



Texas Department of State
Health Services

Friday Beat

April 29, 2022, Edition

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

Professional Development

It's Time Texas Virtual Workshops

The It's Time Texas Regional Workshop Series is a free virtual series that aims to empower local health champions with the skills, knowledge, resources, and connections to improve health within their schools, workplaces, and communities. It is a collaboration between It's Time Texas, SNAP-Ed, and regional constituents. This workshop series will include networking between participants, interactive presentations, and inspirational thought leaders with relevant community health insights. Workshop content will highlight local health needs and provide participants with professional education, networking opportunities, and examples of collaborative partnerships addressing chronic disease prevention through the lens of health equity. [View event information and register for the It's Time Texas regional workshops.](#)

Health Education

The Teen Brain: 7 Things to Know

The National Institute of Mental Health published a [fact sheet on the teen brain](#). This downloadable fact sheet includes information on teen brain development, resilience, and more. The fact sheet also includes mental health resources.

Centers for Disease Control and Prevention (CDC) Teen Newsletter: Emergency Operations

[April's CDC Teen Newsletter](#) focuses on an overview of emergency operations. This edition also discusses the role of organizations such as the Center of Preparedness and Response. It includes information on the use of the National Incident Management System. Use this resource to support students' understanding of emergency management and to introduce potential career paths.

Nutrition Environment and Services

Centers for Disease Control and Prevention (CDC) Health Schools Partner Toolkit

A healthy [school nutrition](#) environment provides students with nutritious and appealing foods and beverages. It also provides consistent and accurate messages about good nutrition, and ways to learn about and practice healthy eating. The Oak Ridge Associated Universities (ORAU) prepared a toolkit of resources for the CDC to support the school nutrition environment and services. Explore the [CDC's Healthy](#)

[Schools Toolkit](#) including webinars, guides, articles, and ready-to-go handouts to share with staff and families.

Health Services

Asthma 411 Webinar: Resources and Lessons-learned for School Asthma Programs

[Asthma 411](#) is a school asthma program in Tarrant County that began as a CDC project in 2003. Efforts to bring the program to Tarrant County began in 2013. Today, eleven school districts within the county have adopted the program. The Asthma 411 webinar will review available resources and lessons learned, including using school data to mark program success. [Register for the Asthma 411 webinar](#) before the event date, May 5, 2022.

Centers for Disease Control and Prevention (CDC) Developmental Milestones

The CDC has released revised developmental milestones and tips to support early child development. Since 2004, CDC's "Learn the Signs. Act Early." program has offered developmental milestone checklists and other free materials. These resources help caregivers track children's milestones and take action on early developmental concerns. The resources have been revised recently to be more useful, relevant, and timely. [View CDC's developmental milestones resources.](#)

Counseling, Psychological and Social Services

Texas Youth Helpline

The Texas Department of Family and Protective Services (DFPS) operates the Youth Helpline, which provides free and confidential services to youth, their parents, and other family members of youth in crisis. The helpline helps callers to find a counselor, safe shelter, legal information, other local referral information, or just to have someone to talk to. Trained staff and volunteers will listen and not judge. Staff can help brainstorm solutions and connect callers with resources that can help them take the next step if needed. Most referrals are low or no cost services. The [Texas Youth Helpline website](#) has more information. Call 1-800-989-6884 for support.

Foster Care and Student Success Guide

The Texas Education Agency (TEA), DFPS and the Children's Commission released an updated [Foster Care and Student Success Resource Guide](#). The guide includes new laws, resources, and key updates. It also includes information on the Every Student Succeeds Act and Trauma-Informed Education. Use this guide to support the success of students living in foster care.

Social and Emotional School Climate

Wallace Foundation Summer Learning Toolkit

During the summer, low-income students lose ground compared to their wealthier peers. Summer also can 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. Learn more about summer learning and download the [Summer Learning Toolkit](#) from the Wallace Foundation.

Physical Environment

Creating Healthy Indoor Air Quality in Schools

The Environmental Protection Agency has produced [resources to promote healthy indoor air quality](#). These resources share information for schools, parents, and students to make an impact on indoor air quality. Schools can download toolkits, review renovation guidance, and view training webinars. Information on the benefits of healthy indoor air quality are included.

Community Involvement

Youth Perspectives on Designing Equitable Out-of-School-Time Programs

The Wallace Foundation did a literature review and set of interviews to understand challenges to out-of-school-time programs. The report includes recommendations such as eliminating exclusionary and discriminatory behaviors by program staff members and participants. Download and use the [full Wallace Foundation report](#) as a guide to support design and implementation of after-school and summer programs.

Quote to Note

“Life is a progress, and not a station.” - Ralph Waldo Emerson

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