



Friday Beat

July 21, 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

Prepping for Back to School

In preparation for the new school year, the Texas Department of State Health Services (DSHS) provides [information on the required vaccines](#) to keep children from kindergarten through 12th grade healthy, happy and prepared for their education. To help residents keep track of their vaccination records, DSHS maintains the Texas [Immunization Registry \(ImmTrac2\)](#). ImmTrac2 keeps vaccination records for people who have opted into the registry. Share these resources with parents, families, and community members as we go into the new school year.

Professional Development

The Emerging School Nurse Leader Role in Decreasing School Absenteeism in Children with Migraine Headache

The [National Association for School Nurses](#) offers this self-paced program for 1.0 Continuing Nursing Education contact hour. This program includes information about the Headache Action Plan Project for Youth, a framework for timely identification and effective management of childhood migraines. Content is also provided on the school nurse's role as leader of school-based health to help manage childhood migraines while at school. Share the [registration page](#) with local school nurses.

Health Education

Youth Vaping Prevention and Resources to Quit

[Truth Initiative](#) and [Kaiser Permanente](#) in collaboration with the [American Heart Association](#) launched [Vaping: Know the Truth](#), a free digital vaping prevention curriculum. In addition to encouraging students to live vape-free lives, this self-led interactive-curriculum offers resources to help young people who are currently using e-cigarettes to quit through a text message youth quit vaping program called [This is Quitting](#). Download the course overview and learn more on the curriculum webpage.

Resources for Tobacco-Free and Vaping-Free Schools

[Alliance for a Healthier Generation](#) published resources to strengthen district policies, support tobacco-free and vaping-free environments, and focuses on the use of healing practices to curb tobacco use. [Free resources](#) include a tobacco-free district model policy, an integrative assessment, and tools to help create an action plan to track progress, download data reports, and more.

Physical Education and Physical Activity

Walk Across Texas! Youth

[Texas A&M AgriLife Extension](#) is promoting [Walk Across Texas! Youth](#), a free 8-week walking challenge designed to help Texas youth be more active and establish the habit of regular physical activity. Year-round participation is encouraged using locally sponsored program activities. Resources, lesson plans, and registration information are available on the program webpage.

Tips for Active Families

[Be Active Kids](#) published [5 tips to encourage families to be active together](#), including ways to make active play fun, making moving a priority, budget-friendly activities, ways to be active inside and outside, and how to get active with other families. Share this resource with parents and families this summer.

Nutrition Environment and Services

Discover MyPlate: Look and Cook Recipes

The United States Department of Agriculture (USDA) [Discover MyPlate team](#) created [recipes families can make together this summer](#). The pictorial recipes, along with an instructional video can be used as a guide and offer kids a simple and visual way to prepare healthy snacks. Recipes have been “kindergarten-tested” by teachers and students. Each recipe is printed in English and Spanish.

Healthy Meals Incentives Recognition Awards for School Food Authorities

[Action for Healthy Kids](#) is offering Recognition Awards to celebrate School Food Authorities that have made significant improvements to the nutritional quality of their school meals. The Recognition Awards will spotlight innovative practices, student and community engagement activities, and strategies schools are using to provide meals that are consistent with the [2020-2025 Dietary Guidelines for Americans](#). Information on the categories and criteria, application portal, and helpful resources to complete the application can be found on the [Recognition Awards page](#). Applications will be accepted on a rolling basis through June 30, 2025. Applicants will be notified of their results within two months of submission.

Counseling, Psychological and Social Services

Anxiety Resources

Kids can develop anxiety from many things, such as interactions with new animals, being separated from their parents, or doing something embarrassing. [The Child Mind Institute](#) created a resource page covering a variety of topics related to anxiety in kids. Anxiety can show up in a lot of different ways, including headaches, stomachaches, extreme shyness, and tantrums. Explore the [anxiety resources page](#) for topics include parenting anxious kids, anxiety in schools, specific phobias, and information on different types of anxiety.

Community Involvement

Implementing School Health Advisory Council (SHAC) Mandates Webinar

[Action for Healthy Kids](#) is hosting a webinar on August 9th at 11:30AM to discuss implementing the new rules for SHACs that were passed in 2021. Join Jasmine Wightman, Senior Attorney with Texas Association of School Boards as she provides guidance on what and how these rules affect local SHACs and curriculum approval processes. Visit the [registration page](#) for more details.

Quote to Note

“The most important thing is to try and inspire people so that they can be great in whatever they want to do.” –Kobe Bryant

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