



Friday Beat

June 14, 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

Texas Education Agency 2023-2024 Annual School Health Survey

The deadline to submit the 2023-2024 Annual School Health Survey has been extended to June 28, 2024, due to recent extreme weather events across Texas. Through this survey school districts and open-enrollment charter schools provide the [Texas Education Agency](#) with information relating to school health and physical activity. Districts and open-enrollment charter schools must complete the [2023-2024 survey](#) on or before 5:00 p.m., on June 28, 2024. For questions related to the survey, please email healthandsafety@tea.texas.gov.

Take Care of Texas Ambassador Program

Are you a teacher who cares about conserving Texas' natural resources? You can now apply for the 2024-2025 [Take Care of Texas \(TCOT\) Ambassador Program](#). As an ambassador, you will have access to resources, join a community of educators, and help shape the curriculum within the Take Care of Texas program. To apply or learn more, visit the [TCOT webpage](#).

Professional Development

Leading Healthy Schools Administrator Capacity-Building Program

[Society of Health and Physical Educators \(SHAPE America\)](#), has designed [Leading Healthy Schools](#), a free professional development and coaching initiative for school leaders. The program aims to provide the knowledge and skills needed to establish fair and effective school health programs and policies, using the Whole School, Whole Community, Whole Child (WSCC) model. The opportunity is available for principals, assistant principals, and other school leaders passionate about improving their school community's health and well-being. To apply, visit the [SHAPE America webpage](#).

Safe at School Webinar Series

The [American Diabetes Association's Institute of Learning](#) is offering free CEUs for completing the [Safe at School Webinar Series](#). This seven-part learning series recently concluded, covering topics such as core diabetes concepts, CGM and insulin pump use, nutrition, and legal protections. These recorded one-hour webinars are now available online at the link above.

Health Education

Texas Live Vape Free Program Expands to Include Young Adults

The [Live Vape Free Program](#) is an interactive e-cigarette/vaping cessation program for youth ages 13-17. Recently, the program expanded to also include young adults ages 18-26. Live Vape Free helps youth and young adults:

- Learn about the harms of e-cigarettes/vaping.
- Hear from their peers.
- Have a place to take action once they are ready to quit.

The program is accessible by self-enrollment. When youth and young adults are ready to quit, they can enroll in the program [online](#) or by texting VAPEFREE to 873373.

Myths About Mental Health and Quitting Nicotine

The [Truth Initiative](#) offers an article on [common myths about nicotine use and mental health](#). Young people today are experiencing the ongoing mental health crisis and e-cigarette use crisis, which has implications for mental health. The article debunks common myths and shares information and resources on supporting young people in quitting nicotine use.

Physical Education and Physical Activity

Presidential Youth Fitness Program Trainings

The [Presidential Youth Fitness Program](#) offers [free training resources](#) for physical education teachers. Training includes information on best practices, teaching tools, and effective communication strategies. Access the program checklist, resources guide, and more at the link above.

Nutrition Environment and Services

Seasonal Eats

The U.S. Department of Agriculture's (USDA) [Institute of Child Nutrition Recipe Box](#) houses many recipes designed to meet the needs of a variety of [USDA Child Nutrition Programs](#). The recipes are simple and divided by seasons and encourage families to use seasonal vegetables in meals. Share with parents, school staff, and child nutrition programs operators.

Counseling, Psychological and Social Services

Promoting Mental Health and Well-Being in Schools Action Guide

The [Centers for Disease Control and Prevention's Division of Adolescent and School Health \(DASH\)](#) offers a guide, [Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders](#). The guide is about helping students with their feelings and mental health. It talks about things like helping students understand mental health, doing activities that help them relax and feel calm, making connections between students, families, and school staff, and making sure that the staff also feel good.

Physical Environment

Creating Lung Friendly Environments for Youth

The [American Lung Association](#) launched [Creating Lung-Friendly Environments for Youth](#). Schools and parents can use the initiative to fight chronic lung diseases like asthma, improve air quality, and stop smoking. Aligned with the CDC's [Whole School, Whole Community, Whole Child \(WSCC\) model](#), a key focus of the initiative

is the role of the community in supporting schools, the link between health and academic achievement, and the importance of effective school policies and practices based on evidence.

Family Engagement

Eight Tips for Caregivers to Encourage Digital Well-Being

[Alliance for a Healthier Generation](#) and [YouTube Kids](#) have teamed up to share [tips to help families practice healthy online habits now and into the school year](#).

Whether families use free Wi-Fi at the library, log on to the family laptop, or browse apps on their smartphones, these tips will help children stay safe and secure online.

Sweet Summer Habits Program

In celebration of [Sweet Summer Habits](#), [It's Time Texas celebrates their campaign](#) to inspire and encourage school aged children to prioritize their wellbeing. The campaign promotes healthy activities, provides resources, and fosters a supportive community. Children, parents, and educators have access to interactive game boards, free virtual exercise classes, and telehealth coaching.

Quote to Note

"Even when life challenges us, it's a gift beyond all measure." –Parker Palmer

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