educators, and families.

School Safety PSAs Contest

The [Texas School Safety Center \(TxSSC\)](#) announced the [2026 Youth School Safety Public Service Announcements \(PSA\) Contest](#). The contest invites middle and high school students to submit a message designed to raise awareness and motivate people to make safer, healthier choices. PSAs can start conversations, correct myths, and encourage students to look out for one another. Selected PSAs will be

featured and recognized for their impact at the Texas School Safety Conference in June 2026. Participating students must [upload](#) their entry before 5:00 p.m. CST Friday, May 1, 2026, with the required documents.

Professional Development

On-Demand School Health Learning Courses

[Action for Healthy Kids \(AFHK\)](#) has expanded their courses for Texas educators on [AFHK's Impact Portal Learning Library](#). The most recent course covers the School Health Index (SHI) Assessment. The course helps schools identify strengths and weaknesses of the health and safety at your school. To access the course, sign up or login to the [AFHK Impact Portal](#).

Staying Safe: School Safety Response Training

The [Texas School Safety Center](#) is offering an in-person [training](#) program with [Safe and Sound Schools](#) and [Advanced Law Enforcement Rapid Response Training \(ALERRT\)](#). This program teaches school safety options for students of different ages and abilities during an active event.

During the spring, Safe and Sound Schools' curriculum and ALERRT's Civilian Response to Active Shooter Events (CRASE) will be available as a six-hour training session for all regional Education Service Centers. To learn more about the training location and to register, please visit the [Staying Safe training webpage](#).

Funding Opportunities

American Lung Association Program Facilitation Scholarships

The [American Lung Association](#) is offering scholarships for school and community professionals to become facilitators in their evidence-based [Open Airways for Schools](#) and [Kickin' Asthma](#) programs. The Open Airways for Schools (OAS) Facilitator Training helps professionals lead the OAS program, by teaching children ages 8 to 11 how to detect warning signs of asthma, avoid their triggers, and make decisions about their health.

The Kickin' Asthma Facilitator Training prepares professionals to run the Kickin' Asthma program, which teaches children ages 11 to 16 practical skills to manage asthma symptoms and illness. Scholarships are limited and will be awarded on a first-come, first-served basis. For more information, [submit an interest form](#).

Free Brain Injury Training and Professional Certificate

The [Brain Injury Association of America \(BIAA\)](#) is offering a [scholarship opportunity](#) to current and future health and caregiving professionals in Texas. Scholarship recipients will get access to BIAA's Brain Injury Fundamentals virtual training and the opportunity to earn a professional certificate on brain injury care at no cost. This is a unique opportunity to gain practical, job-relevant skills for supporting individuals living with brain injury, including stroke and traumatic brain injury. School nurses, counselors, and special education staff are encouraged to submit applications through the [BIAA link](#) by February 27, 2026.

Health Education

Quitting Nicotine During Times of Stress

[Truth Initiative](#) published a [resource](#) discussing three important things to know about quitting nicotine during times of stress. The article shares information on how to handle nicotine withdrawal, the tobacco industry, and offers tips on finding support when going through the quitting journey. Free tools and resources are provided within the article.

Texas Opioid Prevention for Students

The Texas Opioid Prevention for Students (TOPS) is launching a statewide initiative to offer schools K-12th opioid misuse prevention education and resources. The goal of TOPS is to address the youth fentanyl crisis. TOPS will partner with schools to deliver Think Smart, a youth opioid prevention program that includes fentanyl information. Mental and behavioral resources are also available. TOPS can support schools to comply with House Bill 3908 or Tucker's Law, requiring research-based fentanyl education for 6th to 12th grade. All youth opioid prevention education and resources are free. For more information, please visit the [Texas Opioid Prevention for Students](#) website.

Health Services

School Nursing Evidence-Based Clinical Practice Guideline (CPG): Students with Asthma

The [National Association of School Nurses](#) released a free [School Nursing Evidence-Based CPG: Students with Asthma](#) guide to help school nurses assess and manage asthma for students. It supports self-management, medication administration, care coordination, and the creation of asthma policies in schools. It also offers the [CPG Implementation Toolkit: Students with Asthma](#). This toolkit includes tools, sample forms, and resources to help care for students with asthma effectively.

Creating Lung-Friendly Environments for Youth

The [American Lung Association \(ALA\)](#) started a program called [Creating Lung-Friendly Environments for Youth](#). This program helps schools and parents improve air quality, tobacco policies, and management of chronic lung diseases like asthma. Visit ALA's [interactive resource tool](#) and [take the assessment](#) to find ways to improve lung health policies and practices for students and the school community.

Counseling, Psychological and Social Services

Supporting Your Teen: Addressing Depression and Eating Disorders Together

[Families for Depression Awareness](#) posted a recording of their training called "[Supporting Your Teen: Addressing Depression and Eating Disorders Together](#)" which aired in October 2025. This training looks at how depression and eating disorders affect teenagers. It explains how the issues are connected, offers practical tips for supporting teens, and provides information on how to find the right treatment resources.

Physical Environment

School Recycling Guide

[Take Care of Texas](#) published a [School Recycling Guide](#) for teachers and school administrators. This guide helps students to reduce waste through a recycling program. It includes important information on how to gain support from school

administration, create a collection-system, monitor and evaluate progress, involve students, and recognize their efforts.

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