



Rock Island Head Start

The Rock Island (Illinois) Head Start Program held its 4th Annual *I Am Moving I Am Learning Family Activity Night* on February 6th, 2010 at their local fitness center. Nearly 400 people were in attendance. Families had opportunities to participate in several movement experiences including swimming, an obstacle course, jungle gym, rock climbing, and music and movement. They made yarn balls and paper plate paddles to take home and had a guest reader. Families enjoyed a nutritious meal consisting of a turkey sandwich, hot green beans, water, and a variety of fresh fruits and vegetables (Crave Your F.A.V!).

The guest of honor for the evening was “Choosy” who danced and moved to music with families. Families who spent 15 minutes dancing and moving with their child in the “Music and Movement” room received a free *Choosy* CD. Every child received a ball or another item that would encourage active play outside. Handouts were given to all parents on motor skill development of young children for throwing, catching, and kicking. All handouts were available in English and Spanish.

Several Community Partners participated by providing education, health, and nutrition resources for families including: the Rock Island Public Library, Community Health Care, University of Illinois Extension- Food and Nutrition Program, Western Illinois University, Black Hawk College, and Community Volunteer Cheryl Miller.

Congratulations to the Rock Island Head Start Program on a successful event and for their continued commitment to promoting physical activity and healthy eating!



