

Friday Beat

August 18, 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

Vaccine Spotlight: Pneumococcal Vaccine

August is National Immunization Awareness Month (NIAM). NIAM brings awareness of the importance of routine vaccinations like the pneumococcal vaccine. According to the Centers for Disease Control and Prevention (CDC), pneumococcal diseases and illnesses can range from mild (like a middle ear infection) to severe (like meningitis). To learn more about the pneumococcal vaccine, please visit the [CDC website](#). Additional [print materials addressing pneumococcal diseases](#) can be found on [the DSHS Immunization Unit](#) webpage.

Requirements

Spread the Word About Bacterial Meningitis

Each year, school employees are required to inform students and parents about bacterial meningitis. The information should include disease symptoms, prevention information, transmission details, diagnosis, and effectiveness of vaccination and treatment. Each school district should have notification procedures in its handbook. Read more about the state requirements in [Texas Education Code, Section 38.0025](#) and review the [DSHS meningitis information for students and parents](#).

Review Immunization Requirements for Texas Students

Do you know the minimum state vaccine requirements? View the [Texas School Vaccine Requirements for Students Grades K-12](#) for details on required vaccines before students can attend schools in Texas. For soon-to-be-graduates, review the [Texas Minimum State Vaccine Requirements for College Entry](#) for college and university students. If you have questions, please call the [Immunization Unit](#) at DSHS at (800) 252-9152 or send an email to schoolimm@dshs.texas.gov.

Ask About Food Allergies and Epinephrine Auto-Injector Policies

[Texas Education Code, Section 25.0022](#) requires public schools to ask parents or caregivers whether their child has a food allergy upon enrollment. [Section 30.0151](#) also requires school districts and open-enrollment charter schools to adopt and administer a policy for students with diagnosed food allergies at risk for anaphylaxis. Schools *may* also voluntarily adopt unassigned epinephrine auto-injector policies in accordance with [25 Texas Administrative Code, Subchapter U](#). Talk to your school about its allergy policies. If your school adopts an unassigned epinephrine auto-

injector policy, view the DSHS [epinephrine auto-injector reporting form](#) for schools to report when epinephrine injections are administered.

Asthma and Unassigned Albuterol Policies

Schools can voluntarily adopt unassigned asthma medication policies in accordance with [Texas Education Code, Section 38.208](#). Talk to your school about its asthma policies. If your school adopts an unassigned asthma medication policy, use the DSHS [unassigned asthma medication reporting form](#) to report when asthma medicine is given. View [additional asthma resources](#).

Professional Development

What To Do If a Student Has an Asthma Attack at School

[The Allergy and Asthma Network](#) is hosting a webinar called [What To Do If a Student Has an Asthma Attack](#) on August 23, 2023 from 3:00-4:00 PM. Dr. Dave Stukus will be covering ways to prepare school staff for asthma attacks in students during school. More information and resources on asthma and related conditions can be found on the [Allergy and Asthma Network School Health Resource page](#).

Helping New School Nurses Achieve Success

The [National Association of School Nurses \(NASN\)](#) published [Keys to Success in School Nursing: Community, Collegiality, and Continuous Learning](#). The article offers valuable insights into the multifaceted role of school nursing, highlighting the essential elements of success and what new school nurses need.

Health Education

Tobacco Policy Implementation Checklist

[Alliance for a Healthier Generation](#) created the [Tobacco Policy Implementation Checklist](#) to reduce student and staff tobacco and vaping use on school grounds. The checklist can help districts and school teams to implement a tobacco-free policy on their campus. The checklist includes model policy language, detailed action steps, and resources all in one place. It's accessible in the Alliance's free [Action Center](#), where all Healthier Generation resources are housed. A free login is required.

Characteristics of an Effective Health Education Curriculum

[Society for Public Health Education \(SOPHE\)](#) has released the [Characteristics of an Effective Health Education Curriculum](#), an interactive website to assist educators with using the 15 Characteristics of an Effective Health Education Curriculum to support effective learning and promote public health through education. Resources include examples for each of the 15 characteristics that educators can use in a hybrid learning environment to assist with teaching the characteristics. Resources are categorized by grade level spans: K-2, 3-5, 6-8, and 9-12.

Physical Education and Physical Activity

Child Physical Activity Toolkit

The Michael & Susan Dell Center for Healthy Living developed [The Child Physical Activity Toolkit](#) based on evidence, best-practices, and findings from an external messaging campaign conducted in 2019. This toolkit consists of resources, data,

tools, and guides. Use and share this toolkit with parents, schools, and community members.

Active At-Home Scavenger Hunt

Scavenger hunts can promote curiosity, learning, and physical activity through searching for objects and exploring the environment. [Alliance for a Healthier Generation](#) created the [Active At-Home Scavenger Hunt](#) to encourage families to participate together while being physically active. Try these fun and simple activities to get your family moving while at home or out and about. This resource is also available in [Spanish](#).

Counseling, Psychological and Social Services

988 Suicide and Crisis Lifeline

One year after the rollout of the [988 Suicide & Crisis Lifeline](#), the [U.S. Department of Health and Human Services](#) and its 988 Lifeline partners announced the addition of [Spanish text and chat services](#), as well as other [resources now available in Spanish](#). 988 resources are designed to provide states, territories, tribes, mental health, substance use disorder professionals, with mental health crisis services. 988 resources also provide information on understanding the background, history, funding opportunities, and implementation resources for strengthening suicide prevention and mental health services.

Physical Environment

Tour the Virtual Healthy Schools for Tips on Using the Whole School, Whole Community, Whole Child model (WSCC) Model

The [Centers for Disease Control and Prevention](#) created the [Virtual Healthy School \(VHS\)](#), which is an interactive tool to show school staff, state and local departments of health or education, and other agencies how to incorporate the Whole School, Whole Community, Whole Child model in schools. The VHS helps those interested in meeting the needs of students by improving their dietary and physical activity behaviors and helping them manage their chronic health conditions, like asthma, diabetes, and epilepsy. Use the school map to learn how to make schools a healthier place for students and staff.

Quote to Note

"Motivation is what gets you started. Habit is what keeps you going – Jim Ryun

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