



Texas Department of State  
Health Services

# Friday Beat

## February 25, 2022, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach.

### Announcements

#### Attend the Texas School Health Advisory Committee Meeting

The Texas School Health Advisory Committee will hold its Spring Semester meeting on Monday, February 28, 2022. There is an option to attend virtually through Microsoft TEAMS or in person. View the [agenda and meeting information](#).

#### Apply to be a Texas School Health Advisory Committee Member

If you are interested in issues surrounding school health, you might be interested in joining the Texas School Health Advisory Committee. The Texas Department of State Health Services (DSHS) is currently accepting applications for membership on the committee for parents, nutrition services representatives from a school setting, medical professionals, school professionals, and organization representatives involved with the health of school children. See [more information and access the application](#). All applications are due March 7, 2022.

### Professional Development

#### School-Based Law Enforcement Trainings

The Texas Commission on Law Enforcement will host virtual and in-person trainings for school-based law enforcement officers and school districts. These trainings support compliance with legislative mandates requiring education and training for district peace/resource officers. Topics include child and adolescent development and psychology, mental health, de-escalation, and others. [Register for school-based law enforcement trainings](#).

#### Digital Threat Assessment Training

Digital Threat Assessment was developed by the Texas School Safety Center through the need to keep pace with the ever-evolving technology challenges that students face. The training will use real life case examples from subject matter experts across North America. A significant portion of the day will be spent conducting hands-on searching exercises through the most current social media sites and applications. View virtual and in-person [training dates and registration](#).

#### Pediatric Brain Health Summit

The Texas Pediatric Brain Health Initiative will host the 2022 Pediatric Brain Health Summit virtually on March 7-8, 2022. The theme for this year's summit is "Working Together to Support Relational Health in Families." The initiative works to use the current science on pediatric brain development to help support programs that

promote community resilience and development in Texas' children. View details of the [Pediatric Brain Health Summit](#). Continuing education credits are available.

## **Funding Opportunities**

### **Oliver Foundation Teen Advisory Board Grant**

Teen Advisory Board grants (\$500) are available for middle and high school students who are interested in forming a Teen Advisory Board on their campus. The purpose of a Teen Advisory Board is to create a healthy campus environment, promote healthy choices and mentor younger students. A school sponsor is required to oversee this group of students and submit the grant application. Learn more and [apply for the grant from the Oliver Foundation](#). Applications for this cycle are due by April 15, 2022.

### **Scholarship for High School Seniors with Asthma**

The Texas Allergy, Asthma, and Immunology Society (TAAIS) Memorial Foundation is pleased to announce the 2022 TAAIS Memorial Foundation Asthma Scholarship Award. Applicants for this \$3,000 scholarship must be seniors attending a Texas high school during the 2021-2022 school year who have asthma, and plan to go to college after high school graduation. The deadline to apply is March 1, 2022. Read more about the [TAAIS Scholarship Award](#).

## **Health Education**

### **Mental Health and Wellness Kit**

Say What! Mini-Grant Kits are a free resource to assist youth groups in 6th-12th grade with their youth tobacco and vaping prevention efforts in the school and community setting. The mental health and wellness kit focuses on sharing how dangerous vaping and other nicotine products are to mental health. Youth will learn how to receive free, confidential help to quit. Request the [mental health and wellness kit from Say What!](#)

### **CDC's 2022 National Diabetes Statistics Report**

The National Diabetes Statistics Report provides information on existing and new cases of diabetes and prediabetes. The report shares risk factors for health complications from diabetes and diabetes-related deaths and costs. Read the [National Diabetes Statistics Report](#) to learn more about diabetes and prevention in the United States.

## **Physical Education and Physical Activity**

### **Classroom-Based Interventions to Increase Physical Activity**

The Community Preventive Services Task Force recommends classroom and school-based interventions to increase physical activity. This resource shares the importance of physical activity during childhood and adolescence. Links to studies on physical activity breaks and physically active lessons are provided. View the full [resource on increasing physical activity](#).

## **Nutrition**

### **Report on Breakfast Consumption**

The Michael and Susan Dell Center for Healthy Living released their report on breakfast consumption. Breakfast is an important component of a healthy diet.

Eating a healthy breakfast contributes to improving nutrition and cognitive function in school children. Eating breakfast at home decreases with age, 57.8 percent of 2nd graders compared to 32.5 percent of 11th graders. View the UTHealth flyer to [read the report on eating breakfast.](#)

## **Health Services**

### **Dating Matters Training for Educators**

Take the CDC online Dating Matters training to prevent teen dating violence. Teachers, coaches, and other youth-serving professionals play an important role in preventing teen dating violence. This training will help educators understand risk factors and warning signs of violence. Participants will learn ways to promote healthy relationships. Learn more and view links to the [Date Matters training.](#)

## **Counseling, Psychological and Social Services**

### **2022 Partners in Prevention Conference: Call for Proposals**

The Department of Family and Protective Services (DFPS) is hosting this conference for parent educators, youth service providers, and others with a professional interest in child and family well-being, youth development, and juvenile justice. The 2022 theme is "Anchored in Purpose." Learning session proposals should be submitted by March 23, 2022. The conference will be held in Corpus Christi, TX on September 13-15, 2022. See a [list of topics for proposals](#) and more information.

## **Physical Environment**

### **Take Care of Texas: Celebrate Black History Month**

The Texas Commission on Environmental Quality is highlighting some of the dedicated scientists and educators in the field to celebrate Black History Month. These professionals work across the state to protect the health of their fellow humans and the environment. View videos about electronics recycling, river biodiversity, and more. [Access these video resources](#) from Take Care of Texas.

## **Quote to Note**

"Rank without merit earns deference without respect" - Chamfort

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