

FUN SAFE PHILLY SUMMER



Newsletter | July 2015

PLAYSTREET BOOK CLUB

Mayor Nutter wants all youth in Philadelphia to make reading a top priority this summer!

On July 28th in South Philadelphia, Mayor Michael A. Nutter held a press conference to celebrate the launch of Playstreet Book Club. This program is coordinated by Fun Safe Philly Summer to encourage summer reading among youth in Philadelphia who receive USDA-funded meals at outdoor summer meal sites.

This summer, Playstreet Book Club distributed over 3,000 free books to more than 600 children and teens at 16 outdoor meal sites in neighborhoods across the city. Each young person who visited the sites completed a brief reading assessment to ensure that he or she received an

appropriate book bundle for his or her reading level. Each bundle included five free take-home books to enjoy. Playstreet Book Club aims to feed the minds of Philadelphia's youth, instilling in them a love of reading and helping them to start their own library.

Volunteers from Fun Safe Philly Summer and the Foster Grandparents Program (coordinated by the Mayor's Office of Civic Engagement and Volunteer Service) conducted the book drop-off events with the support of the outdoor meal site supervisors. Foster Grandparents will be returning to each site once a week throughout the summer to read to children in the neighborhood. In addition to combating the threat of summer learning loss, weekly literacy activities on the block will encourage children and teens to stay, play, and socialize at the meal site after receiving a free meal.



Playstreet Book Club is supported through the partnership and generous support of Team First Book Philadelphia, the Mayor's Fund for Philadelphia, and the S. Albert Fund of The Philadelphia Foundation. We would like to thank all of our dedicated volunteers and donors for their commitment to Philadelphia's youth.

(Top) Children in South Philadelphia receive free lunch and book bundles at the Playstreet Book Club press conference. (Left) Mayor Michael A. Nutter and Foster Grandparent Lillian Bundy meet at the Playstreet.

Photo credit: Kait Privitera on behalf of the City of Philadelphia

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SUMMER HEALTH

It's hot out there, Philadelphia! And even though July has just come to a close, there are still many weeks of summer fun – and heat – coming our way!

Therefore, we have provided you with **8 Great Tips** for staying cool, safe, and healthy throughout the summer.



1. Protect yourself from sun and heat:

Wear sunglasses, a hat, and sunscreen of SPF15 or higher and

seek out shade when possible. Wear lightweight and loose-fitting clothes and avoid strenuous activities during the hottest part of the day (especially early afternoon).

2. Stay hydrated: Drink 6-8 glasses of water every day. Try to bring a water bottle with you wherever you go, and add fruit or mint for some extra flavor!

3. Swim safely: Swimming is a great way to stay cool! But remember to never swim alone or in unsupervised locations. Always bring a parent or a friend! [Find your nearest pool.](#)

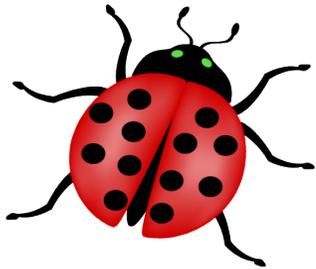
4. Eat healthily: Get your fill of all the delicious fruits and vegetables in season, including bell peppers, corn, cucumber, cherries, tomatoes, blackberries, watermelon, and peaches! In general, the more colorful your plate is, the healthier your meal, so try to eat the rainbow every day! Find great produce at your local [Food Trust farmers' market.](#)



5. Catch some Z's: Just because school is out is no excuse to stay up until all hours of the night! In order to feel rested and energetic for daytime activities, make sure to get 8-10 hours of sleep.

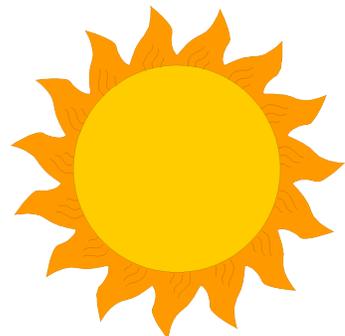
6. Watch out for bugs: Many bugs and spiders are largely harmless, and may even provide helpful

services for us! That said, make sure to be careful around bees and check for ticks after spending time in the woods or around tall grasses.



7. Wear appropriate footwear: Your feet are your greatest ally during the summer. You need them to jump off the diving board, kick a soccer ball, and race around the baseball diamond, so take good care of them! Wear sturdy, closed-toed shoes that go around your heel during physical activity.

8. Be mindful of your mind: Summer can be a lot of fun, but it can also be a time of boredom or stress for some people. Take time to keep your mind active by reading, doing puzzles, or keeping a journal. If you're feeling stressed or frustrated, try yoga, meditation, or talking with friends or family. Remember that health is about the **WHOLE** you: mind, body, and spirit.



UPCOMING EVENTS



**FUN
SAFE
PHILLY
SUMMER** **Pop-Ups!**

Join the Mayor's Office on Wednesday evenings throughout the summer for free, fun events!

All pop-ups include free snacks for youth, t-shirt giveaways, and a DJ!

Ice Skating
Beat the heat and enjoy a night at the ice rink!
August 5, 5-8pm
Scanlon Ice Rink (1099 E Venango St)

Pump & Jump
Bring your friends and race around the bicycle Pumptrack!
August 12, 5-8pm
Philly Pumptrack (Parkside Ave near 53rd St)

Dance Party
Join the STAMP Program for a museum dance party in Old City.
August 14. Visit www.phillystampass.org closer to the date for more details.



There is an endless amount of free fun to be had at The Oval, out in front of the Philadelphia Museum of Art, throughout August.

presented by 

Highlights for this upcoming week include facepainting, yoga, storytime with the Free Library, art activities with the Mural Arts Program, soccer, kids karaoke, and more! [Explore full schedule here.](#)

FREE OUTDOOR MOVIES!

August 5, 8pm
"E.T."
South Street Headhouse District

August 6, 8pm
"Tangled"
Schuylkill Banks by Walnut St Bridge

August 6, 8pm
"Annie"
Great Plaza at Penn's Landing

August 11, Dusk
"The Princess Bride"
Gorgas Park

August 13, 8pm
"Indiana Jones: Raiders of the Lost Ark"
Grays Ferry Crescent Esplanade

August 13, 8pm
"The Lego Movie"
Great Plaza at Penn's Landing

[Find more screenings here.](#)

How's your **summer** going?

What are you reading? Where have you travelled to? Got any tips for fun things to do in Philly?

We want to know about it!

Send us a postcard, shoot us an e-mail, message us on **Facebook** or **Twitter**, or share photos on **Instagram**! Make sure to tag **@PhillySummer!**

Fun Safe Philly Summer

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FREE SUMMER MEALS FOR KIDS AND TEENS HERE!

Summer meal sites are still in operation all throughout the city!

Youth 18 and under, as well as individuals with disabilities 19 and older enrolled school programs, are eligible to receive free meals.

To find a meal site near you, visit www.phillysummermeals.org/map, call the Greater Philadelphia Coalition Against Hunger at 1-855-252-MEAL, or text "FOOD" to 877-877. For directions in Spanish, text "COMIDA" to 877-877.

Finally, visit www.phillyfoodfinder.org to find information on a variety of other food assistance programs.

Share this information and help us make sure that no child in Philadelphia goes hungry this summer!

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