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# Advocate

June 2016

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## Summer

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Update.



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**Summer!**

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.

Bilich, Karen A., *Parents*, "10 Benefits of Physical Activity," <http://bit.ly/20sD89G>.

Dewar, Gwen, *Parenting Science*, "Exercise for children: Why keeping kids physically fit is good for the brain and helpful in the classroom?" <http://bit.ly/25iDJl9>.

Carson, Stephanie, *Public News Service*, **TN Ramps up Physical Education in Schools**, <http://bit.ly/27zsKSW>.

## 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.

## PREVENTION – WE KNOW WHAT WORKS



### MOTOR VEHICLE INJURY

Improving proper restraint use, including seat belts, child safety seats, and booster seats.



### PRESCRIPTION DRUG OVERDOSE

Utilizing data, tools, and guidance for evidence-based decision making.



### YOUTH SPORTS CONCUSSION

Creating a culture of safety for youth sports; encouraging young athletes to report symptoms and providing resources to coaches and parents.



### CHILD ABUSE AND NEGLECT

Ensuring children have safe, stable, nurturing relationships and environments.



### OLDER ADULT FALLS

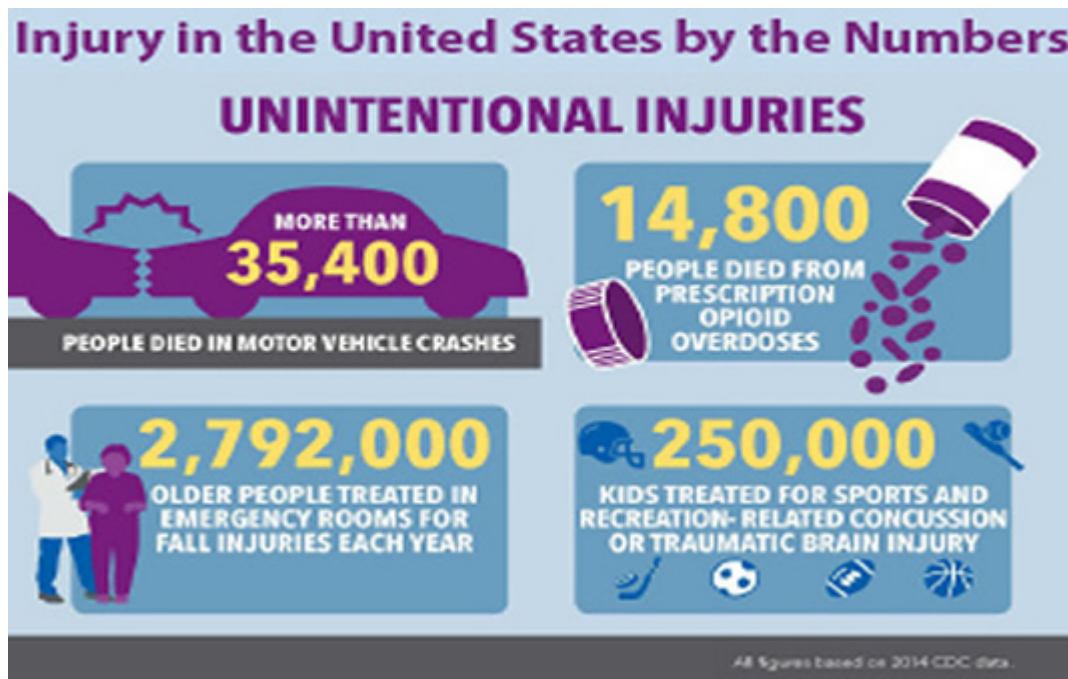
Making fall prevention a routine part of clinical care with tools for screening, assessing, treating, and following-up with patients.



### SEXUAL VIOLENCE

Using a comprehensive approach to promote respectful relationships; empower women and girls, and create environments that are safe for all.

So this summer, have fun with your children and encourage safety first and always.



National Safety Council, **National Safety Month**, <http://bit.ly/1OT7OjC>.

Neeley, M.D., Maya, *My Southern Health*, “**What to do for common playground injuries**,” <http://bit.ly/22nH4Kx>.

Tennessee Department of Health, **Water Safety Reminders**, <http://1.usa.gov/1XRROR4>.

Centers for Disease Control and Prevention, **Sun Safety**, <http://1.usa.gov/1XS677X>.

Children's Safety Network: National Injury and Violence Prevention Resource Center, **2015 Tennessee State Fact Sheet**, <http://bit.ly/27AMvtw>.

TN Dept. of Health, **2016 Child Fatality Annual Report: Understanding and Preventing Child Deaths in Tennessee**, <http://1.usa.gov/1R9mbdK>.

Note: Infographics are from the Centers for Disease Control

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## Feeding Children in the Summer

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](mailto:TNSFSP.DHS@tn.gov).

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

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## Summer Learning Opportunities

Programs providing both food and activities can help children in another way by providing learning opportunities over the summer. Summer school breaks interrupt most children's regular schedule of learning activities. In Tennessee, communities do better when children are encouraged to learn year round.

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.

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.

kidcentral.com, **Spring into Summer Learning: Brain-Building Activities for Your Child - Video Feature**, <http://bit.ly/1TDrQRc>.

Tennessee Afterschool Network, **Tools for Programs**, <http://bit.ly/1XxpUcz>.

