



# Friday Beat

## March 7, 2025, 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

#### National Drug and Alcohol Facts Week

The National Institute on Drug Abuse recognizes March 17-23, 2025 as [National Drug and Alcohol Facts Week](#). The week encourages dialogue about the science of drug use and addiction among youth, aiming to increase community awareness and prevention of substance abuse. Participate in National Drug and Alcohol Facts Week through the free resources and start planning activities now.

#### Eye on the Future Teen Video Contest

The National Eye Institute is hosting the [Eye on the Future Teen Video Contest](#), where high school teens can submit a video on their own or in a group of up to three. Videos must fit into one of the three categories listed on the contest website for a chance to win. The last day to submit a video is April 20, 2025.

#### 2024-2025 Annual School Health Survey

The [2024-2025 Annual School Health Survey](#) is now open for school districts and open-enrollment charter schools in Texas. This survey helps the Texas Education Agency gather information about school health and physical activity. Districts and open-enrollment charter schools must complete the 2024-2025 survey by 5:00 pm on May 30, 2025. For questions related to the survey, please email [healthandsafety@tea.texas.gov](mailto:healthandsafety@tea.texas.gov).

### Health Education

#### Brain Injury Awareness Month

March is Brain Injury Awareness Month. The Brain Injury Association of America and the Texas Health and Human Services Commission offer [resources](#) to raise awareness about traumatic brain injury and prevention. Visit the Center for Disease Control and Prevention's resource [HEADS UP to Schools](#) to complete online concussion training for school professionals.

#### Enhance Safe Learning Environments through Engagement and Connection

The Alliance for a Healthier Generation created a [School Safety Series](#) for teachers and school staff. This three-part professional learning series helps cultivate safe learning environments. During these on-demand sessions, participants will hear from experts on the latest research and strategies around school safety. They will also learn how to engage students in making schools safer and understanding the importance of having a clear vision that supports school safety goals. This free

resource is available in the Alliance's [Action Center](#), which includes all Healthier Generation resources.

## **Nutrition Environment and Services**

### **National Nutrition Month**

March is National Nutrition Month, focusing on healthy eating starts with healthy food choices. This year's theme from the Academy of Nutrition and Dietetics is "[Food Connects Us,](#)" emphasizing how food connects us to our cultures, our families, and our friends. Sharing a meal lets us learn about who made it, how it was prepared, and where the ingredients come from. Visit the [website](#) for nutrition education resources for parents and families and learn more about how nutrition affects heart health.

### **It's Breakfast Time! Breakfast Menu Planner**

The [U.S. Department of Agriculture's \(USDA\) Food and Nutrition Service](#) created "[It's Breakfast Time!](#)", a breakfast menu for children ages 3-18 years old. This resource includes downloadable sample menus, checklists, menu planning activities, and 20 standardized breakfast recipes.

## **Health Services**

### **Updated Texas Unlicensed Diabetes Care Assistant (UDCA) Guidelines**

The Texas [Guidelines for Training School Employees who are not Licensed Healthcare Professionals](#) have been updated. The updated document can be found on the Department of State Health Services [webpage](#). The updated guidelines include important changes to ensure the safety and well-being of students with diabetes in school settings.

### **Health Care Transition Planning for Students with Lupus**

[NASN](#) offers a free course called "[Pediatric to Adult Care Transition for Students with Childhood Onset Lupus - The School Nurse Role in Care Coordination and Transition Planning.](#)" This course helps school nurses incorporate health care transition planning for students with lupus. Participants will learn how pediatric-onset lupus impacts children and teens. They will also receive evidence-based information, tools, and strategies. This information is vital for supporting school nurses in their effort to help students transition from pediatric to adult care for lupus.

## **Employee Wellness**

### **Beyond Burnout: Exploring the Cost of Caring Lunch and Learn**

Texas School Safety Center is hosting their Lunch and Learn event, [Beyond Burnout: Exploring the Cost of Caring](#), on April 25, 2024 from 11:30 a.m.-1:00 p.m.

Participants will receive tools to reduce the risk of compassion fatigue, stress, trauma, and burn-out. The presentation will reframe the way we look at self-care and it also offers a live Q&A session. [Register](#) for this virtual training.

## **Family Engagement**

### **Tips for Taking Screen Breaks**

Alliance for a Healthier Generation has shared [10 Tips for Taking Screen Breaks](#) for parents and caregivers. While computers, televisions, and phones can be helpful, it is important to take regular breaks from the screens. This resource offers ways to balance screen time with physical activity and strengthen family connections.

## Quote to Note

"Great works are not performed by strength, but by perseverance." –Samuel Johnson

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