

# Friday Beat

## May 31, 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

#### **Guidance for Preventing Spread of Infections in K-12 Schools**

The [Centers for Disease Control and Prevention](#) released [consolidated, evidence-based guidance](#) for preventing the spread of infections in K-12 schools. The guidance includes everyday actions schools can take to prevent and control the spread of respiratory and stomach viruses and illnesses, such as influenza and norovirus, and bacterial illness, such as strep throat. This guidance is designed to maximize school attendance and its benefits for all students, while also preventing the spread of infectious diseases. Share with parents, teachers, and school staff.

#### **National Scoliosis Awareness Month**

June is [National Scoliosis Awareness Month](#) organized by the [Scoliosis Research Society](#). This month aims to raise awareness about the need for scoliosis education, early detection, awareness, and its prevalence within the community. Take this opportunity to unite people with scoliosis, families, medical professionals, and others to develop local activities and events throughout the month. Visit the Scoliosis Research Society to learn more.

### Professional Development

#### **2024 National School-Based Health Care Conference**

The [National School-Based Health Alliance](#) is hosting its [annual conference](#) to connect healthcare professionals, education professionals, and advocates across the nation. This year's theme is "Engaging Communities, Fostering Partnerships." Attendees will explore the innovative ways school-based health centers serve their rural, urban, and suburban schools and communities by promoting wellness and overall health. The in-person event will take place in Washington D.C. at Westin Washington, DC Downtown Hotel from June 30 to July 2. Visit the [conference registration page](#) for more details.

#### **Training and Exercise Toolkit**

The [Texas School Safety Center](#) developed the [Training and Exercise Toolkit](#) to help school districts and open-enrollment charter schools plan for emergencies. The toolkit includes information from multiple organizations and agencies, such as annex and appendix documents, trainings, resources, and tabletop exercises. The Toolkit will be updated with new resources as more research is done.

## **Physical Education and Physical Activity**

### **Family Health and Fitness Day 2024**

The [National Recreation and Park Association](#) recognizes the second Saturday in June as [Family Health and Fitness Day](#). This year it will take place on June 8 as a special day to promote the importance of parks and recreation in keeping communities healthy and active. Families are encouraged to participate. Visit the [Family Health and Fitness Day webpage](#) for resources on health and wellness benefits of parks and recreation.

### **Junior Ranger Youth Explorer Program**

Texas Parks and Wildlife has a [Junior Ranger Youth Explorer Program](#) to help kids spend time outside. [Free, downloadable ranger journals](#) are available to encourage participation and the program includes ideas to promote outdoor activities. Use this resource with kids during summer programming or share it with families to increase engagement.

## **Nutrition Environment and Services**

### **Summer Food, Summer Moves Resources**

The [United States Department of Agriculture Team Nutrition](#) created an [online resource kit](#). The kit is designed to get kids and families excited about healthy eating and physical activity during the summer months. The kit focuses on using music, games, art, and movement to promote healthy life choices. It encourages kids and families to choose more fruits and vegetables, opt for water instead of sugary drinks, engage in regular physical activity, and limit screen time. Share the activity guides and other resources with parents, caregivers, and families.

## **Health Services**

### **School Nurse Epilepsy Clinical Practice Guidelines and Toolkit Training**

[National Association of School Nurses](#) released the [School Nursing Evidence-based Clinical Practice Guideline & Students with Seizures and Epilepsy \(CPG\) and Implementation Toolkit](#). The guideline offers evidence-based recommendations for providing high-quality care. The toolkit includes care planning tools and educational materials to assist in putting the recommendations into practice.

## **Counseling, Psychological and Social Services**

### **School Mental Health Action Guide**

The [Centers for Disease Control and Prevention \(CDC\)](#) released the [school mental health action guide](#) in December to help school and district leaders build on their efforts to promote students' mental health. The guide describes six strategies proven to support mental health and well-being in schools. New [implementation tools](#) are available to help leaders prioritize strategies, create an implementation plan, and share it with partners.

### **K-12 Bystander Reporting Toolkit**

Cybersecurity and Infrastructure Security Agency [School Safety Security Taskforce](#) partnered with the [U.S. Secret Service National Threat Assessment Center](#) to develop the [K-12 Bystander Reporting Toolkit](#). This toolkit is designed to help students and community members report safety and wellness concerns in schools. It provides strategies and guidance for K-12 schools and districts to improve safety reporting programs and encourage bystanders to report any issues they witness.

## **Physical Environment**

### **Indoor Air Quality, Extreme Heat and Children's Environmental Health: Overview and Case Studies Webinar in Spanish**

The Environmental Protection Agency (EPA) [Office of Children's Health Protection](#) is hosting a [webinar](#) about the impact of extreme heat on indoor air quality and children's environmental health. The webinar aims to help attendees understand the dangers of extreme heat events and learn tips, strategies, and best practices to help communities adapt. This webinar will be conducted in Spanish.

## **Family Engagement**

### **Summer Safety**

The [Centers for Disease Control and Prevention \(CDC\)](#) has information and resources on keeping kids safe this summer. With summer comes the opportunity for various outdoor activities. Exposure to the sun, excessive heat, and water can be dangerous without proper preparation and protection. Share this [CDC webpage](#) with parents and caregivers to learn about sun safety, water safety and staying safe while at home, work, or play.

### **Texas Parent to Parent Conference**

[Texas Parent to Parent](#) is hosting its annual conference on August 9 and 10 in San Marcos, Texas. The conference provides support, information, and education for families of children and adults with disabilities, chronic and mental health conditions, and other health care needs. During the conference, parents can learn about ways to respond to issues and challenges they face daily in caring for their children. View the [event page](#) for registration and more information.

## **Quote to Note**

"A warm smile is the universal language of kindness." –William Arthur Ward

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