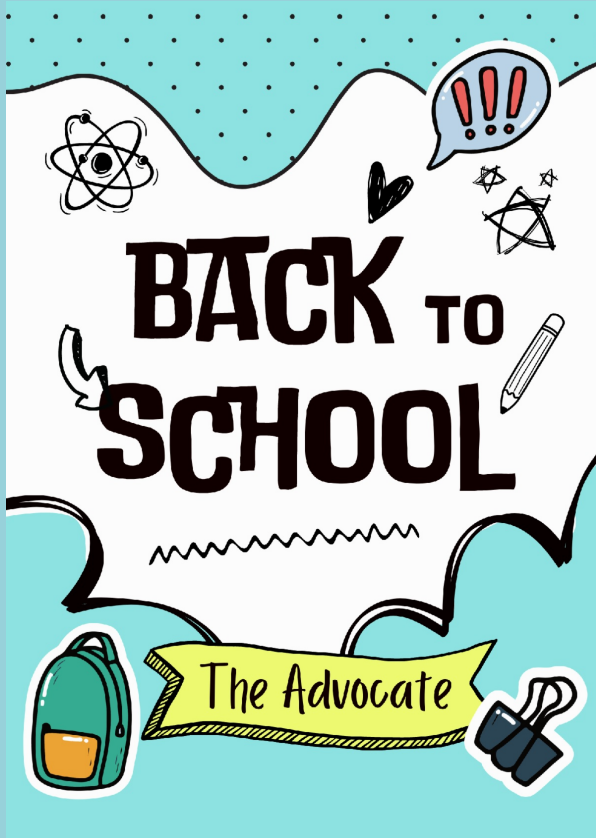




# THE ADVOCATE

## Get Back to School Ready!



Welcome to our August newsletter, where you can find topics related to back to school! Learn about a first time sport that may be best for young athletes and how being active helps children and youth with type 1 diabetes. We'll also look at the Tennessee School Report Card from last year where you can find an interactive graph to understand the numbers across the state. Lastly, listen to a podcast with Senator Page Walley about the work that's been accomplished to benefit children and youth and where there are opportunities to improve as a state.

## Legislative Updates

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# Children and Youth Articles



If you're the parent of a child with type 1 diabetes, you may wonder what level activity is good for them or question how to get your child moving and keep them motivated.

Exercise is a healthy habit for every child, including those with type 1 diabetes. Whether your child walks the dog, rides a bike, or swims, they can start getting active by moving in small blocks of time and building up slowly.

Introducing exercise to your child now will help them find activities they enjoy while obtaining an healthy skill they can use throughout life.

[Read More](#)

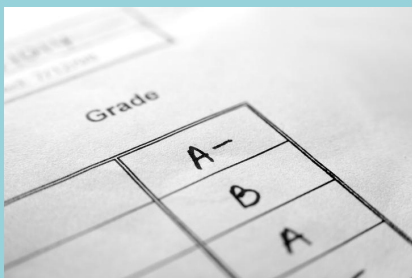


Have you ever wondered what is the best first sport for young kids? A pediatrician weighs in on which athletic activity is the best to begin with.

Swimming is a fun, relaxing activity that fuels brain health and builds strong bodies. It's a great activity for growing children since learning to move in the water improves coordination and flexibility.

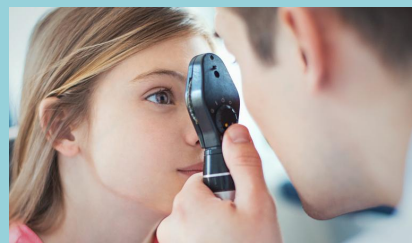
Also, consider that drowning is the number one cause of death among children between 1 and 4-years-old. Research shows that teaching them to swim early in life is a key layer of prevention that can help avoid tragedies around the water.

[Read More](#)



This summer the Tennessee Department of Education released the 2022-23 TCAP state-level results, which demonstrate an increase in academic proficiency for students across all tested subjects and grades.

The TCAP assessment data is now available on a new interactive dashboard that will help students, families, educators, school leaders and policy makers visualize the assessment results and have a better



August is Children's Eye Health and Safety Month and highlight's the importance of protecting children's vision and eye health.

During the first three years of school, children are learning to read. After that, they're reading to learn. In other words, children are always using their eyes to learn.

The best way to ensure a child's eye health is to make sure they're getting regular eye exams at an eye professional. Ensuring a

understanding of the 2023 statewide TCAP performance.

child's eye health is a great way to ensure their academic success as well!

[Learn More](#)

[Learn More](#)

## Mental Health Resources

[TN Partners for Health](#)

[TDMHSAS Mental Health Services](#)

[988 Hotline](#)



The newest podcast episode of Roots and Wings highlights the work Tennessee state representatives have accomplished that benefits children and families and how the Tennessee Commission on Children and Youth has served in a supporting role.

Senator Page Walley sits down with podcast host, Jonquil Newland, to discuss the state's work and where we can strive to improve.

[Listen Now](#)

## Get to Know a Few of the TCCY Commission Members!



## Calendar of Events

**Friday, August 11** - The East Tennessee Council on Children and Youth presents, "Not My Kid!" Safety in the Era of Fentanyl and Vaping: **Jubilee Banquet Facility 6700 Jubilee Center Way, Knoxville, TN : 11-2 p.m.**

**Wednesday, August 23** - Resilient Tennessee Collaborative Quarterly Networking Meeting: **Tennessee State Library and Archives - lunchtime**

**Wednesday, August 30** - The Upper Cumberland Council on Children and Youth presents, "Is this Going to Happen in My School?" How to Talk to Kids about School Shootings - **UCDD 1104 England Drive, Cookeville, TN - 8:30-**

11 a.m.

The Tennessee Commission on Children and Youth | [Website](#)



TENNESSEE COMMISSION ON  
**CHILDREN & YOUTH**

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