



Friday Beat

April 19, 2024, 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

Members Sought for Stock Epinephrine Advisory Committee

The [Stock Epinephrine Advisory Committee \(SEAC\)](#) advises the Texas Department of State Health Services (DSHS) commissioner on the storage and maintenance of epinephrine auto-injectors. DSHS is accepting applications for committee membership in three categories:

- An employee from a public junior college or public technical institute.
- A physician with expertise in treating anaphylaxis and specialization in emergency medical services, pediatrics, allergies, asthma, or immunology, and;
- A registered nurse employed in a school district in an urban or suburban area as a health services coordinator or school nurse, and possess additional training or education in emergency response, allergies, or allergic reactions.

Interested applicants should visit the [SEAC webpage](#) to complete the application online. Word document versions of the application are available upon request. We must receive your application before 11:59 p.m., April 26, 2024. For more information contact the School Health Program at schoolhealth@dshs.texas.gov or (512)-776-7279.

Celebrate Every Kid Healthy Week

[Action for Healthy Kids \(AFHK\)](#) is celebrating [Every Kid Healthy Week](#) from April 22-26, 2024, this year. Every Kid Healthy Week is an annual celebration of school health and wellness achievements. Each day shines a spotlight on the actions schools and families are taking to improve the health and wellness of their kids, linking nutrition, physical activity, mental health, and learning. View tips to reinforce and model healthy habits at school and home by visiting the [AFHK event resource webpage](#).

Health Ambassadors for a Ready Texas Seeking Applicants

The [Texas Department of Agriculture](#) is seeking 9th, 10th, and 11th grade student leaders for the 2024-2025 school year to work with their school's nutrition teams to promote school lunches, healthy eating, and the importance of Texas agriculture. Applications are open to join the Texas Department of Agriculture's [Health Ambassadors for a Ready Texas \(HART\) program](#). For more information or to apply, visit the [HART program webpage](#). [Applications](#) close August 23, 2024.

Safe School Ambassadors Youth Advisory Board

The [Texas School Safety Center \(TxSSC\)](#) is looking for young people that are passionate about educating their peers on the importance of living a healthy, drug-free life, increasing awareness about teen mental health concerns, and helping create positive school climates where friends and peers feel happy and safe. The TxSSC [Safe School Ambassadors Youth Advisory Board](#) will host awareness and prevention projects throughout the FY25 school year and work closely with Center staff to develop future trainings and events for youth to engage in school safety initiatives. [Applications for the 2024-2025 Safe School Teen Ambassadors Youth Advisory Board](#) are now open and due by May 31.

Professional Development

Texas Autism Conference

[Texas Education Agency's Texas SPED Support](#) is hosting the annual [Texas Autism Conference](#) in person from June 20-21 and virtually from June 20-22. Additionally, a Family Day is being hosted on June 22nd. The goal of the conference is to promote increased awareness and understanding of evidence-based practices, interventions, standards, and services in autism. Attendees will participate in professional development and networking opportunities curated for families, students, educators, and professionals. Registration information can be found on the [conference webpage](#).

Training, Education, Assistance, Mentorship, and Support (TEAMS) Online Course

The [American Academy of Pediatrics](#) developed the [TEAMS program](#) to help school districts improve their health services. The [TEAMS Online Course](#) is an action-oriented guide to assist in the health services improvement process. The course is self-paced and is intended to be completed by a team that includes the school district's lead nurse/health service coordinator, a local health department partner and a physician partner. Share this resource with school staff and members of the community.

Health Education

Resources to Help Teens Quit Smoking and Vaping

The [American Lung Association](#) published a variety of [teen tobacco and education resources](#) that offer tools to not only talk to kids about the dangers of tobacco but to help them quit if they have already become addicted. These resources provide valuable information and facts, as well as programs and training for facilitators interested in delivering educational programs in local schools. Please share this information with parents, teachers, and school administrators to help spread awareness and promote healthy habits among teenagers.

Physical Education and Physical Activity

2024 National Physical Education Standards

The [Society of Health and Physical Educators \(SHAPE America\)](#) released the new [2024 National Physical Education Standards for 2024](#). These standards outline the knowledge and skills that a student should possess as a result of a highly effective physical education program. They provide a crucial framework for ensuring that

physical education programs are consistent and of high quality across the country and promote the holistic development of students.

Nutrition Environment and Services

Preventing Childhood Obesity: 5 Things Families Can Do

The [Centers for Disease Control and Prevention](#) shared a [resource](#) on how childhood obesity has many contributing factors such as genetics, eating patterns, physical activity levels, and sleep routine. The [link](#) provides five measures parents and caregivers can implement to help their children maintain a healthy weight and develop lifelong healthy habits. Together, families can model a healthy eating pattern, move more as a family, set consistent sleep routines, and replace screen time with family time. Families can view the [resources](#) online to set up lifelong health habits at home.

Family Engagement

Restorative Discipline Practices

[Texas Education Agency](#) is offering [Restorative Discipline Practices \(RDP\) Training](#), which is a new video series aimed at empowering parents with effective communication and restorative practices at home. This series is designed to align home environments with the restorative approaches taught in schools, ensuring a consistent and supportive experience for children. Register for upcoming RDP trainings by visiting the [RDP Training webpage](#).

Community Involvement

5-Week Guides for Creating a Caring School Community

The [Alliance for a Healthier Generation](#) created [5-Week Guides](#) to help educators foster positive relationships and build a caring, supportive school community. These guides provide educators with resources used to co-create a caring, supportive in-person and/or virtual school environment. Access the guides to learn how schools can support staff, students, and families to build a caring school community.

Quote to Note

“Develop a passion for learning. If you do, you will never cease to grow” –Anthony J. D’Angelo

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