

# Friday Beat

June 9, 2023, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach. The *Friday Beat* is a free publication of the Texas Department of State Health Services. It is edited and compiled by the [School Health Program](#).

## Announcements

### Update – Centers for Disease Control Recommended Immunization Schedules

We have updated the [May 26 Friday Beat edition](#) to include Texas Schools' vaccine requirements. When planning for school year 2023-2024, access the [Texas Minimum State Vaccine Requirements for Students Grade K-12](#).

### National Scoliosis Awareness Month

The Scoliosis Research Society celebrates National Scoliosis Awareness Month in June. Scoliosis Awareness Month highlights the growing need for scoliosis education, early detection, awareness, and its prevalence within the community. Take this opportunity to unite people with scoliosis, families, medical professionals, and others to develop local activities and events throughout the month. Visit the [Scoliosis Research Society](#) to learn more.

## Professional Development

### 2023 National School-Based Health Care Conference

The [National School-Based Health Alliance](#) is hosting its annual conference to connect health care professionals, education professionals, and advocates across the nation. This year's theme is "Celebrating and Growing the Workforce." Attendees will explore the innovative ways school-based health centers serve their rural, urban, and suburban schools and communities by promoting wellness and overall health. The in-person event will take place in Washington D.C. at American University Washington College of Law from June 26 to June 28. Visit the [conference registration page](#) for more details.

### HEADS UP Online Training Course

The [CDC](#) created "HEADS UP to Schools: Online Concussion Training for School Professionals." This course is an online training designed to educate school staff on how concussions may affect student learning, how to identify concussions, and how to help students return to school after a concussion. For more information and the link to attend the training visit the [HEADS UP webpage](#).

### Webinar: Summer Safety – Injury Prevention in Infants and Children

Summer is a time for outdoor fun and travel for many, but injuries and deaths due to car accidents, heat strokes, falls, drownings, and other causes are all too

frequent. The HHSC [Office of Disability Prevention for Children](#) and the [Center for Children's Health](#) at Cook Children's Healthcare System is hosting a webinar on June 29 from 10:00 AM-11:30 AM. Presenters will address these issues and offer practical tips and resources to promote infant and child injury safety. Share [registration details](#) with parents, providers who work with families, and others caring for infants and children throughout the state.

## **Funding Opportunities**

### **FY 2024-2025 Stronger Connections Grant**

[The Texas Education Agency \(TEA\)](#) is now accepting grant applications with a goal of supporting systemic change in how school districts address and respond to bullying, violence, and acts of hate. Objectives include providing safe, inclusive, and supportive learning environments to improve academic achievement as well as the mental, behavioral, emotional, and physical health and well-being of students. Applicants will have to work with the Texas Center for Student Support to develop and put in place a student support program. Notice of intent to apply for the grant is due June 30 and the application is due July 18. More information and funding specifics are posted on the [TEA Grant website](#).

## **Health Education**

### **Youth Tobacco Cessation**

The [American Academy of Pediatrics](#) (AAP) published information on the importance of helping youth quit tobacco usage and how pediatricians can help youth quit successfully. The [Youth Tobacco Cessation webpage](#) includes various resources school nurses and staff can refer to on ways to support youth, nicotine replacement therapy, and other cessation resources.

## **Physical Education and Physical Activity**

### **Family Health and Fitness Day 2023**

The [National Recreation and Park Association](#) (NRPA) recognizes the second Saturday in June as Family Health and Fitness Day. This year it will take place on June 10 as a special day to promote the importance of parks and recreation in keeping communities healthy and active. Families are encouraged to participate. Visit the [Family Health and Fitness Day](#) webpage for resources on health and wellness benefits of parks and recreation.

### **Junior Ranger Youth Explorer Program**

Texas Parks and Wildlife has a [Junior Ranger Youth Explorer Program](#) to help kids spend time outside. Free, downloadable ranger journals are available to encourage participation. The program includes ideas to promote outdoor activities. Use this resource with kids during summer programming or share it with families to increase engagement.

## **Nutrition Environment and Services**

### **Summer Food, Summer Moves Resources**

The United States Department of Agriculture (USDA) [Team Nutrition](#) created an [online resource kit](#) designed to get kids and families excited about healthy eating and physical activity during the summer months. The kit focuses on using music,

games, art, and movement as avenues of learning and motivation to include healthy life choices. The kit encourages kids and families to choose more fruits and vegetables, choose water instead of sugary drinks, get enough physical activity every day, and limit screen time. Share the activity guides and other resources with parents, caregivers, and families.

## **Counseling, Psychological and Social Services**

### **K-12 Bystander Reporting Toolkit**

Cybersecurity and Infrastructure Security Agency (CISA) [School Safety Security Taskforce](#) partnered with the U.S. Secret Service National Threat Assessment Center to develop the [K-12 Bystander Reporting Toolkit](#). The design of school safety reporting programs is to provide students and other community members seeking help and reporting student wellness or safety concerns. The toolkit offers strategies and guidance that K-12 schools and school districts can use to enhance safety reporting programs and encourage witness reporting.

## **Family Engagement**

### **Summer Safety**

The CDC has information and resources on keeping kids safe this summer. With summer comes the opportunity for various outdoor activities. Exposure to the sun, excessive heat, and water can be dangerous without proper preparation and protection. Share this CDC [webpage](#) with parents and caregivers to learn about sun safety, water safety and staying safe while at home, work, or play.

### **Texas Parent to Parent Conference**

Texas Parent to Parent is hosting its annual conference from July 14 to July 15 in San Marcos, Texas. [Texas Parent to Parent](#) provides support, information, and education for families of children and adults with disabilities, chronic and mental health conditions, and other health care needs. During the conference, parents can learn about ways to respond to issues and challenges they face daily in caring for their children. View the [event page](#) for registration and more information.

## **Quote to Note**

“The groundwork for all happiness is good health.” –Leigh Hunt

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