



Friday Beat

July 12, 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

CDC's HeatRisk Dashboard

The [Centers for Disease Control and Prevention \(CDC\)](#) launched the [CDC HeatRisk Dashboard](#) as a portal into new heat resources for the nation. It includes the [HeatRisk Forecast Tool](#), details on local air quality, and actions to stay safe on hot days or days with poor air quality.

Summer Safety Tips

[It's Time Texas](#) published [Sun Safety Tips](#) for being outdoors. These tips include ways to stay active while preventing heat exhaustion throughout the summer months. It's Time Texas also links many resources to help assist when planning activities.

Professional Development

Healthier Texas Summit

[It's Time Texas](#) and [The University of Texas System](#) are hosting The [Healthier Texas Summit](#) on October 10-11, 2024, in Austin, Texas. This year's theme is "Uniting to Transform Health in Texas." It will bring together public health professionals and thought leaders from various fields to share best practices, discuss current trends and innovations, and build connections to enhance collective efforts. To get a discounted rate, register before August 4 on the [event webpage](#) or contact HTS@itstimetexas.org with any questions.

2024 National Summit on K-12 School Safety and Security

[Cybersecurity and Infrastructure Security Agency](#) will host the [National Summit on K-12 School Safety and Security](#) on September 25 and 26, 2024. K-12 school leaders and practitioners will participate in this free virtual event to share and discuss actionable recommendations that enhance safe, supportive learning environments. The Summit will feature panels, sessions, and keynote speakers on preventing youth violence, protecting K-12 networks, protecting youth online safety, supporting student mental health, emergency planning, physical security, and restorative and intervention methods. Registration for the summit will open in late July, but for more information visit the [summit webpage](#).

Funding Opportunities

Summer Healthy Choices Grants

The [Oliver Foundation](#) offers several [Healthy Choices Grants](#) available for schools ranging from \$750 to \$5,000 to encourage children, families, and communities in Texas to improve both eating and physical activity patterns. The grants have rolling deadlines up to July 15th.

Health Education

One Pill Kills Campaign

[Texas Health and Human Services Commission](#) shares ample information on Fentanyl and the [One Pill Kills Campaign](#). Schools and programs for kids are teaching about how to stay away from Fentanyl and drugs. Teachers, staff, and parents can find more information on the [campaign webpage](#).

77 Books About Mental Health

To help children understand emotional and learning challenges and find words to describe difficult feelings or experiences in an age-appropriate way, [Child Mind Institute](#) created a list of [77 children's books about mental health](#) discussing various mental health topics. Some example topics include anxiety, self-esteem, feelings, and trauma.

Physical Education and Physical Activity

Ways to Be Active for 60 Minutes Each Day

[Alliance for a Healthier Generation](#) encourages families to be physically active for 60 minutes every day. Family members of all ages can spread out their physical activity throughout the day and still experience its benefits, meaning those shorter movement breaks add up. Examples of outdoor, indoor, and all-weather family activities are listed in the [online activities handout](#).

Nutrition Environment and Services

Plant a Snack Garden This Summer

[Kids Gardening](#) has a full lesson plan for [planting a snack garden](#), highlighting veggies that are easy to eat as snacks. Fill a home garden with edible crops that can be harvested, washed, and enjoyed straight from the garden. Resources can be used at any grade level and include a materials list and description of activities.

Health Services

Caring for Students with Type 1 Diabetes

The National Association of School Nurses (NASN) offers [resources](#) to assist school nurses in providing evidence-based quality care to students with Type 1 diabetes (T1D). Among the resources available are the [School Nursing Evidence-Based Clinical Practice Guideline: Students with Type 1 Diabetes](#), which offers practice recommendations and strategies for improving the safety and health of school-aged children with T1D, the [School Nursing Evidence-Based Clinical Practice Guideline: Students with Type 1 Diabetes Toolkit](#) for nurses, and other NASN resources. The webpage also houses additional resources from outside entities.

Counseling, Psychological and Social Services

Vaping and Its Impact on Teen Mental Health

The [Texas School Safety Center](#) released a [podcast episode](#) where two [Say What! Teen Ambassadors](#) sit down with [Leanne Foell](#), LCSW a mental health therapist and teen advocate. Leanne sheds light on the different effects addiction has on teens, common misconceptions of THC being “safer”, signs and symptoms of what addiction to vaping may look like, and recommendations for creating an action plan for youth who want to quit vaping. Discussions also highlight the importance of teen mental health, guidance on how to reflect on your mental health, coping skills to ease life's struggles, and the significant value of emotional support.

Employee Wellness

Implementing School Employee Wellness in Districts/ Schools Toolkit

The Society of Public Health Education (SOPHE) has [resources to help school staff address employee wellness](#). The goal is to improve the health of school employees and enhance student health and academic outcomes. You can download fact sheets on supporting school employees, engaging with partners, improving employee wellness, and creating a culture of wellness. Feel free to share this resource with school districts and staff members.

Family Engagement

Online Safety Tools

The internet can be used for many positive things, like doing school research, talking to other kids, and playing games. Unfortunately, online access also comes with risks of inappropriate content, cyberbullying, and online predators. [Nemours KidsHealth](#) provides [online safety tools](#) for parents, guardians, and families. This resource is also available in [Spanish](#).

Quote to Note

“Happiness isn’t something you experience; it’s something you remember.” –Oscar Levant

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