

Friday Beat

March 25, 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.

Emergency Medical Service (EMS) Evaluation After Administering Epinephrine in Schools

The Texas Department of State Health Services (DSHS) School Health Program and the Stock Epinephrine Advisory Committee released the EMS Evaluation after Administering Epinephrine in School document. The two-page educational document provides a brief overview of the unassigned epinephrine policy and provides resources on best practices after administering epinephrine in schools. Find the educational document under General Information and Resources on the School Health Program's [Epinephrine Auto-Injector Resources for Schools](#).

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 [Senate Bill 11](#), 86th Texas Legislature, Regular Session, 2019 which mandates requiring education and training for district peace/resource officers. Topics include child and adolescent development and psychology, mental health, de-escalation, and more. View registration and more information from the [Texas School Safety Center](#).

SHAPE America National Convention and Expo 2022

The SHAPE America Convention will be held on April 26-30 in New Orleans. Health and physical educators will network, exchange ideas and attend educational sessions. Attendees also will visit the exhibit hall for new products, resources, and services for classrooms. Learn more about the [SHAPE America National Convention](#) and preview program components.

Funding Opportunities

Texas Clean School Bus Program

The Texas Commission on Environmental Quality is currently accepting applications for the Texas Emissions Reduction Plan (TERP) [Texas Clean School Bus program](#). Grants are available to reimburse up to 80% of the cost to replace a school bus with a newer, cleaner model, or up to 100% of the cost to retrofit a school bus. Grants are offered state-wide for school districts, charter schools, and transportation systems provided by countywide school districts. Applicants must replace or retrofit school buses operating on a regular daily route to and from school. Applications will be accepted on a first-come, first-served basis until 5:00 p.m. on October 20, 2022 or until all available funding is awarded.

Health Education

New Youth Vaping Prevention Brochures Available

The Texas Department of State Health Services (DSHS) Tobacco Prevention and Control Branch created new vaping brochures and fact sheets to educate Texas youth and young adults about the dangers of vaping. These resources help youth and young adults quit vaping. Download resources from [DSHS Tobacco Prevention and Control Program](#). Schools also may order brochures from the [HHSC Warehouse](#).

Physical Education and Physical Activity

Good Sports Equipment Donation Application

Good Sports drives equitable access in youth sports by donating new sports equipment, apparel, and footwear. Good Sports works with organizations in high-need communities serving youth ages 3-18. The goal of the organization is to increase participants, enhance youth experience, and create new opportunities for physical activity. Read more about [applying for donations from Good Sports](#).

Health Services

Texas School Mental Health Resource

The Texas Education Agency, Advancing Wellness and Resiliency in Education, and Texas Institute for Excellence in Mental Health partnered to create the [Texas School Mental Health website](#). The website strives to provide districts and campuses with the resources and tools needed to develop a comprehensive school mental health system. Free toolkits, training, and events are all available on the website.

Counseling, Psychological and Social Services

Prevention and Intervention Targets for Adolescent Mental Health

The Journal of Adolescent Health released a study about adolescent mental health and the pandemic. The longitudinal study identifies young adolescents who are most vulnerable to the psychological toll of the pandemic. The article provides insights to inform strategies to help adolescents cope better in times of crisis. Read the [article on pandemic's toll on adolescents](#) from the Journal of Adolescent Health.

Social and Emotional School Climate

Summer Learning Toolkit

During the summer, low-income students lose ground compared to their wealthier peers. But summer can also be a time to help level the playing field through high-quality, summer learning programs. Research shows that summer programs

produce measurable benefits in math, reading and social and emotional learning. Read and download the Wallace Foundation's [summer learning toolkit](#).

Navigating Social and Emotional Learning from the Inside Out: Report on Social and Emotional Learning (SEL) Programs

This report is an updated and expanded guide to evidence based SEL programs. The guide offers detailed information on 33 pre-K through elementary school programs, encompassing curricular content and program highlights. Practitioners from schools, early childhood education providers and out-of-school time can use this resource to look inside and across programs. The guide helps to better understand program content and assess program fit with their district or community needs. Download the [report from the Wallace Foundation](#).

Physical Environment

Healthy Indoor Environments in Schools Webinars

The Indoor Air Quality Tools for Schools Program recorded a series of [webinars on healthy indoor environments in schools](#). The webinars include information about ventilation and cleaning practices, intended to help school staff in responding to concerns in their facilities.

Family Engagement

Get Parenting Tips: Understanding Your Teens

Hearing a teen's point of view can help parents better understand the challenges and fears they face. In this video teens share their experiences of what it's like being a teen today and what parents can do to help them address pressures.

[Access this resource and more tools to support teens](#) from the Department of Family and Protective Services.

Families for Depression Awareness Webinar: Creating Healthy Tech and Media Habits with Your Teen

The Families for Depression Awareness group is hosting a webinar on April 12, 2022 at 6:00 PM Central Time. Teens' time with screens is ever-increasing in a COVID-19 world. There are steps parents and caring adults can take to help teens navigate technology in a savvy and healthy manner. Create a plan with your teen for introducing limits when their device is already part of their life. Register for the [webinar on media habits and teens](#).

Quote to Note

"If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success." - James Cameron

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