

Friday Beat

March 11, 2022, Edition

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

Announcements

2022 Texas School Health Profiles Survey is Underway

The Texas Department of State Health Services (DSHS) Center for Health Statistics has invited principals and teachers from 515 middle and high schools to complete the 2022 [Texas School Health Profiles survey](#). This survey is online and takes about 20 minutes. This survey provides statewide data on policies and practices that can impact student health and academic performance. In appreciation, participants will receive a \$15 Amazon gift code when they submit the questionnaire. Please email the DSHS survey coordinator, Amanda Ingram, at Amanda.Ingram@dshs.texas.gov with any questions.

Professional Development

PAX Good Behavior Game Virtual Training

The PAX Good Behavior Game (PAX GBG) is a school-based, classroom preventative intervention used by educators to teach self-regulation. PAX GBG offers teachers strategies to use throughout their day to build students' behavioral skills and stamina for focused attention and on-task behavior. Research by Johns Hopkins University has shown that students who received PAX GBG are more likely to experience success in school and improved lifetime outcomes. See [PAX GBF training dates and registration](#).

Texas Youth Tobacco Awareness Program Instructor Training

The Texas Youth Tobacco Awareness Program (TYTAP) provides information and skills necessary to quit tobacco and avoid tobacco products in the future. The class is for youth referred by the court, school, or a guardian. If you are interested in becoming a TYTAP instructor, please [complete and submit the TYTAP instructor application](#). Applicants must have a minimum of an associate degree and some experience teaching or working with youth to be considered. The next TYTAP instructor class will be held April 20-22, 2022 in Round Rock, TX. For general questions or more information about the TYTAP instructor application process, email tobacco.free@dshs.texas.gov.

Health Education

Say What! Action Summits: Save the Date

Looking for opportunities to inspire your middle school and high school students to live life vape-free and help educate others to do the same? Say What! Action Summits are back in-person starting in March 2022 and are available for 6th to

12th grade youth groups for free. Participants will receive vaping prevention education, tips and tricks to increase mental wellness, leadership and networking opportunities, as well as community service hours for participating in a local community service project. Read more about the [Say What! Action Summits](#) and save the date of a summit location near you.

Apply: CDC Museum Public Health Academy Online Summer Course

Current sophomores and juniors in high school who will be 16 years old on the first day of the session start date are invited to apply for this online summer course. The course will be a mixture of synchronous and asynchronous components. Topics could include public health interventions, global health, violence prevention, and others. All applications must be mailed by April 1, 2022. Learn [more about topics covered](#) and [how to apply](#).

Physical Education and Physical Activity

Child Physical Activity Report

The Child Physical Activity in Texas one-pager showcases the current state of physical activity for children in Texas. Only 45 percent of middle schools allow students to use gym facilities and equipment outside of school hours. Eighty percent of Texas youth don't meet guidelines of 60+ minutes of physical activity daily. [View the full report](#) from the Michael and Susan Dell Center for Healthy Living for suggestions to increase youth physical activity.

Nutrition Environment and Services

Grow Your Own Salad Lesson Plan

Kids Gardening offers a free lesson plan to support young people growing their own salad during any season. The lesson plan includes a materials list, description, and specific instructions. The lesson can be used with a wide age range of young people. Download the [full lesson plan from Kids Gardening](#).

Health Services

Centers for Disease Control and Prevention Recommended Immunization Schedules 2022

In collaboration with healthcare partners, the Centers for Disease Control and Prevention has updated versions of the recommended U.S. immunization schedules for children, teens, and adults. This schedule includes the age-based routine vaccination schedule for children and teens. The schedule also includes the approved catch-up immunization schedule for people age 4 months through 18 years who start vaccination late or who are more than one month behind. View the [CDC's schedule changes and guidance](#).

School Nurse Self-Paced Course: Human Papillomavirus Vaccination in Schools

UTHealth has developed this self-paced course for school nurses. Topics include why the Human Papillomavirus (HPV) vaccine is important, school nurses as champions, effective strategies for communicating with parents, and much more. Continuing nursing education credit is available. [Register for the HPV course](#).

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.

Employee Wellness

Build a Better District Wellness Policy Webinar

This webinar will teach participants how to use [Healthier Generation's digital policy builder tool](#). Users can select evidence-based practices, add state or local policy requirements, and collaborate with district leadership to update wellness policy for school board approval. The webinar will take place on March 24, 2022 at 1:00 p.m. Central Time. [Register for the wellness policy webinar](#) and access the tool.

Community Involvement

Community Prevention Program

The Community Prevention Program focuses on relieving the burdens related to tobacco use and the COVID-19 pandemic. The program provides training opportunities and resource materials to educate and empower community members to support and create healthier individuals and communities. Participants will learn how to mitigate the impacts of all tobacco and nicotine products use and the effects of tobacco advertising and the pandemic. [Access trainings and prevention kits](#) from the Texas School Safety Center.

Quote to Note

"If life were predictable, it would cease to be life and be without flavor."
– Eleanor Roosevelt

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