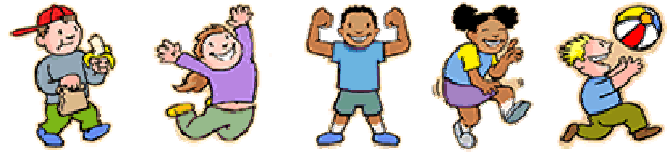


Attention Center Directors and Home Child Care Providers!

*Are you looking for a professional development opportunity that involves strengthening your leadership skills and supporting staff through a self-assessment and reflection process?
Would you like to become a mentor for other child care centers?*

If so, please consider this opportunity focused on improving children's nutrition and physical activity.



Nutrition And Physical Activity Self Assessment For Child Care

Pilot Project

- WHY:** There is mounting evidence for the association between physical activity and nutrition and academic performance. As early education practitioners, we can have a huge impact on the development of healthy habits in children.
- WHO:** The Keystone Kids Go! workgroup is in search of early childhood programs interested in participation in this wellness assessment pilot project. Programs must be a Keystone STARS provider.
- WHAT:** The pilot project will be implemented to gather feedback from programs throughout the state as to the relevance of the NAP SACC self-assessment and intervention, as well as the user friendliness of the tool. Pilot participants will be asked to:
- Implement the NAP SACC tool in their program
 - Identify two or three areas of strength and two or three areas for improvement
 - Set and implement achievable goals for program improvement
 - Participate in Professional Development webinars as applicable
 - Complete the pilot feedback instrument
 - Participate in focus groups to share feedback from the experience
- WHERE:** Pilot activities will mainly be conducted at the participant's site. Pilot participants will be provided with support and guidance as they complete the self-assessment and choose intervention strategies to make positive change to wellness policy, procedures, and environmental influences on nutrition and physical activity within their program. Financial resources will be available to support participation in this pilot project.
- WHEN:** During the months of February, March, and April 2010

If you are interested in participating in this project, please respond by February 4, 2010.

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