



Contact:

Maria Orozco

Redding Rancheria

P: 530-242-4516

C: 530-227-7718

E: maria.orozco@win-river.com

Head Start Center Receives Grant to Enhance Outdoor Play

Redding, CA (September 9, 2009) –Head Start Body Start National Center for Physical Development and Outdoor Play today announced the Redding Rancheria as one of 351 recipients of a \$5,000 grant to improve the outdoor play space at the Redding Rancheria Head Start in Redding. The National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR) form the Office of Head Start.

According to Head Start Center Manager Diane Coe, “We appreciate Head Start Body Start for helping us evaluate our play spaces and educate our children and their families about the value of physical activity and playing outdoors, in particular. This grant will enable our Head Start Center to add two pieces of playground equipment which will provide new and fun ways for children to move their bodies!” “Outdoor play is associated with greater amounts of physical activity in children, and research has shown that opportunities for whole body exercise has a long lasting influence as preschool physical activity tracks throughout childhood,” said Center Director, Karin H. Spencer, EdD. “Unfortunately children today spend less time playing outdoors than any previous generation,” added Spencer. “We want to help the Head Start staff discover the benefits of outdoor play across developmental domains and learn about the features of high quality outdoor play spaces that promote movement opportunities for children of all ability levels.”

In addition to the play space improvement, each award-winning Head Start Center will have targeted training, technical assistance and the expertise of a physical activity consultant as well as access to online courses, webinars and resource materials. One of their first initiatives will be celebrating the inaugural *Take it Outside! Week*, October 19 through 23, 2009. To learn more about *Take it Outside! Week*, visit www.headstartbodystart.org.

Redding Rancheria is a federally recognized Tribe with Pit River, Wintu and Yana people where pride in Tribal culture, history and identity is evident internally and in the larger community. Redding Rancheria is a leader in the constructive development of its people, the larger Indian community and the Redding region.



Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) is a project of the National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR), which are associations of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Funding for HSBS is provided by the Office of Head Start (OHS), Administration for Children and Families, US Department of Health and Human Services. The purpose of HSBS is to increase physical activity, outdoor play and healthy eating among Head Start programs in creating healthy learning environments, both in and outside the classroom, thorough structured and unstructured physical activity that leads to the physical, cognitive, social and emotional development of young children and reduces obesity and its associated costs. HSBS has three main objectives: (1) to inform and assist OHS in setting national priorities and developing policies; (2) to provide resources, training and technical assistance to Head Start and Early Head Start Centers; and (3) to administer and support grants for construction or improvement of outdoor play spaces at Head Start Centers.

Redding Rancheria is a federally recognized Tribe with Pit River, Wintu and Yana people where pride in Tribal culture, history and identity is evident internally and in the larger community. Redding Rancheria is a leader in the constructive development of its people, the larger Indian community and the Redding region.