



Friday Beat

November 1, 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

Understanding Opioids: Misuse, Awareness, and Resources for Schools Webinar

The [Texas Department of State Health Services \(DSHS\)](#), along with the [Texas Education Agency](#) and [Texas Health and Human Services Commission](#), invites public, open-enrollment charter, and private schools to attend the Understanding Opioids: Misuse, Awareness, and Resources for Schools webinar. The goal of the webinar is to provide information on opioid misuse in Texas, opioid antagonist policies on school campuses, relevant Texas Education Code and Texas Essential Knowledge and Skills, and available educational resources. The next webinar will occur on November 5 from 9:00 - 10:00 a.m. [Register for the webinar here](#). Questions? Please email the DSHS School Health Program at schoolhealth@dshs.texas.gov.

Required Immunization Reporting: Annual Report of Immunization Status

The [Annual Report of Immunization Status \(ARIS\)](#) reporting season in the [Child Health Reporting System](#) began Friday, October 25, 2024. Per [Education Code, Section 38.002](#), and [25 Texas Administrative Code, Section 97.71](#), all public-school districts and accredited private schools must complete the ARIS each year. The report must be submitted online by December 13, 2024. If you have any questions about immunization requirements or this report, please contact the DSHS Immunization Section at 800-252-9152 or email chrs.loginhelp@dshs.texas.gov.

Texas School Safety Center Needs Assessment

The [Texas School Safety Center \(TxSSC\)](#) at Texas State University needs your expertise and insight into your school safety trainings, resources, service needs, and preferences. The [survey](#) is completely confidential and takes less than 10 minutes. TxSSC will use the survey results to guide the creation of trainings and resources for K-12 schools, open-enrollment charter, and community colleges. Don't wait – the [survey](#) closes December 9, 2024.

National Diabetes Month 2024

November is National Diabetes Month. The [National Institute of Diabetes and Digestive and Kidney Diseases](#) wants everyone to learn about diabetes, find resources, and raise awareness about its effects on communities. They provide tools for managing prediabetes and preventing diabetes. The [Texas Department of State Health Services](#) also offers [information and resources](#) for families with children living with diabetes in Texas.

Professional Development

Texas Children in Nature Summit

The [2024 Texas Children in Nature Network \(TCiNN\) Summit](#) will take place in Waco, TX from December 11-13, 2024. During this three-day summit, TCiNN will bring together over 300 community leaders to strengthen the network and develop opportunities and policies to connect more children and families. Register on the [conference webpage](#).

School Employee Well-Being Webinar

The [National Association of Chronic Disease Directors](#), [Child Trends](#), [Mental Health America](#) are hosting the [Supports to Advance Emotional Well-Being in Schools Learning Collaborative Cohort Event](#) on November 7, 2024, from 12:00 – 3:00 p.m. ET for an afternoon of professional development for state, school district and school staff working to support and advance school employee wellness efforts. Register online through the [event webpage](#).

Health Education

Kids Health in the Classroom

[Nemours Kids Health](#) offers [health education resources](#) for teachers including teacher guides and lesson materials for a variety of topics across all grade levels. Topics include the human body, health problems, and personal health. Nemours also provides web-based information for [teens](#) and [kids](#) to teach them about their health.

Physical Education and Physical Activity

Family Exercise Ideas for Every Season

[Academy of Nutrition and Dietetics](#) published [ways for families to engage in physical activity together in every season](#). The Academy encourages families to aim for a goal of 30 minutes for adults and 60 minutes for kids of moderate activity daily, regardless of the weather and use creative ways to reach that goal.

Nutrition Environment and Services

Food Safety Emergency Response Pocket Guide

The [U.S. Department of Agriculture Food and Nutrition Service](#) provides school nutrition professionals information on preventing foodborne illness during emergencies and disasters. The pocket guide, posters, and other resources are also available in Spanish on the [Food and Safety Emergency Response webpage](#).

How to Make No Waste Lunches: A Guide to Reducing Food Waste

[Take Care of Texas](#) offers [information on reducing the amount of waste created when packing lunches for work or school](#). Use these tips to benefit the environment while also promoting healthier eating habits by creating no-waste lunches that are both delicious and eco-friendly.

Health Services

First Aid for Severe Trauma (FAST)

The [American Red Cross](#) offers the [FAST course](#) at no charge to high school students. This course teaches participants to prepare for bleeding emergencies, communicate with emergency dispatchers, and care for people with life-threatening bleeding. Become a Red Cross training provider for the FAST course by [registering your school](#).

Counseling, Psychological and Social Services

Partnering with Schools to Improve Mental Health

The [School-Based Health Alliance](#) and the National Council for Mental Wellbeing's [Center of Excellence for Integrated Health Solutions](#) have teamed up to create a resource that helps improve youth mental health. This partnership shows how schools and community mental health organizations can effectively work together and make a positive impact. For more information, [view the PDF guide](#).

Family Engagement

Transition Planning Resources for Families

Texas Education Agency's [Special Education Information Center \(SPEDTex\)](#) helps families with kids who have special health needs by providing [resources](#) to make it easier for kids to move from school to life after school. Share with school staff and parents.

Quote to Note

"Wherever you go, no matter what the weather, always bring your own sunshine."
–Anthony J. D'Angelo

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