

## Holz, Robin [IDOE]

---

**From:** Holz, Robin [IDOE]  
**Sent:** Thursday, March 12, 2015 9:50 AM  
**Subject:** Pilot "Move for Thought" Activities  
**Attachments:** Move for Thought Flyer.pdf

**Importance:** High

Dear CACFP Child Care Participant:

### **Move for Thought Pre-K & K Pilot**

Iowa Team Nutrition and Iowa State University are looking for teachers working with children 3-5 years of age in preschool centers to pilot a new strategy that integrates physical activity, books and music in the preschool classroom, named "Move for Thought Pre-K & K". The "Move for Thought Pre-K & K" focuses on practicing self-control and self-regulation through fun and interactive activities.

During the 4-week pilot (March 30 to April 24), selected teachers will provide feedback through documentation on a log form for the activities they practiced. One or more activities should be tried per day. At the end of the pilot a phone interview will be conducted by Iowa State University. Teachers completing the pilot will receive an \$80 honorarium.

Please email Patti Delger, [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov) with your name, address, phone number, and class size if you are interested in the pilot, by **Friday, March 20<sup>th</sup>**. Hard copies of the activities and a music CD will be mailed to you, and an instructional webinar will be provided prior to the pilot.

Sent in behalf of:

*Patti J. Delger, R.D., L.D.*

Team Nutrition Co-Director  
Iowa Department of Education  
400 E. 14th Street  
Des Moines, IA 50319-0146  
Ph: 515-281-5676  
Fax: 515-242-5988  
[patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)  
[www.educateiowa.gov](http://www.educateiowa.gov)

Robin Holz, MS, RDN - CACFP Lead Consultant, Centers - Bureau of Nutrition and Health Services - 400 E 14th St, Des Moines 50319 -  
Phone: 515.281.3484 - Fax: 515.242.5988 - [www.educateiowa.gov](http://www.educateiowa.gov)

NOTICE TO RECIPIENT: THIS MESSAGE AND ANY RESPONSE TO IT MAY CONSTITUTE A PUBLIC RECORD, AND THEREFORE, MAY BE AVAILABLE UPON REQUEST IN ACCORDANCE WITH IOWA PUBLIC RECORDS LAW, IOWA CODE CHAPTER 22.



NOTICE TO RECIPIENT: THIS MESSAGE AND ANY RESPONSE TO IT MAY CONSTITUTE A PUBLIC RECORD, AND THEREFORE, MAY BE AVAILABLE UPON REQUEST IN ACCORDANCE WITH IOWA PUBLIC RECORDS LAW, IOWA CODE CHAPTER 22.