



Friday Beat

March 3, 2023, Edition

The newsletter that takes a [Whole School, Whole Community, Whole Child](#) approach.

Announcements

Apply to be a Texas School Health Advisory Committee Member

Are you are interested in issues surrounding school health? You might be interested in joining the Texas School Health Advisory Committee. The Texas Department of State Health Services (DSHS) is currently accepting applications for membership on the committee for parents, nutrition services representatives from a school setting, school professionals, physical educators, and school counselors. Please visit the [DSHS website](#) for more information and to [access the application](#). All applications are due March 10, 2023.

School Health Program Nurse Position

Department of State Health Services is hiring a registered nurse to serve as coordinator for the School Health Program. This essential position coordinates daily activities of three program specialists and leads efforts in strategic planning, program implementation, and evaluation of program efforts. The School Health Nurse also serves as the School Nurse Consultant for the state of Texas and participates in three advisory committees. In addition to child health and school health knowledge and experience; we seek someone with leadership, project management, and interpersonal communication skills. This position is eligible for telework. [Visit the Health and Human Services Jobs Center](#) to apply.

Rabies Awareness & Prevention Poster Contest

The Department of State Health Services (DSHS) Zoonosis Control Branch will be hosting its annual statewide "Rabies Awareness & Prevention Poster Contest" for K-12. Participating students will learn about rabies, the importance of pet vaccinations, and respecting wildlife from a distance. Participants will also learn the importance of notifying adults if they think they may have been in contact to an animal with rabies. The Zach Jones Memorial Fund provides generous prizes for winners in each age group (Kindergarten and grades 1-2, 3-5, 6-8, and 9-12). The poster contest can be used as a how-to-guide assignment, or as an extra credit project. The deadline for poster submission is April 7, 2023. Read more about the [rabies awareness contest](#).

2022-2023 School Health Survey

[Texas Education Code, Section 38.0141](#), requires school districts and open-enrollment charter schools to provide the Texas Education Agency's (TEA) with

information relating to school health and physical activity. The TEA's 2022-2023 School Health Survey is now available for this purpose. Districts and open-enrollment charters must complete the 2022-2023 survey on or before 5:00 pm Central Time (CT) on Friday, June 2, 2023. [Access the survey through this link](#). For questions related to the school health survey, please email healthandsafety@tea.texas.gov.

Professional Development

Protecting Our Future: Partnering to Safeguard K-12 Organizations from Cybersecurity Threats

The Cybersecurity and Infrastructure Security Agency (CISA) published its [Partnering to Safeguard K-12 Organizations from Cybersecurity Threats](#) report with a supporting [toolkit](#). The report provides recommendations and resources to help K-12 schools and school districts effectively reduce their risk in the evolving, disrupting, and damaging cybersecurity threat landscape. It also provides insight into the current threat landscape and the K-12 community's capacity to prevent and mitigate cyberattacks, offering simple steps school leaders can take to strengthen their cybersecurity efforts.

Creating Connections: Prevention with Purpose Conference

The [Texas Health and Human Services Office of Disability Prevention in Children](#) is kicking off the [third annual Statewide Virtual Conference](#) on March 7, 2023. The conference theme is Creating Connections: Prevention with Purpose and will take place from 10:00 am– 12:30 pm CT each Tuesday in March. The series includes free webinars focusing on key topics on intellectual and developmental disabilities in children. These webinars bring together a diverse group of stakeholders, including community-based and government organizations, health care professionals, educators, families, caregivers and others to learn and discuss strategies for creating positive change in the lives of children and families across Texas. [Register for the conference](#).

Health Education

Brain Injury Awareness Month

There are more than 5.3 million children and adults in the United States who are living with a permanent brain injury-related disability. Brain Injury Awareness campaigns help educate others about what it is like to live with a brain injury. The [Brain Injury Association of America](#) and the [Texas Health and Human Service Commission](#) have more facts about brain injury and ways to get involved or seek services. Visit the CDC's resource, [HEADS UP to Schools](#) to complete online concussion training for school professionals.

Texas Youth Preparedness Camp

The Texas School Safety Center (TxSSC) at Texas State University will award scholarships to teams of 10 individuals (9 youth and 1 adult) to attend the [Texas Youth Preparedness Camp](#). Camp will take place July 9-13, 2023, at Texas State University in San Marcos, Texas. The Community Emergency Response Team (CERT) program will educate individuals about disaster preparedness for any dangers that

may impact their area. Training includes basic disaster response skills such as fire safety, light search and rescue, team organization, and disaster medical operations. Applications must be submitted by 12:00 pm CT April 19, 2023. Read [more about the camp and submit team applications](#). If you have any questions or concerns about the application and/or process, please contact staff at julie.palmer@txstate.edu.

Nutrition Environment and Services

March is National Nutrition Month

Healthy eating starts with healthy food choices. The [Academy of Nutrition and Dietetics offers nutrition education resources](#) for parents and families. Visit their website to learn more about how nutrition affects heart health. Additionally, get tips for food choices around salt, fruits and vegetables, and sugar.

Employee Wellness

Lunch and Learn: Beyond Burnout: Exploring the Cost of Caring

TxSSC is hosting their Lunch and Learn event, Beyond Burnout: Exploring the Cost of Caring. Participants will be given tools to decrease risk for compassion fatigue, stress, trauma, and burn-out. The presentation will reframe self-care and offer a live Q&A session. [Register for this virtual training](#).

Quote to Note

"Success is not final; failure is not fatal: It is the courage to continue that counts." — Winston S. Churchill

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 or server restrictions. 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 or call (512) 776-7279.

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