

# Friday Beat

## March 21, 2025, Edition

The newsletter that takes the [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

#### Members Sought for the Texas School Health Advisory Committee

The [Texas School Health Advisory Committee](#) (TSHAC) advises the Texas Department of State Health Services (DSHS) on supporting school health programs and delivering school health services.

DSHS is accepting applications for TSHAC membership for the following position:

- School Nutrition Services Representative (working in a school setting)

If you are interested, please visit the [TSHAC webpage](#) to apply. You will need to upload supporting materials like your resumé and letters of recommendation. Submit your application by 11:59 p.m. on March 28, 2025. DSHS will notify selected applicants about their status by July 2025.

For more details, visit the TSHAC webpage, contact the School Health Program at [SchoolHealth@dshs.texas.gov](mailto:SchoolHealth@dshs.texas.gov), or call 512-776-7279.

### Professional Development

#### Measles Communication Toolkit and Guidance

DSHS is providing [updates](#) and guidance about the measles outbreak in the South Plains region. Schools can use the DSHS [Measles Communication Toolkit](#) to keep their communities informed. The toolkit provides resources from the [Centers for Disease Control](#) (CDC), recommendations for the measles vaccine, and notification letters in English and Spanish for parents/guardians of students in schools and daycare centers. If you learn about a measles case in your school, please contact [your health department](#) right away. They can verify case information and help you inform the school community and the public. For more information, visit the [Measles Schools and Groups Guidance webpage](#).

#### School Health Professional Development Webinar Series

[Action for Healthy Kids](#) is hosting free webinars on various school health topics. Here is the schedule:

April 1: [School Health Index Assessment \(SHI\)](#)  
April 15: [School Health Advisory Committees \(SHACs\)](#)  
May 6: [Comprehensive School Physical Activity Program \(CSPAP\)](#)  
June 3: [Wellness Policies](#)  
June 17: [Unassigned Medications](#)

Each webinar will run from 11:30 a.m. – 12:30 p.m. (CST). To register, please use the links provided for each webinar.

## **Health Education**

### **Ways to Enhance Children’s Activity & Nutrition**

The National Institutes of Health’s [Ways to Enhance Children’s Activity & Nutrition \(We Can!\)](#) is a resource schools can use to engage their communities to help children maintain a healthy weight. By focusing on healthy eating, staying active, and reducing screentime, parents, educators, and entire communities can make a difference. Access the We Can! resources to learn more about this educational program.

### **Parents Against Vaping Webinar**

[Parents Against Vaping](#) is hosting a free [webinar](#) on March 25, 2025, at 5:00 p.m. The webinar will explain the dangers of vaping and share important information for parents. Participants will also learn how the tobacco industry targets young people and how to help protect youth in their community.

## **Physical Education and Physical Activity**

### **Comprehensive School Physical Activity Program (CSPAP) E-learning Module**

The CDC and SHAPE America created a [Comprehensive School Physical Activity Program \(CSPAP\) guide](#) to help schools develop, evaluate, and improve physical activity programs. To learn more about the importance of physical activity for youth, check out the [online e-learning module](#). For more information, register for the [May 6, 2025 Action for Healthy Kids Webinar](#).

## **Nutrition Environment and Services**

### **Texas Fruit and Vegetable Day**

Join the Texas Department of Agriculture (TDA) in celebrating [Texas Fruit and Vegetable Day](#) on April 4, 2025. The event raises awareness of the health benefits of eating fruits and vegetables at school and the impact they have on student success. School nutrition teams can use [TDA resources](#) and their own creativity to encourage students to eat their fruits and vegetables! Additional resources coming soon. Explore the types of fruits and vegetables available in Texas on the [TDA Homegrown and Healthy webpage](#).

### **Fifty Years Celebrating National Nutrition Month**

The Academy of Nutrition and Dietetics is celebrating [National Nutrition Month](#) in March. Throughout the month, everyone can learn how to make better food choices and develop healthy eating and physical activity habits. Visit the [Academy of Nutrition and Dietetics webpage](#) for tips on how to get involved at home, school, work, or local grocery stores during National Nutrition Month.

## **Health Services**

### **Five Things to Know About Whooping Cough**

The American Lung Association published [five things to know about pertussis \(whooping cough\)](#). The webpage includes information on risk factors, statistics, symptoms, vaccines, and prevention strategies. Share how to stop the spread of whooping cough with teachers, parents, school staff, and community members.

## **Employee Wellness**

### **April's Million Mile Month: School District Wellness Challenge**

The Texas Association of School Business Officials, Texas Association of School Administrators, and Texas Association of School Boards invite school districts to join the 12th Annual [Million Mile Month](#) in April. This free virtual wellness challenge in April aims to complete one million miles of physical activity together. This challenge is open to all schools in Texas, the U.S., and around the world.

## **Family Engagement**

### **Balancing Food & Play**

Texas A&M AgriLife Extension's [Family and Community Health](#) program has a school enrichment program for kids in grades 3-5. This program helps children develop lifelong healthy habits through nutrition, physical activity, and family engagement. The curriculum includes four newsletters and recipe cards that kids can take home to share with their families and promote engagement outside of the classroom. For more information, visit their [curriculum website](#) to learn more.

## **Community Involvement**

### **Members Sought for the Choosing and Maintaining Effective Programs in Schools— Youth Violence Prevention (iCHAMPS-YVP) Advisory Committee**

[The University of Texas Health Science Center at Houston's School of Public Health](#) is looking for school districts to join the iCHAMPS-YVP advisory group. This group will help design iCHAMPS-YVP to make sure it is practical, easy to use, and meets the needs of districts. Any school district or school administrator, teacher, and social and health service staff member employed by a Texas school district can participate. For more information, please reach out to [rhoda.leos@uth.tmc.edu](mailto:rhoda.leos@uth.tmc.edu) or call (210) 591-3341.

## **Quote to Note**

"You may not be able to change a situation, but with humor, you can change your attitude about it." –Allen Klein

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