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## Mark your Calendar

### Dec. 17—ICYD Council Meeting

The next ICYD meeting will take place in the Starkweather Room of the Jessie Parker Building from 2:00 pm to 4:00 pm. If you have any questions or comments, please email [steve.michael@iowa.gov](mailto:steve.michael@iowa.gov).

### Jan. 13—ICYD Council Meeting

A date has been set for the following ICYD Council Meeting. This meeting will also take place in the Starkweather Room of the Jessie Parker Building from 2:00 pm to 4:00 pm.

### Jan. 26-27 & Apr 27-29- Learning Supports Training

The DE Learning Supports Team is busy preparing for two large events in 2010 that will have Safe, Healthy and Caring Learning Environments as the focus. Both events will be held at the Scheman Center in Ames, Iowa. More information will be available at a later date.

## Youth Development News

### The High Cost of Dropping Out

A report from the Center for Labor Market Studies at Northeastern University states that youth who drop out of high school face an array of employment, earnings, income, and social difficulties. In particular, research found that drop-outs were more likely to have problems with joblessness, teen pregnancy or incarceration. To view the complete report, [Click Here](#).

### Youth Development Best Practices

This publication provides an in-depth look at the collaborative, cutting-edge work of Children's Cabinets and other youth development groups. The report is meant to share data across agencies in order to improve the planning and delivery of services. To view, [Click Here](#).

### Underperforming Schools and the Education of Vulnerable Children

This brief presents findings from several Chapin Hall studies on vulnerable children and youth to raise the issue of what it would mean to improve academic achievement in underperforming schools. To view this article, [Click Here](#).

### MLK Essay Contest

The Division on the Status of African Americans, MLK Day Planning Committee, Iowa Department of Human Rights, Iowa Department of Civil Rights, and the Iowa Commission on Volunteer Service are hosting a statewide essay contest for 2nd through 12th graders in honor of Martin Luther King Jr. To learn more, [Click Here](#).

## A Note From Our Chair...

*Preston Daniels is the director of the Department of Human Rights and is Chair of ICYD.*

The ICYD Council is in the process of reviewing data that will drive the decisions on setting priorities and will also assist in establishing target outcomes. The ICYD has engaged the State of Iowa Youth Advisory Council (SIYAC) in these discussions. It is an unfortunate habit when state government boxes itself in to listening only to other state officials. The ICYD Council is committed to engaging youth and other interested citizens in the discussions and decision-making process on the youth issues that many state agencies are addressing. It is our hope that this collective thinking will provide effective policies and strategies that positively affect the outcomes for youth.

We welcome any comments and suggestions to help us work toward achieving ICYD's purpose,  
Preston Daniels

## SIYAC Update

*For this month's issue we will be hearing from the Teen Nutrition Chair of the State of Iowa Youth Advisory Council, Jenna Harms of Alta High School:*



Hi my name is Jenna Harms. I am a senior at Alta High School in Alta, Iowa. After graduation I plan on attending Northwestern College in Orange City, Iowa where I plan on majoring in social work and political science. I have been a member of the State of Iowa Youth Advisory Council (SIYAC) for two years now. Last year I served on the nutrition committee where I helped organize nutrition symposiums alongside the Department of Education sponsored *Team Nutrition*.

My current leadership roles include Secretary of SIYAC as well as the chair of the nutrition committee. Due to the success of last year's healthy kids symposiums, this year, *Team Nutrition* will continue partnering with SIYAC to conduct regional health symposiums. Secondly, my committee is researching and gathering input on college and university campuses in Iowa to help young Iowan's make healthy choices and prevent the "Freshman 15". We plan to suggest that dining facilities post nutritional content on food items and we will take the next step by discussing this with Senator Harkin to supplement his proposed Meal Act.

SIYAC has presented me with many new and exciting opportunities. Earlier this year, I participated in a round table discussion with the US department of Agriculture Secretary, Tom Vilsack. Though events such as these are a lot of fun, I take my responsibility very seriously. As the only youth member on the Healthy Kids Act Stakeholders Board I am able to voice concerns about what students want and don't want regarding school lunch options. I give the adults on this board advice on how students will deal with changes in the nutrition programs which helps the Board develop better solutions. My role on SIYAC, my experiences with *Team Nutrition*, and knowledge of health issues prepares me to represent the youth voice at health events, discussions, and programs to ensure a healthier Iowa.