Summer - It’s great fun, a time of new challenges and time to ensure safe environments for children.

Children are out of school, and warmer weather encourages outdoor activities. Exercise and activity are important for physical and mental health. People who are active sleep better, perform better in school and are happier. The Centers for Disease Control and other organizations recommend one hour of vigorous activity each day for children.
Summer goes quickly, and children will be back in school well before the calendar says summer is over. When the 2016-17 school year begins, physical activity in kindergarten to grade 6 will be increased, with three 15-minute periods of non-structured physical activity required each day in kindergarten and two 20 minute activity periods required for at least four days a week for older students. Students in grades 7 to 12 will continue to be required 90 minutes of activity per week. Legislation is clear that walking to and from class is not included in the required time.


June is Safety Month

Exercise and activity should be safe. Unintentional injury is the leading cause of death for Tennessee youth ages 1 to 24. That’s one of the reasons June is Safety Month. The National Safety Council, the Tennessee Department of Health and other health providers can help families support safe behavior.
So this summer, have fun with your children and encourage safety first and always.


Centers for Disease Control and Prevention, **Sun Safety**, [http://1.usa.gov/1XS677X](http://1.usa.gov/1XS677X).
Summer, a time of growth in Tennessee, offers opportunities for providing continued support for children. School Food Programs can fill in the gap for children who face challenges in getting enough healthy food when school is out. The U.S. Department of Agriculture (USDA) funded program is administered in Tennessee by the Department of Human Services, which contracts with private nonprofit groups, local governments and state institutions of higher education. Some Tennessee school systems sponsor the program, which can begin when school closes in the spring. Programs do not have to provide summer enrichment activities, but many of them do. Other creative activities include strategies like linking provision of lunch with the library summer reading program, so children can get a library book and a meal.

In the summer of 2015, an average of 45,318 Tennessee children received a meal or two each day, for a total of 4,362,854 meals, according to the USDA.

USDA, Summer Food Rocks: Summer Meal Site Finder, http://1.usa.gov/1YWzTXy.

More information about Summer Food in Tennessee, http://1.usa.gov/27UjSYd. For more information contact TNSFSP.DHS@tn.gov.

State-by-state data on USDA nutrition program participation: http://1.usa.gov/1YWHgyb.

Summer programs for children older than age 13 are rare, possibly because the federal Income Tax Child Care Credit, which is a dollar for dollar reduction in actual tax owed, is no longer available to their families.

Simple activities, like reading to a child for 20 minutes a day, visiting parks, zoos and museums, or taking a hike, can keep learning going during the break. Summer activity and summer reading programs can help keep children learning over the summer. Museums can offer free entrance days. Public library summer reading programs can help children retain language skills. Rutherford County Schools, for example, has online summer classes for those who can afford to pay for them.
Give Yourself a Break!

Summer is a time for taking a break. People who serve populations dealing with the effects of toxic stress are at risk of secondary stress. The National Child Traumatic Stress Network recommends agency procedures to support employees, including supporting strategies to alleviate exposure to stress. These include exercise, good nutrition, healthy work-life balance and taking advantage of agency help programs.


Policy Report on Parental Incarceration Released

The Annie E. Casey Foundation's KIDS COUNT® Program released a policy report, A Shared Sentence: The Devastating Toll of Parental Incarceration on Kids, Families and Communities, in May. Tennessee is tied with five other states for the third highest prevalence of parental incarceration, with one in 10 children in the state (144,000) having lived with a parent or guardian who served time in jail or prison after the child was born, according to the report.

Legislative Summary Available

The Governor has completed his review of bills passed by the legislature. Information about the final disposition of legislation related to children will continue to be available on TCCY’s website. TCCY thanks policy advocate Steve Petty for his work during an intensely busy session.

Legislative Summary: http://www.tn.gov/assets/entities/tccy/attachments/legislat.pdf.

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Updates

Craig Hargrow, TCCY Juvenile Justice and Second Look Commission director, is a 2016 participant in the Tennessee Government Management Institute. Hargrow reports: "The first session of the TGMI provided me an excellent opportunity to learn about and from the other TGMI participants. Session one focused on two things. One area of focus was being intentional about creating a culture of engagement within a team or organization. The other area of focus was incorporating strengths based management."

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Mark Your Calendar

June 4, 8:30 a.m.-3 p.m. CDT, TNAACP Criminal Justice Seminar, University of Tennessee-Chattanooga University Center. Contact http://bit.ly/1Xp3wSL. TCCY’s Craig Hargrow, is a keynote speaker.


June 12-17, TWRA Tennessee Outdoor Youth Summit (TOYS), Riverview Inn, Clarksville. Contact (731) 415-0641 or LLane@twrf.net.


June 21, KIDS COUNT National Data Book release.


June 23, 10 a.m.-2 p.m. CDT, Combined Council on Children's Mental Health (CCMH)/Youth Transitions Advisory Council meeting, Midtown Hills Police Precinct, Nashville.


In the News


Research Information


Tennessee KIDS COUNT Facts

Children in Households Food Insecure at Some Time in the Year

Children Age <6 Read To by Family Members Fewer than 3 Days Per Week


No person shall, on the grounds of race, color, national origin, sex, age, religion, disability or ability to pay, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity operated, funded or overseen by the Tennessee Commission on Children and Youth (TCCY). It is the intent of TCCY to bind all agencies, organizations or governmental units operating under its jurisdiction and control to fully comply with and abide by the spirit and intent of the Civil Rights Act of 1964.

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