



# Friday Beat

## January 24, 2025, 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

#### **2025 State Honor Roll Report of Asthma and Allergy Policies for Schools**

[Asthma and Allergy Foundation of America \(AAFA\)](#) released their [2025 State Honor Roll Report of Asthma and Allergy Policies for Schools](#). The report shows significant policy gaps and room for improvement for Texas. AAFA's core asthma and allergy policies for schools include a focus on access to medication and treatment, awareness among faculty and staff of asthma and allergy related issues and paying attention to the school environment. Share the report to help get the conversation started in your local school district.

### Professional Development

#### **Safety Planning Intervention Trainings**

[Texas Health and Human Services Commission](#) will provide [Safety Planning Intervention Trainings](#) throughout 2025. These trainings teach participants how to create safety plans for people who may be at risk of suicide. A safety plan is a written list of coping strategies and resources to reduce suicide risk. This plan is made together by an individual and a mental health professional, such as a school counselor, nurse, social worker, or licensed professional counselor. To register for the training on January 30, 2025, or to see other training dates, please email [suicide.prevention@hhs.texas.gov](mailto:suicide.prevention@hhs.texas.gov).

#### **2025 Virtual Diabetes Management Conference for School Nurses**

[Texas Children's Hospital](#) will be hosting a [virtual conference](#) on February 8, 2025 from 8:00 AM to 5:30 PM CT. The goal of the conference is to meet the educational needs of school nurses and other healthcare providers who work with students that have diabetes. Learn more and register on the [conference registration page](#).

#### **Enhancing Partner Engagement to Support Student Health**

The [American Academy of Pediatrics](#) is hosting a [5-session Learning Community Series](#) for school health professionals. This series will help improve partner engagement to support student health. Each session will include guest speakers who work with community partners, parents and families, youth, school administration, school boards, and out-of-school time providers. Attendees will also have time for discussion and sharing resources. Register and learn more on the [series registration page](#).

## **Funding Opportunities**

### **2025 TAAIS Memorial Foundation Asthma Scholarship Award**

The [Texas Allergy, Asthma, and Immunology Society \(TAAIS\)](#) Memorial Foundation announced the [2025 TAAIS Memorial Foundation Asthma Scholarship Award](#). Up to five qualified Texas high school seniors who live with asthma and plan to attend college will be granted a \$3,000 one-time award. The deadline to apply for the award is March 3, 2025. Visit the [TAAIS webpage](#) for additional information.

### **GroMoreGood Grassroots Grant**

The [Scotts Miracle-Gro Foundation](#) and [KidsGardening](#) are accepting applications for the [GroMoreGood Grassroots Grant](#). The grant is designed to bring gardens to communities across the United States. Any nonprofit organization, school district, university, or tax-exempt organization with at least 15 youth participating in the program is eligible to apply. 170 programs will receive grants totaling \$100,000 to start or expand their youth garden or greenspace. Visit the [KidsGardening website](#) to learn more about eligibility and apply by January 31, 2025.

## **Health Education**

### **Trauma-Informed Care Workshop for Educators**

The [Texas School Safety Center](#) is offering virtual training for Trauma Informed Care throughout Spring of 2025. This training helps participants understand how mental health affects daily life and how trauma impacts the brain. It also covers the importance of recognizing executive function deficits and how neurodiverse challenges affect student behavior. Throughout the workshop, participants will be provided with strategies that can be implemented in a school and/or classroom setting to support all learners through a trauma informed perspective. Register for the [Elementary \(K-5\)](#) or [Secondary \(6-12\)](#) training.

## **Physical Education and Physical Activity**

### **Lung Force Walk – South Texas**

The [American Lung Association](#) is hosting the [Lung Force Walk – South Texas](#) at Texas State University in San Marcos, Texas on May 3, 2025. For those who cannot join the event in person, check out the Walk Your Way virtual option.

## **Health Services**

### **Diabetes Care Tasks at School: What Personnel Need to Know**

The [American Diabetes Association \(ADA\)](#) updated their [Diabetes Care Tasks at School: What Key Personnel Need to Know training curriculum](#). This 19-module training curriculum provides PowerPoint slide decks with important information about a specific diabetes care task and a post-quiz available at the end of each module.

School nurses and/or pediatric diabetes health care professionals may use these modules to train non-clinical school staff to perform diabetes care tasks. The curriculum can also be shared at school staff and parent meetings to increase diabetes awareness and to provide information and guidance on how to meet the diabetes management needs of children.

The ADA recommends that people review [Helping the Student with Diabetes Succeed: A Guide for School Personnel](#) prior to using the modules.

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

### **Texas Mental Health Creative Arts Contest**

The [Texas Health and Human Services Commission](#) and the [Texas Institute for Excellence in Mental Health at the University of Texas at Austin](#) are hosting their annual [Texas Mental Health Creative Arts Contest](#). Individuals and groups are invited to submit entries through March 1, 2025. The contest aims to raise awareness about mental health, challenge stigma, and allow people to express their feelings through art. For more information, including past winners, rules, and how to submit artwork, visit the [Texas Mental Health Creative Arts Contest webpage](#).

## **Physical Environment**

### **Free Lead Testing in Schools and Child Care Facilities**

The [Texas Commission on Environmental Quality](#) (TCEQ)'s [Lead Testing in School and Child Care \(LTSCC\) Program](#) is a voluntary statewide program that offers free lead testing to public schools and childcare facilities. The program's goal is to help reduce childhood exposure to lead in drinking water. The program provides water sample kits to all enrolled schools to test every water outlet that children use for drinking, teeth brushing, or food preparation at no cost. Support is available if elevated lead levels are detected. For more information, please visit the [program webpage](#), email [info@txleadtesting.org](mailto:info@txleadtesting.org), or call the program helpline at (737) 276-1987.

## **Quote to Note**

"Celebrate what you want to see more of." -Tom Peters

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