



Friday Beat

May 3, 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

Apply to be a Texas School Health Advisory Committee Member

Are you interested in working on matters related to school health? If so, you might be interested in joining the [Texas School Health Advisory Committee](#). The Texas Department of State Health Services (DSHS) is currently accepting applications for membership on the committee for a registered nurse employed by a school district, open-enrollment charter school, or private school as a school nurse. Please visit the [DSHS website](#) for more information and to access the application. Applications are due May 17, 2024.

Participate in a Short Survey to Improve School Health

The Texas Department of State Health Services (DSHS) is working hard to improve the health of school children across the state and we'd like to hear from you! Be on the lookout for a survey coming to your inbox via GovDelivery early next week. Your participation is valuable and will help shape the future of school health in Texas. As a token of our gratitude, all respondents who complete the survey will receive a financial incentive and those who complete the survey by May 10 will be entered into a special raffle to win even more! We greatly appreciate your involvement and look forward to your feedback!

Medications for Respiratory Distress on School Campuses Webinar

The Texas Department of State Health Services invites public schools, open-enrollment charter schools, and private schools to attend the Medications for Respiratory Distress on School Campuses webinar on May 7, 2024 from 1pm-2pm. The goal of the webinar is to provide information on the medications for respiratory distress policy at school campuses, the work of the [Asthma Program](#) and [School Health Program](#), and available educational resources relating to asthma. Register on the [GoToWebinar webpage](#).

May is Asthma Awareness Month

The [Centers for Disease Control and Prevention \(CDC\)](#) recognizes May as Asthma Awareness month. The CDC's National Asthma Control Program works to help Americans with asthma achieve better health and improved quality of life. [The Asthma Awareness Toolkit](#) has resources on understanding asthma, controlling asthma in schools, and supporting others with asthma.

School Lunch Hero Day is May 3, 2024

The [Texas Department of Agriculture](#) (TDA) celebrates [School Lunch Hero Day](#) on the first Friday of May every year. This day is dedicated to recognizing the hard work of school nutrition staff and their efforts towards building a healthy future for children across the state. Every school day, nutrition staff develop appealing menus, prepare meals that meet strict nutrition standards, and navigate student food allergies. TDA has published [resources](#) on the School Lunch Hero Day webpage for schools to use to celebrate nutrition staff.

National School Nurse Day

[National School Nurse Day](#) is on May 8, 2024 (est. in 1972). This day celebrates and encourages the understanding of the role of school nurses in educational settings. The [National Association of School Nurses](#) offers a promotional toolkit, including ways schools can honor their nurses.

Professional Development

Trauma-Informed Care Trainings

The [Texas School Safety Center \(TxSSC\)](#) is hosting trauma-informed care workshops focused on providing an overview of trauma and its impact on student behaviors in the classroom. The workshops will cover the role of mental health in daily functioning, the impact of trauma on the brain, and the importance of executive function deficits. They will also address how neurodiverse complexities influence student behavior. Participants will learn practical strategies for supporting all learners through a trauma-informed approach that can be used in a school or classroom setting. Register for upcoming [elementary \(grade K-5\)](#) and [secondary \(grades 6-12\)](#) sessions on the [TxSSC training webpages](#).

Health Education

Tobacco Prevention Resource: The 100 Day Playbook

The [Texas School Safety Center \(TxSSC\)](#) is distributing The 100 Day Playbook and [video series](#) as a resource dedicated to helping youth and young adults navigate hardships and respond to setbacks with confidence. The playbook and videos emphasize the benefits of creating better habits, increasing motivation, and building unstoppable confidence, all while living a tobacco-free life. [Request free playbooks on the TxSSC webpage](#).

Physical Education and Physical Activity

Tips for Managing Diabetes in the Heat

People with both type 1 and type 2 diabetes are potentially at a greater risk of being affected by the summer heat due to certain diabetes complications. Increased risk of dehydration, and changes in how the body uses insulin at high temperatures are factors. The [CDC](#) published [tips for managing diabetes](#) as temperatures outside increases. Resources can be shared with families before and during the summer.

Nutrition Environment and Services

Starting a School Garden

The [KidsGardening](#) website is a resource for school professionals wanting to start a school garden. The [Starting a School Garden Program: Overview](#) webpage provides everything you need to know about designing a garden, getting support from the

community and school administration, and finding resources. The overview discusses how to design a garden, gather community and school administration support, and find resources. The program overview also goes into detail by connecting the garden to the classroom.

Diabetes Camps Inspire Health and Confidence in Kids Living with Diabetes

The [Diabetes Education & Camping Association \(DECA\)](#) aims to raise awareness about diabetes camps and their value to kids and families. School nurses and staff are uniquely positioned to share information about the camps, and DECA offers resources to help [spread the word](#). Share DECA's [Find a Camp Tool](#) to help families locate a camp or use it to find opportunities to volunteer at a summer camp near you!

Health Services

Care Coordination for Students with Chronic Health Conditions

The [National Association of School Nurses](#) developed the [Toolkit for Improving Care Coordination for Students with Chronic Health Conditions](#) to provide additional tools and resources to support the school nurse role in leading care coordination for students with chronic health conditions. The toolkit is organized into five distinct sections and includes fact sheets, information on communication between school and home, school procedures, and additional resources.

Counseling, Psychological and Social Services

Mental Health Awareness Month Toolkit

The [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) developed the [Mental Health Awareness Month Toolkit](#) to raise awareness about the importance of mental health in maintaining our well-being. It is designed to promote acceptance and support for individuals living with a mental illness. The toolkit includes social media content, resources, and best practices for engaging in healthy discussions about mental health. It also includes promotional materials that can be used beyond May. Share with parents, school staff, and community members.

Quote to Note

“There are two ways of spreading light: to be the candle or the mirror that reflects it.” –Edith Wharton

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