



Friday Beat

February 7, 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

National Children's Dental Health Month

Celebrate National Children's Dental Health Month by using free digital posters, 2025 Brushing Calendars, and activity sheets from the [American Dental Association](#). For more information on oral health, visit the [Oral Health Improvement Program website](#). To schedule a [free preventative dental service clinic](#) for your students at no cost, contact your [regional dental team](#).

National Pesticides Safety Education Month

February is National Pesticide Safety Education Month, recognized by the [U.S. Environmental Protection Agency](#). This initiative focuses on raising awareness about how to use pesticides safely in and around schools and homes. Learn about [pesticide safety in schools](#) and share helpful resources with school communities.

Professional Development

2025 Virtual Diabetes Management Conference for School Healthcare Providers

The [Texas Children's Hospital](#) is hosting a full-day, virtual conference on Saturday, February 8 to fulfill continuing professional development needs for school nurses, dietitians, social workers, and other health care providers. The conference focuses on professionals who manage students with type 1 or type 2 diabetes in the school setting. For more information, visit the [conference](#) webpage.

Green Schools Conference

The [Center for Green Schools](#) is hosting their annual [Green Schools Conference](#) March 3-4 in Orlando. The conference aims to bring together people who are working to create and support green schools. It will especially focus on those who are helping their schools and systems achieve sustainability. Topics will include school gardens, indoor air quality, social and emotional health, and nutrition programs. [Register at the conference webpage](#).

Funding Opportunities

2025 America's Healthiest Schools Award

The [Alliance for a Healthier Generation](#) is accepting applications from schools for the [America's Healthiest Schools Award](#). This award is an annual distinction presented to two schools that have demonstrated remarkable efforts to prioritize the essential

health needs of students, staff, and families. Winners will be featured in the annual America's Healthiest Schools list and receive a digital advertising package. Complete the [America's Healthiest Schools award application](#) by April 15, 2025.

Health Education

Quitting Nicotine During Times of Stress

[Truth Initiative](#) published a [resource](#) discussing the three important things to know about quitting nicotine during times of stress. The article shares information on how handling nicotine withdrawal, the tobacco industry, and offers tips on finding support when going through the quitting journey. Access free tools and resources throughout the links in the article.

Nutrition Environment and Services

The Two-Bite Club

The [U.S. Department of Agriculture Food and Nutrition Service](#) published [The Two-Bite Club](#), an educational storybook developed to introduce MyPlate to young children. Parents or caregivers can read the book to children and encourage them to try foods from each food group by eating just two bites, just like the characters in the story. The back of the book contains a MyPlate coloring page, a blank certificate for the Two Bite Club, activity pages for kids, and tips for growing healthy eaters. This storybook is available in available in both [English](#) and in [Spanish](#).

Creating Lung-Friendly Environments for Youth

The [American Lung Association \(ALA\)](#) started a program called [Creating Lung-Friendly Environments for Youth](#). This initiative helps schools and parents address air quality, tobacco policies, and chronic lung diseases like asthma. Check out ALA's [interactive resource tool](#) and [take the assessment](#) to find ways to improve lung health policies and practices for students and the school community.

Health Services

School Nursing Evidence-Based Clinical Practice Guideline (CPG): Students with Asthma

The [National Association of School Nurses](#) released a free [School Nursing Evidence-Based CPG: Students with Asthma](#) guide to help school nurses assess and manage asthma for students. It supports self-management, medication administration, care coordination, and the creation of asthma policies in schools. It also offers the [CPG Implementation Toolkit: Students with Asthma](#). This toolkit includes tools, sample forms, and resources to help care for students with asthma effectively.

Counseling, Psychological and Social Services

Bridging the Gap: Supporting Loved Ones as They Wait for Mental Health Care

[Families for Depression Awareness](#) is offering a free webinar called "[Bridging the Gap: Supporting Loved Ones as They Wait for Mental Health Care](#)" on Tuesday, March 25 from 6:00 to 7:30 p.m. The speakers will share ways to support loved ones, help them stay motivated, and maintain momentum toward better mental health without crossing boundaries or enabling unhealthy behaviors. [Register](#) for the live webinar discussion or watch on demand after it airs.

Community Involvement

School Safety Resource Package

SchoolSafety.gov offers a collection of one-pagers and infographics to support K-12 schools and districts in creating effective school safety plans. This [resource compendium](#) offers information on various school safety topics and includes strategies and guidance to improve school safety programs. Please share this information with parents, teachers, school staff, and community members.

Quote to Note

"Great things are done by a series of small things brought together." –Vincent Van Gogh

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