



# Friday Beat

## December 6, 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

#### National Influenza Vaccination Week

This past week (December 2-6, 2024) was National Influenza Vaccination Week. The [Centers for Disease Control and Prevention \(CDC\)](#) released a [Digital Toolkit](#) with resources highlighting the importance of flu vaccines. For more information on the flu and where to get a vaccine in Texas, visit the [DSHS Influenza \(Flu\) webpage](#).

### Professional Development

#### Mental & Behavioral Health Webinar Series

The [Texas Education Agency's Safe and Supportive Schools Division](#) and [Project AWARE Texas](#) are hosting monthly webinars around resources and best practice strategies for safe and supportive schools. Sessions will cover topics like supporting mental health in schools, preventing bullying, promoting psychological safety through mental health programs, and finding resources to help with mental health needs. You can [register for each webinar](#) individually.

#### Reimagining Student Discipline: A Trauma-Informed Perspective

[Alliance for a Healthier Generation](#) is hosting a [webinar](#) on December 11, 2024 at 2:00 p.m. to discuss trauma-informed approaches to reimagine student discipline related to behavior and stress responses. Participants will learn how to help students regulate and turn behavior challenges into opportunities. [Register on the event webpage](#).

#### Say Something

The [Texas School Safety Center \(TxSSC\)](#) is partnering with [Sandy Hook Promise](#) to launch the [Say Something](#) training program. This virtual program will help school staff and law enforcement learn how to recognize signs of possible violence or self-harm in students and take quick action. The training lasts 2.5 hours and includes activities and resources to ensure training integration within the school culture, supported by student-led SAVE Promise Clubs. You can [register](#) for the next training on December 17, 2024 from 9:30 a.m. - 12:00 p.m.

### Funding Opportunities

#### Patrick Leahy Farm to School Program

The [U.S. Department of Agriculture \(USDA\)](#)'s [Patrick Leahy Farm to School Program](#) helps child nutrition programs incorporate local foods into school breakfast and

lunch, summer meals, and meals served at childcare centers. The program offers resources like research, technical help, and grants to support farm-to-school efforts. For the first time, organizations can choose the type of Farm to School Grant application that best fits their needs: [Implementation Grant](#), [State Agency Grant](#), or [Turnkey Grant](#). Applications are now open through January 10, 2025.

## **Health Education**

### **[Understanding an Overdose and How to Respond to One](#)**

The [National Institute on Drug Abuse](#) and [Society of Health and Physical Educators \(SHAPE\) America](#) created a lesson plan called "[Understanding an Overdose and How to Respond to One](#)" for students in Grades 9-12. This lesson plan helps students learn the signs of an overdose and how to respond effectively, including the use of opioid overdose reversal medications.

## **Physical Education and Physical Activity**

### **[Family Exercise Ideas for Every Season](#)**

[Academy of Nutrition and Dietetics](#) offers family [exercise ideas for every season](#). The Academy encourages families to aim for a daily moderate activity goal of 30 minutes for adults and 60 minutes for kids, regardless of the weather.

## **Nutrition Environment and Services**

### **[Nibbles for Health Newsletters](#)**

[U.S. Department of Agriculture Food and Nutrition Service](#) created the [Nibbles for Health Newsletters](#) for parents of young children. The newsletter can be shared with families to communicate information about popular nutrition topics. There are 15 newsletters available in both English and Spanish.

## **Health Services**

### **[Asthma Medication in Schools](#)**

The [American Lung Association](#) offers [resources](#) to help schools manage asthma. These resources include model policies for school districts, tools to assess student readiness, asthma action plans, and kits for storing medication.

### **[Seizure First Aid Certification Training](#)**

[Seizure Recognition and First Aid](#), hosted by the [Epilepsy Foundation](#), provides training to increase knowledge, skills, and confidence in recognizing seizures and administering seizure first aid using best practices. Participants who successfully complete the course will receive a two-year certification. [Register for an on-demand or live training](#).

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

### **[Peer Empathy Support through Be a Pal Program](#)**

[Food Allergy Research and Education](#) has improved the [Be a Pal® program](#) to promote empathy for the social and emotional challenges faced by people living with food allergies. You can download materials for school and classroom use, including posters, flyers, bookmarks, certificates, a presentation about food allergy awareness, and an interactive course for middle and high school students.

## **Family Engagement**

## **Making a Feel Good Plan**

[Alliance for a Healthier Generation](#) released a resource parents can use to create a [Feel Good Plan](#) with their children to follow if they start feeling stressed or upset at school. Age-appropriate worksheets will help them identify stressful feelings and respond with healthy, calming strategies. Parents can share the completed Feel Good Plan with their child's teachers and caregivers.

## **Community Involvement**

### **Managing Asthma with Sesame Workshop**

[Sesame Workshop](#) provides [information and activities to help kids manage asthma](#) with help from some of their favorite Sesame Street characters. Find articles, printable activity sheets, and videos for your child's age. Share this resource with parents, families, and students with asthma.

## **Quote to Note**

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." –Melody Beattie

---

## **Become a *Friday Beat* subscriber by signing up on the *Friday Beat* [webpage](#)!**

The articles and hyperlinks to external websites appearing in *Friday Beat* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services (DSHS). Other websites may not be accessible to people with disabilities. External email addresses may also be provided as a courtesy. If you choose to correspond, please be advised that DSHS policies may not apply. For information about any of the programs listed, contact the sponsoring organization directly. For comments or questions about *Friday Beat*, email the School Health Program at [schoolhealth@dshs.texas.gov](mailto:schoolhealth@dshs.texas.gov) or call (512) 776-7279.

Public Domain. Permission granted to forward or make copies as needed.