



Friday Beat

September 20, 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

List of Physicians for Prescribing Stock Medications in Schools

[Texas Allergy, Asthma and Immunology Society \(TAAIS\)](#) published a [list of physicians](#) who are willing to prescribe unassigned Epinephrine and Bronchodilators to Texas school districts. The link is available on the [Texas DSHS School Health Program webpage](#) under the Announcements section. Please share with school nurses, administration, and staff.

Fall/Winter Respiratory Season

Schools and caregivers can play an important role in keeping kids healthy and in school by preventing the spread of contagious diseases, like respiratory viruses. [The Centers for Disease Control and Prevention \(CDC\)](#) has provided [new guidance](#) and [caregiver-specific](#) resources for preventing the spread of diseases in schools. Below are some tips for keeping children safe and healthy during the fall and winter respiratory virus season. For more information on preventing respiratory illnesses, please refer to the [CDC's Respiratory Virus Guidance](#).

Professional Development

Save the Date: Virtual Movement Meeting 2024

[National Farm to School Network](#) is hosting their annual [Movement Meeting](#) on October 17, 2024, from 3:00-5:00 p.m. EST virtually, where participants from across the farm-to-school network come together to connect, learn, and inspire. The Movement Meeting is free to attend and open to the public. Registration and further details are coming soon on the National Farm to School Network webpages.

FARE Food Allergy Summit 2024

The [Food Allergy Research & Education \(FARE\) Food Allergy Summit](#) will be held in Washington, D.C. on October 18 – 20, 2024. This in-person event will bring together people who suffer from food allergies and will provide three days of educational sessions, insightful discussions, and meaningful connections. For more information and registration details, visit the [FARE conference webpage](#).

Health Education

Training Module: Big Tobacco's Targeted Marketing

[Texas Say What! Campaign](#) made the [Caught in the Nicotine Trap: Big Tobacco's Targeted Marketing Online Training](#) to share information about the tobacco industry.

The training provides an overview of the industry’s marketing practices, uncover campaigns used to influence tobacco use, and advocate against the industry’s targeted marketing by creating counter messages. Share with students, parents, caregivers, and school staff.

Physical Education and Physical Activity

Toolkit: Move Your Way

The U.S. Department of Health and Human Services [Office of Disease Prevention and Health Promotion](#) released the [Move Your Way Toolkit for Schools](#). This toolkit is for anyone working to encourage physical activity in a school setting. Share with physical education and health education teachers, classroom teachers, coaches, after-school program leaders, and school administrators.

Every Kid Outdoors

The [U.S. National Park Service](#) hosts the [Every Kid Outdoors](#) initiative for fourth-grade students. Teachers can submit requests for all fourth-grade students to receive a free National Park Pass. The pass is valid from September 1, 2024 – August 31, 2025. [Activities and resource guides](#) are available to use with students to learn about the parks. Use this resource to encourage students to stay active and learn about the environment.

Nutrition Environment and Services

Toolkit: Culturally Inclusive Recipes for School Nutrition Programs

The [Culinary Institute of Child Nutrition](#) has put together a [toolkit](#) collection of culturally diverse recipes made in collaboration with school nutrition professionals and members of cultural groups within the school community. The toolkit provides resources and information for school nutrition program operators and the school community to work together on identifying, developing, testing, and incorporating culturally diverse recipes into school meal programs.

Health Services

Toolkit: Back-to-School Eye Health and Safety Education

[Prevent Blindness Texas \(PBT\)](#) created a [Back-to-School Toolkit](#) to help families, caregivers, and health professionals understand children’s vision and its importance in education. PBT has certified external instructors who can work with your district’s health services department to provide state vision screening certification to school nurses, parents, and community volunteers. PBT offers free eye exams and/or eyeglasses for qualifying students and their families. The PBT application, available in English and Spanish, must be completed by the parent/guardian and submitted by the school or parent/guardian via email at info@pbtexas.org. For more information, visit the PBT Back-to-School webpages.

Counseling, Psychological, and Social Services

National Suicide Prevention Month

September is recognized as National Suicide Prevention Month. [Texas Health and Human Services Commission \(HHSC\)](#) is offering [virtual trainings](#) on suicide prevention, intervention and postvention support strategies. Find additional resources on the [HHSC Suicide Prevention webpage](#).

Webinar Series: Mental and Behavioral Health

The [Texas Education Agency's Safe and Supportive Schools Division](#) and [Project AWARE Texas](#) will host a series of webinars to share helpful resources and best practices for creating safe and supportive schools. Sessions will cover topics such as supporting school mental health, preventing bullying, ensuring psychological safety, and using data to make decisions that support school mental health. The [first session, focusing on Bullying Prevention, will be held](#) on October 10, 2024, from 11:00 a.m. – 12:30 p.m. During this session, participants will learn about resources and best practices for preventing bullying.

Family Engagement

Supporting Student Health and Emotional Well-being

The Centers for Disease Control and Prevention (CDC) published [ways families can support student health and emotional well-being](#). The article explains how parents and families play an important role in their children's development, as they help them recognize and manage emotions, build positive relationships, and make responsible decisions.

Quote to Note

"We do not remember days, we remember moments." –Cesare Pavese

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