

Friday Beat

March 18, 2022, Edition

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

Announcements

Rabies Awareness & Prevention Poster Contest

The Department of State Health Services (DSHS) Zoonosis Control Branch will be conducting its annual statewide "Rabies Awareness & Prevention Poster Contest" for K through 12th grade. Students who participate will learn about rabies and the importance of rabies vaccinations for their pets, and respecting wildlife from a distance. Participants also will learn about the need to notify adults if they think they may have been exposed to an animal with rabies. The Zach Jones Memorial Fund provides generous prizes for winners in each age group (Kindergarten and grades 1-2, 3-5, 6-8, and 9-12). The poster contest can be used as an informational or procedural text assignment or as an extra credit project. The deadline for poster submission is April 8, 2022. Download information about the [rabies awareness and prevention poster contest](#).

Professional Development

Texas School Safety Conference

The Texas School Safety Conference will be held in San Antonio from June 19-23, 2022. The conference will focus on building school safety into daily routines and collaboration with community partners. Participants will leave with connections and strategies to implement in their own school and district. Register for the event by May 27, 2022 for a discounted rate. Read more and register for the [Texas School Safety Conference](#).

Current Online Behavioral Trends Lunch and Learn

This lunch and learn experience will complement the Digital Threat Assessment (DTA) training. Participants will gain understanding of the ever-changing digital landscape and include a live question and answer session with Safer Schools Together Threat Analysts. Participants will learn information about school safety, case scenarios, trends, and risk behaviors. View dates and register for the [virtual lunch and learn events from the Texas School Safety Center](#).

Health Education

Me and My Emotions Lessons

Me and My Emotions empowers people ages 13+ by building resilience skills. Its lessons and activities are adapted for the web from The Dibble Institute's Mind Matters: Overcoming Adversity and Building Resilience program. Young people can

work through lessons and activities on the website to build skills. Learn more about [Me and My Emotions](#) and view the lessons and activities.

Nutrition Environment and Services

United States Department of Agriculture (USDA) MyPlate Tools

Use the tools provided by [USDA MyPlate](#) to increase student knowledge in nutrition. As young people become more independent, the responsibility of food choices become their own. By increasing knowledge around food groups and healthy calorie allowance, young people can be equipped to make healthy choices. Tools include quizzes, apps, and calculators to plan for and practice healthy behaviors.

Health Services

Vision and Hearing Screening Reporting

The reporting period for vision, hearing, and spinal screening is open. Schools are required to submit the results to the Department of State Health Services online in the Child Health Reporting System (CHRS) by June 30 of each year. After June 30, the reporting system shuts down and late reports cannot be submitted. View the [screening annual reporting flyer](#) for more information. Go to the [Child Health Reporting System](#) to begin reporting now.

Request a Centers for Disease Control and Prevention (CDC) Ambassador

If you are hosting a career day, health fair, or other demonstration at a community or school event, you can request a CDC Ambassador. Currently, ambassadors are available for virtual or remote events. Ambassadors can share interactive resources and give presentations on different health topics. See more information and [submit a CDC Ambassador request](#).

Counseling, Psychological and Social Services

Texas Lifestyle Calculator

It's difficult to predict the future, but it's never too early to start planning for it. Texas Reality Check will show cost of living expenses, and the amount of earnings needed to pay for them. Created by the Texas Workforce Commission, counselors can use this tool with students to realistically plan for future expenses and build a foundation for financial health. A lifestyle calculator, occupation calculator, and quick view calculator are all accessible at [Texas Reality Check](#).

Physical Environment

The Rio Grande Educational Video

Take Care of Texas released an educational video about conservation and preservation of rivers in Texas. Rivers are an important natural resource in Texas because they are a vital habitat for wildlife. Additionally, the Rio Grande serves as the international boundary between the United States and Mexico. Watch the [Take Care of Texas video](#) to learn about how these two countries work together and how everyone can protect Texas rivers.

Employee Wellness

How Right Now Campaign Resource

This Centers for Disease Control and Prevention (CDC) sponsored resource encourages individuals to truthfully share how they are feeling. Based on what is

felt, the site prompts individuals to resources for their specific needs. The resource can be shared with staff and community members as additional support for ongoing stress. View the CDC's [How Right Now](#) resource for support.

Family Engagement

Plants and Children Grow Healthy Together Webinar

Outdoor learning environments encourage diversity of children's play experience and contribute to healthy development. This program will review research relating to the benefits nature has on child development. Parents, educators, and landscape designers will learn which plants enhance learning experiences in early childhood programs, schoolyard classrooms, and backyards. The webinar will be on April 6, 2022. [Register for the webinar](#) hosted by the Texas Children in Nature Network.

Child Physical Activity Toolkit

The Child Physical Activity Toolkit is based on evidence, best-practices, and findings from an external messaging campaign conducted in 2019 for the Michael & Susan Dell Center for Healthy Living. Use this toolkit to learn about the current physical activity crisis in Texas and how you can impact our state's health. This toolkit includes physical activity suggestions, wellness plans, and more for parents, schools, communities, and policy makers. See the [Child Physical Activity Toolkit](#) from the Michael and Susan Dell Center for Healthy Living.

Quote to Note

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough." - Oprah Winfrey

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