



Texas Department of State
Health Services

Friday Beat

May 20, 2022, Edition

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

Announcements

May is National Adolescent Health Month

The U.S. Department of Health and Human Services (HHS) Office of Population Affairs (OPA) is celebrating [National Adolescent Health Month](#). Adolescent health encompasses many aspects of health and well-being. OPA believes young people should have the resources, tools, and skills needed to make informed decisions. View [resources for Adolescent Health Month](#) from OPA.

Professional Development

Texas School Safety Center (TxSSC) Conference - Keeping School Safety a Priority: A Collaborative Approach

The TxSSC is hosting the 2022 Texas School Safety Conference in San Antonio on June 19-23, 2022. The conference will focus on building school safety into daily routines. There will be discussions on community partnership and collaboration. Participants will gain connections and strategies to implement in their own school and district. [Register for the conference](#) by May 27, 2022, for a discounted rate. View the [Texas State website for more information about the conference](#).

National Association of School Nurses (NASN): School Emergency Triage Training (SETT)

The NASN has SETT to support school nursing practice. SETT provides school nurses with the knowledge, skills, and training resources to lead school-based Disaster Response Teams. Training includes information on how to perform triage in response to mass casualty incident events. Individuals and schools interested in bringing SETT to their area should contact Stephanye White at swhite@nasn.org. View [full training program details](#) and read about continuing education credits.

Funding Opportunities

Oliver Foundation Teen Advisory Board Grants

[Teen Advisory Board grants](#) (\$500) from the Oliver Foundation are available for middle and high school students. Teens must have interest 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. The next deadline for applications is July 15, 2022.

Health Education

Risks of E-cigarettes for Kids, Teens, and Young Adults

The Centers for Disease Control and Prevention (CDC) Office on Smoking and Health released a new resource. View [quick facts on the risks of e-cigarettes for kids, teens, and young adults](#). Use this resource with students and family members to inform them about the dangers of e-cigarettes.

World No Tobacco Day - May 31, 2022

The CDC and World Health Organization recognize World No Tobacco Day on May 31, 2022. The CDC offers information about the impact of tobacco on youth and resources for quitting. Use the [World No Tobacco Day resource](#) in health classes and as a support for students trying to quit.

Physical Education and Physical Activity

National Physical Fitness and Sports Month

The HHS Office of Disease Prevention and Health Promotion (ODPHP) celebrates [National Physical Fitness and Sports Month](#) in May. This resource includes social media messages and posters to promote fitness [for kids and teens](#). View additional resources such as toolkits and fact sheets on the [Move Your Way campaign page](#).

Texas Education Agency (TEA) Physical Fitness Assessment

Texas Education Code, Chapter 38, [§38.101](#) and [§38.103](#), requires the fitness levels of all public-school students to be assessed at least once annually. This applies to those who are in grade 3 or higher and those who are enrolled in a physical education course or any physical education substitute course or activity. To stay current with information about the Physical Fitness Assessment Initiative, access the [TEA's Quick Start Guide](#). All fitness data must be submitted through the TEA Login on or before 5:00 p.m. CDT on June 10, 2022.

Health Services

CDC Healthy Schools Partner Toolkit

School nurses and other health care providers play a large role in the daily [management of students' chronic health conditions](#). School health services staff provide coordination of care and overall support. Explore resources from [CDC's School Health Services Toolkit](#) to help students manage their chronic health conditions. These resources include webinars, guides, articles, and ready-to-go handouts to share with staff and families.

Mental Health Resources for K-12 Schools

The U.S. Department of Homeland Security, U.S. Department of Education, U.S. Department of Justice, and HHS created [SchoolSafety.gov](#) to share actionable recommendations to keep school communities safe. The SchoolSafety.gov [Mental Health Resources for K-12 Schools](#) publication aims to make schools safer by improving school connectedness and access to mental health services. The publication includes facts, figures, and resources from the CDC and other national stakeholders.

Quote to Note

"The best and most beautiful things in the world cannot be seen or even touched — they must be felt with the heart." -Helen Keller

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