



# Friday Beat

## May 12, 2023, 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

#### Heat Awareness Week May 16 – 22, 2022

The Centers for Disease Control and Prevention (CDC) observes Heat Awareness Week May 15 – 19. This [CDC resource](#) shares information to keep infants and children safe as temperatures rise. The resource includes tips to prevent and identify heat-related illnesses. Share these resources with students and families before the summer break.

#### Asthma Awareness Month

The CDC recognizes May as Asthma Awareness month. The CDC's National Asthma Control Program works to help Americans with asthma achieve better health and improved quality of life. The [Asthma Awareness Toolkit](#) has resources on understanding asthma, controlling asthma in schools, and supporting others with asthma.

### Professional Development

#### Webinar – Exploring the Relationship Between Bullying and Substance Use

[Children's Safety Network](#) is hosting a webinar on May 23, 2023, to discuss the associations between bullying and substance use. The webinar will discuss factors to substance use and possible preventive interventions. You can [register today](#) to learn more about the association between environmental factors like bullying and adolescents which impact substance use.

### Health Education

#### Kids Health in the Classroom Resources – Alcohol and Drug Use

[Kids Health in the Classroom](#) offers a resource packet for school health educators to teach how alcohol and drugs impact the body and mind. The alcohol and drug resources teach youth how to make safe and healthy choices when asked to participate. Teacher guides for grades 6-8 are available for [alcohol use](#) and [drug use](#). The entire [library of health resources](#) offers several lessons that reach beyond the prevalence of alcohol and drug use in youth.

#### 2022-2023 School Health Survey

The 2022-2023 Texas Education Agency School Health Survey is now available. Additional information regarding the survey and the link to participate are provided in the following TEA correspondence <https://tea.texas.gov/about-tea/news-and->

[multimedia/correspondence/taa-letters/2022-2023-school-health-survey](https://multimedia/correspondence/taa-letters/2022-2023-school-health-survey). Districts and open-enrollment charters must complete the 2022-2023 survey on or before **5:00 pm (CDT) on Friday, June 2, 2023**. For questions related to the school health survey, please email [healthandsafety@tea.texas.gov](mailto:healthandsafety@tea.texas.gov).

## **Physical Education and Physical Activity**

### **Math & Movement Webinar**

[Alliance for a Healthier Generation](#) is hosting a webinar on May 24, 2023, to discuss Math & Movement. During the webinar, a panel will discuss strategies for incorporating physical activity into the classroom, the science behind movement-based learning, and the importance of adding more movement during the school day. [Registration for the webinar](#) is now available.

### **Tips for Managing Diabetes in the Heat**

People with both type 1 and type 2 diabetes are potentially at a greater risk of being affected by the summer heat due to certain diabetes complications, increased risk of dehydration, and changes in how the body uses insulin at high temperatures. The Centers for Disease Control and Prevention (CDC) has [tips for managing diabetes](#) as temperatures outside increase. Resources can be shared with families before and during the summer.

## **Nutrition Environment and Services**

### **Starting a School Garden**

The [KidsGardening](#) website is a resource for school professionals wanting to start a school garden. The "[Starting a School Garden Program: Overview](#)" article provides a full set of resources. The overview discusses how to design a garden, gather community and school administration support, and find resources. The program overview also goes into detail by connecting the garden to the classroom.

## **Health Services**

### **SAY WHAT! Virtual Summit**

The [Say What! Virtual Summit](#) will be hosted on May 17, 2023. The summit will feature conversations and activities led by teen ambassadors. Topics will include the physical and mental health effects of using vapes, secondhand and thirdhand aerosol, the dangerous chemicals inside these products, and how the tobacco industry targets youth. [Register here](#) to tune in to the virtual Say What Summit.

### **Vision, Hearing, and Spinal Screening Reports Due Soon**

The deadline for reporting your school's mandatory Vision, Hearing, and Spinal Screening Reports for this year is approaching soon. The deadline is June 30, 2023. Please note that reports are required to be submitted online by the reporting deadline of June 30th of every year. Late reports are not accepted. Report your submissions on the [Child Health Reporting System](#). If you have any questions or concerns feel free to contact [vhssprogram@dshs.texas.gov](mailto:vhssprogram@dshs.texas.gov) or [chrs.loginhelp@dshs.texas.gov](mailto:chrs.loginhelp@dshs.texas.gov).

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

## **Mental Health Month Toolkit**

May is Mental Health Month. [Mental Health America](#) has released a new toolkit that includes media and social media resources, printable informational handouts, posters, and DIY tools. The toolkit includes information about how environment impacts mental health, suggestions for improving and maintaining mental well-being, and how to seek help for mental health challenges. [Access the toolkit](#) to bring awareness to your school and community.

## **Physical Environment**

### **Climate Change and Children’s Health and Well-Being**

[The United States Environmental Protection Agency \(EPA\)](#) has released a report addressing the connection between children’s health and climate change. Findings in the [climate change report](#) show an expected increase in youth asthma cases and draw connections to a decrease in academic achievement. This EPA report will be discussed in an [online webinar](#) on May 22, 2023.

## **Family Engagement**

### **Texas Fatherhood Summit**

On June 1, 2023, the [Texas Department of Family and Protective Services](#) will host the [7<sup>th</sup> Annual Texas Fatherhood Summit](#) in Austin, TX. The summit will focus on building and sharing a comprehensive approach to supporting Texas fathers and their families. Topics will share trends and best practices related to fatherhood-specific initiatives. Social work and LPC CEU’s will be available. [Registration is now open.](#)

## **Quote to Note**

“Take care of your body. It’s the only place you have to live.” – Jim Rohn

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