Cornell University, Evidence-Based Learning, **Summer learning loss: Do kids miss out?** <http://bit.ly/247MSHc>

Mitchell, Ashley, Georgia Family Connection Partnership, **One Step forward, Three Steps Back: How Summer Learning Loss Is Widening the Achievement Gap**, <http://bit.ly/1WTKipE>.

**National Summer Learning Association**, [www.summerlearning.org](http://www.summerlearning.org).

IRS, **Ten Things to Know About the Child and Dependent Care Credit**. <http://1.usa.gov/1TEj8PE>.

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### 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.

National Child Traumatic Stress Network, **Secondary Traumatic Stress**, <http://bit.ly/247Yn1u>.

My Southern Health, Vanderbilt, **Infographic: Yoga for chronic pain**, <http://bit.ly/1OKgNDI>.

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### 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.

KIDS COUNT, **Shared Sentence: The Devastating Toll of Parental Incarceration on Kids, Families and Communities**, <http://bit.ly/11IHOCR>.



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## 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.

**TCCY Legislative Information:** <http://www.tn.gov/tccy/article/tccy-legislat>.

**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 11, 8 a.m.-3 p.m. CDT, **Empowering Faith Communities to Foster Resilience: Promoting Safe Stable Nurturing Relationships and Environments**, Fleming Training Center, 2022 Blanton Drive, Murfreesboro. Register at <http://bit.ly/1Tjcew6>.

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

June 17, 9:15 a.m.-2 p.m., **ETCCY Event: "The Power of Adverse Childhood Experiences"** with guest speakers from the TN Commission on Children and Youth, Bridgewater Place, Knoxville. Register at <http://bit.ly/1TZY17t>.

June 21, **KIDS COUNT National Data Book** release.

June 21-23, **"When Words Matter": Violence Intervention and Prevention Summit**, Resorts Casino and Hotel, Atlantic City, N.J. Register: <http://bit.ly/1Tb3A3j>.

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.

June 28-30, **Early Connections Network Present Kimochis® Early Childhood Curriculum Training**, Tennessee Voices for Children, 701 Bradford Ave., Nashville. Contact: [noelle.cannon@advantagebehavioral.org](mailto:noelle.cannon@advantagebehavioral.org).

March 14-15, 2017, **Children's Advocacy Days**, War Memorial Auditorium. Contact: [John.Rust@tn.gov](mailto:John.Rust@tn.gov).

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## In the News

Carson, Stephanie, Public News Service, ***TN Ramps up Physical Education in Schools***, <http://bit.ly/27zsKSW>.

TN Dept. of Commerce and Insurance, **Consumer Affairs Offers Parents Tools to Teach Financial Skills to Children**, <http://1.usa.gov/1R46WTs>.

Ujifusa, Andrew, *Education Week*, **Share of High-Poverty, Racially Isolated Schools Rising, GAO Report Says**, <http://bit.ly/1U0aquY>.

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## Research Information

Cohen, Robin A, et al, Centers for Disease Control, ***Health Insurance Coverage: Estimates from the National Health Interview Survey, 2015***, <http://1.usa.gov/1Xmsbau>.

General Accounting Office, **K-12 Education: Better Use of Information Could Help Agencies Identify Disparities and Address Racial Discrimination**, <http://1.usa.gov/27BgscT>.

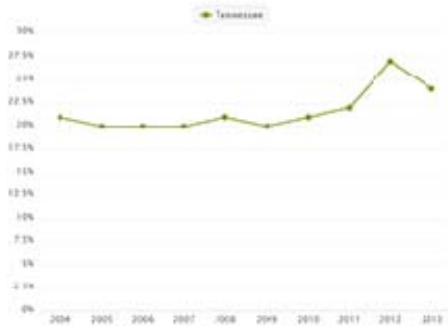
National Urban League, ***2016 State of Black America: Locked Out: Education, Jobs & Justice***, <http://bit.ly/2071KEJ>.

Pew Research Center, ***America's Shrinking Middle Class: A Close Look at Changes Within Metropolitan Areas***, <http://pewrsr.ch/1Xmswdd>.

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# Tennessee KIDS COUNT Facts

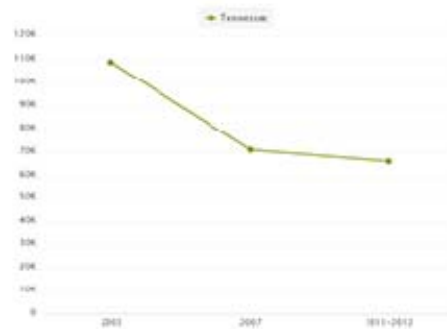
## Children in Households Food Insecure at Some Time in the Year



CHILDREN LIVING IN HOUSEHOLDS THAT WERE FOOD INSECURE AT SOME POINT DURING THE YEAR (PERCENT)

National KIDS COUNT  
KIDS COUNT Data Center, [datacenter.kidscount.org](http://datacenter.kidscount.org)  
A project of the Annie E. Casey Foundation

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



CHILDREN UNDER AGE 6 WHOSE FAMILY MEMBERS READ TO THEM LESS THAN 3 DAYS PER WEEK (NUMBER)

National KIDS COUNT  
KIDS COUNT Data Center, [datacenter.kidscount.org](http://datacenter.kidscount.org)  
A project of the Annie E. Casey Foundation

More data on Tennessee child well-being are available at <http://bit.ly/15alkVu>.

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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