

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

May 5, 2008

For Immediate Release

Contact: Robert Herman
Public Information Officer
(559) 733-6606 – office
(559) 303-8568 – cell

Tulare County Office of Education announces: Child Care Program Pilots New Physical Activity Program

The Tulare County Office of Education's Child Care Educational Program is piloting a new program designed to promote more physical activity for each child attending its centers. The *I Am Moving, I Am Learning* program – which has been used successfully in other parts of country – is currently being piloted at eight of the Child Care Educational Program's 43 centers. Children in the Alta Vista and Granite Hills Centers in Porterville, Washington Center in Lindsay, Clinite Center in Tulare, the North Visalia #2 Center and centers in Pixley, Teviston and Tipton are currently utilizing the program.

I Am Moving, I Am Learning incorporates a variety of exercises, which simultaneously promote learning. For example, exercises could utilize a hula hoop, a fan or a Macarena-style dance.

During each, children are learning concepts like “under,” “over” and “beside” which helps them understand the sequence of letters and words.

“*I Am Moving* promotes body and brain development in ways that build pre-writing skills,” says program supervisor Linda Lanting. Pre-writing skills improve as children practice the

- more -

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

Page 2

movements that help them shape letters, cross *t*'s and dot *i*'s. "We have to be very intentional about these activities," says Ms. Lanting. "As we help children learn how to do them, we are seeing improvements in their coordination."

Along with the exercise aspect of the project, staff members have been delighted to see how the program is helping children with problem solving and socialization. One of the first lessons in *I Am Moving* is to tape off squares for each child so they learn to jump around while not getting too close to others. If another child gets too close, children will say, "You're in my personal space." Now, instead of trying to separate rambunctious children, teachers can remind them they are in someone else's personal space.

"Preparing children for kindergarten is a major focus of our work in the Child Care Educational Program," says Tulare County Superintendent of Schools Jim Vidak. "Through programs like *I Am Moving*, children get the social, physical and academic development they need to succeed in school."

For more information on the *I Am Moving*, *I Am Learning* program or the Child Care Educational Program, contact Robert Herman, Public Information Officer, at (559) 733-6606.

T C O E

Rel: 30/08