



NATIONAL HEAD START ASSOCIATION

NEWS RELEASE

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## National Head Start Association and T&L Foundation Launch Enhanced, Bilingual GoSmart Application

*National Head Start Association makes significant improvements to its physical activity web-based application*

(Washington, DC) – Today the [National Head Start Association](#) (NHSA), together with the [T&L Foundation for Child Care Information](#), launched an enhanced, bilingual version of the [GoSmart](#) web-based application, a digital library of resources and activities designed to assist teachers, parents, and caregivers to engage in physical activity with young children. The enhancements to GoSmart were made possible by generous support from long-term partner [Nike](#).

GoSmart dynamically provides users a series of physical activities that are easy to do, readily accessible, and developmentally appropriate for 0-5 year olds. Activities are tailored specifically to age, classroom or home environment, as well as access to materials, making it easy to stay active while having fun. With exciting activities like dancing, peek-a-boo, and follow the leader, it is easier than ever to make sure children get the daily physical activity necessary to cultivate important skills and abilities.

GoSmart app enhancements include:

- A complete Spanish version
- Tracking time spent on each activity
- Planning future activities with a ready-made calendar
- Sharing classroom activities with parents

“Physical activity is critical for the development of our young children,” said Yasmina Vinci, Executive Director, National Head Start Association. “With this new and improved GoSmart tool, educators and parents can discover fun ways to get moving with their kids. We are incredibly grateful for the generous support of Nike and T&L Foundation for Child Care Information’s partnership, allowing us to extend Head Start’s leadership around parent engagement and child development to all families with young children.”

"NHSA's brilliant take on providing a tool that educators and parents could use for physical activity and movement with children 0-5 was groundbreaking," says Samantha Marshall, President of T&L Foundation for Child Care Information. "T&L is proud to partner with NHSA to create an enhanced and intuitive version of GoSmart making it easier for educators and parents to work together to make physical activity a natural part of a child's day."

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**The National Head Start Association** is a not-for-profit organization committed to the belief that every child, regardless of circumstances at birth, has the ability to succeed in school and in life. The opportunities offered by Head Start lead to healthier, empowered children and families, and stronger, more vibrant communities. NHSA is the voice for more than 1 million children, 200,000 staff and 1,600 Head Start grantees in the United States. Visit [www.nhsa.org](http://www.nhsa.org) and follow @NatlHeadStart for more information.

**T&L Foundation for Child Care Information** is a not-for-profit organization that aims to strengthen quality child care and early education through health and wellness initiatives, ultimately envisioning a future of healthy and bright adults because their child care environment was set up to impact the whole child; an environment that helps young children flourish through physical and mental wellbeing. Visit [www.tlfcci.org](http://www.tlfcci.org) and follow @tlfcci for more information.