



## **Beth Reholz** **Allison Park, Pennsylvania**

### **Biography**

I have been working with children since I was a young adult. I realized at an early age that I wanted to become a teacher. I proudly earned my Bachelor of Science Degree in Education from Slippery Rock University. After graduating, I began my career as an early childhood educator at Tender Care Learning Center. I have been the Pre-K teacher at my school for the last four years. I am also a Master Teacher, a job that includes mentoring and training new teachers while providing leadership and guidance to other co-teachers. I believe that early education is very important and I think it helps to give each child a foundation for their educational journey, a lifetime of learning. I truly love my job and strive to make a difference in each one of my children's lives. I get energized when I see each child smiling and having fun in my classroom. When I am not at school, I have a second job working for an organization that provides opportunities to connect with individuals with disabilities. I enjoy spending time with my family and friends. My hobbies include playing sports, dancing, shopping and anything that involves having a fun time!



### **Project-Steps Toward Healthy Habits**

My project is designed to enhance our Active Play Program and provide opportunities for the children to incorporate healthy habits into their everyday lifestyles. According to the "American Obesity Association", teaching healthy behaviors at a young age is important since change becomes more difficult with age. Physical activity and nutrition habits are the foundation of preventing obesity in children. All of the items requested will help the children to develop in the areas of creativity, letter recognition, gross motor skills, making choices, problem solving, provoking questions, communication and sharing with others. The children will have the chance to develop pride in their physical accomplishments and heighten their moods. Being active at such a young age will help the children stay fit for life. I feel that with my role as an early childhood educator, I can provide the children in my classroom with the knowledge and activities to guide them to being healthy individuals.