



Friday Beat

October 18, 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

Attend the Understanding Opioids: Misuse, Awareness, and Resources for Schools Webinars

The [Texas Department of State Health Services](#) (DSHS) invites public schools, open-enrollment charter schools, and private schools to attend the Understanding Opioids: Misuse, Awareness, and Resources for Schools webinars. The webinars are hosted by the [Texas Education Agency](#), in collaboration with DSHS and [Texas Health and Human Services Commission](#). The goal of the webinar is to provide information on opioid misuse in Texas, opioid antagonist policies on school campuses, relevant Texas Education Code and Texas Essential Knowledge and Skills, and available educational resources. The webinar will occur on [October 29 from 1-2pm](#) and [November 5 from 9-10am](#). To attend the webinar, sign up through the registration links above. Questions? Please email DSHS School Health Program at schoolhealth@dshs.texas.gov.

National Farm to School Month

Join [National Farm to School Network](#) to celebrate food education, school gardens, and lunch trays filled with healthy, local ingredients for the month of October. National Farm to School Month honors the role of producers in our food system with this year's theme, From Soil to Sea: Nourishing People and Planet. The work and expertise of farmers, ranchers, and fishers form the foundation for the farm-to-school movement. Learn more and access the celebration toolkit on the [National Farm to School Network resources webpage](#).

Fentanyl Poisoning Awareness Month

October is Fentanyl Poisoning Awareness Month in Texas. It was created to help people understand the dangers of fentanyl and the risk of overdosing. The [Texas Education Agency's Fentanyl Response Awareness Toolkit](#) provides resources that can help Texas school systems and communities support awareness throughout the month of October.

Updated Texas School Health Advisory Committee (TSHAC) Resource

A new version of the TSHAC's [Recommendation and Research on Physical Education](#) document is available online. Visit the [Research and Recommendations](#) webpage to view this document alongside all other resources developed and updated by TSHAC.

Nonpharmaceutical Measures to Keep Students Healthy This Fall

As we head into fall, preparing for the respiratory virus season is important. The Centers for Disease Control and Prevention shares everyday actions schools can take to help prevent the spread of germs. Visit the [Healthy Habits: Coughing and Sneezing](#) and [About Handwashing](#) webpages to learn about best practices and promote healthy hygiene.

Professional Development

Texas Action for Healthy Kids Free Virtual Summit

Join the Texas AFHK Virtual Summit hosted by [Action for Healthy Kids \(AFHK\)](#) on October 22-23. Learn about the impact of school health on student success, school health advisory councils, wellness policies, utilizing local food sources, and physical education. Register through the [AFHK webpage](#).

Children's Health Protection Advisory Committee Public Meeting

The U.S. Environmental Protection Agency's [Office of Children's Health Protection](#) is hosting the [Children's Health Protection Advisory Committee](#) public meeting on October 30-31. This free meeting is open to all members of the public. Individual registration is required and is available through the scheduled end time of the meeting day. Visit this event's [Zoom registration page](#) for more information and to register.

Health Education

How Vaping Delivers Both Nicotine and Toxic Therapy

[Truth Initiative](#) and actor and comedian Chris Parnell teamed up to create [informational videos](#) to show how vaping nicotine makes depression and anxiety worse and disrupts sleep. The goal is to talk to young people, share tools, and support quitting smoking.

Physical Education and Physical Activity

Texas Virtual School Network Options

The [Texas Virtual School Network \(TXVSN\)](#) offers online courses approved by the TEA to help meet student needs. The TXVSN [course catalog](#) includes high school, Advanced Placement, career and technical education, and dual credit courses for initial credit or credit recovery. These courses align with Texas Essential Knowledge and Skills (TEKS) are taught by Texas-certified teachers trained in online instruction best practices. The course catalog also provides online health and physical education courses.

Nutrition Environment and Services

Ways to Be Safe and Healthy This Halloween

Don't let your health be a victim of a trick this Halloween! The [U.S. Food and Drug Administration](#) shares [tips to stay safe and healthy](#). Information and resources include how to incorporate healthier options for spooky treats, how to scare away the flu and colds, and more. This resource is also available in [Spanish](#).

Counseling, Psychological and Social Services

Tools for Youth and Teens

[National Academies](#) published [Tools for Youth and Teens](#) to help students manage stress, anxiety, and sadness. A variety of tools, such as graphic novel-style videos and PDFs, are available in English and [Spanish](#).

Physical Environment

Lead Exposure in Children’s Environmental Health Webinar

The [U.S. Environmental Protection Agency \(EPA\)](#) is hosting a Lead Exposures in Children’s Environmental Health Webinar on October 23 from 3:00-4:30 p.m. ET. Participants will hear about potential harms to children from lead exposure, including sources beyond lead-based paint and water, such as ceremonial powders, cookware, spices and cosmetics, and what can be done at the individual level to prevent lead poisoning. Register on the [EPA webinar webpage](#).

Employee Wellness

Filling Your Cup: Comprehensive Self-Care Strategies

[Alliance for a Healthier Generation](#) launched a [four-part, on-demand training](#) with tools and resources to help school staff focus on their own well-being. It’s accessible in the Alliance’s free [Action Center](#), where all Healthier Generation resources are housed. A free login is required.

Family Engagement

Family Resource Center Videos

The [Child Mind Institute’s Family Resource Center](#) provides hundreds of articles and resources to assist families with children who are struggling with mental health, behavior, or learning difficulties. This information is now available on the [Child Mind Institute YouTube channel](#). Expert clinicians will share weekly videos on topics like behavior, anxiety, and parenting challenges.

Quote to Note

“A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, and it sparks extraordinary results.” –Wade Boggs

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