



Friday Beat

July 26, 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

Prepping for Back to School this Fall

In preparation for the new school year, the [Texas Department of State Health Services \(DSHS\) Immunizations Program](#) provides information on [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.

2025-2026 Emergency Operations Plan (EOP) Review Cycle Poll

The [Texas School Safety Center \(TxSSC\)](#) is looking for feedback and engagement from independent school districts, open-enrollment charter schools, and junior colleges for the 2025-2026 Emergency Operations Plan (EOP) Review Cycle. Your commitment is crucial as it directly contributes to improving protocols and procedures across Texas districts, making a significant difference in the safety and security of students and staff. [Complete the poll](#) by July 19 at 5:00 pm.

Professional Development

Strategies to Increase Attendance: Student Belonging, Engagement, and Inclusion

[Alliance for a Healthier Generation](#) and [Kaiser Permanente](#) are hosting a [live panel discussion](#) on August 21 at 12:00 pm. The discussion will focus on how building a culture of caring schools can address chronic absenteeism. Participants will learn about concepts for addressing chronic absenteeism, including creating a personal caring presence and creating a caring classroom environment. A Q&A portion will follow led by students, educators, and other experts on how they build caring environments to ensure a sense of belonging. [Register](#) on the Healthier Generation webpage.

Enhancing Student Support: Leveraging Out of School Time and School Partnerships for Youth with Chronic Health Conditions Webinar

Learn how to create meaningful processes and partnerships to support chronically ill youth with this professional development opportunity for school staff and out-of-school time professionals. The [American Academy of Pediatrics](#), [National School](#)

[Nurse Association](#), and the [Education Development Center, Inc \(EDC\) in partnership with the National AfterSchool Association \(NAA\)](#) will share best practices and tools to look into existing systems and supports; build relationships with student care teams, parents, schools, and other health care providers. In addition, it will help coordinate more effectively to promote the health, wellness, and safety of youth. The webinar will take place on August 22 at 2:00 pm. [Register](#) online.

Health Education

Youth Vaping Prevention and Resources to Quit

[Truth Initiative](#) and [Kaiser Permanente](#), together with the [American Heart Association](#) have created a free digital program called [Vaping: Know the Truth](#) for vaping prevention. The interactive program aims to encourage students to live vape-free lives and provides resources to help young e-cigarette users quit through a texting program called [This is Quitting](#). Download the course overview and learn more on the curriculum webpage.

Physical Education and Physical Activity

The Power of Outdoor Play Workshop

[Let's Inspire Innovation 'N Kids \(LiiNK\) Center for Healthy Play](#) is hosting a [virtual workshop](#) with sessions on July 30 and August 1 from 11:00 am to 1:00 pm. This training focuses on the power of play, the power of the outdoors, and identifying best practices for engaging in play daily. This training can be used in school, home, and community settings. Register on the [LiiNK trainings webpage](#).

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 create a routine 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.

Nutrition Environment and Services

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 big improvements to the nutritional quality of their school meals. The awards will show new ideas, student and community involvement, and the strategies schools are using to provide meals that align with the [2020-2025 Dietary Guidelines for Americans](#). Information on the categories and criteria, the 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.

Available Summer Meals and Snacks for Kids

The [U.S. Department of Agriculture's SUN Meals \(Summer Food and Service Program\)](#) shares places where kids of all ages can eat meals and snacks during the summer at no cost at schools, parks, and other neighborhood locations. No application is needed. SUN Meals may have a different name depending on where you live, but will still provide meals for kids and teens, and opportunities to

participate in fun activities. Visit the SUN Meals webpage for the [USDA Meals for Kids Site Finder](#) and more information.

Counseling, Psychological and Social Services

Texas Child Health Access Through Telemedicine (TCHAT)

[Texas Child Health Access Through Telemedicine \(TCHAT\)](#) provides telemedicine or telehealth programs to school districts to help identify and evaluate the behavioral health needs of children and adolescents and provide access to mental health services. TCHAT is available to any school district in Texas that wants it. If you're a school district interested in joining TCHAT or have any questions, email tcmhcc@utsystem.edu.

Anxiety Resources

Kids can develop anxiety from many things, such as interactions with new animals, separation 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 including parenting anxious kids, anxiety in schools, specific phobias, and information on different types of anxiety.

Community Involvement

Athletes and Asthma: The Community Coach's Role

The [Minnesota Department of Health Asthma Program](#) is offering a [free online course](#) for community coaches. By modeling real-life decisions experienced during practices and competitive events, coaches will learn how to help school-age athletes with asthma play to their full potential. The course takes 35 minutes and provides coaches with the tools they need to appropriately respond to an asthma attack.

Quote to Note

"Action is the foundational key to all success." –Pablo Picasso

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