



TEMPLE CITY UNIFIED SCHOOL DISTRICT

Health Services

April 23, 2014

Dear Tony:

I would like to thank you sincerely for the opportunity you gave me to introduce Operation Tone Up to my school district. The program was fantastic and the response from the students exceeded any expectations I had.

I was uncertain how the staff would react in having to implement a new program on top of all of the other duties they have including common core instruction. It was decided by the district administration to put the OTU program into the PE curriculum as there is no formalized PE in K-6 grades in our district as well as no health curriculum.

There were some difficulties with putting the program into the PE time however, somehow, the schools made it work. As one instructional aide told me, "We had to do it. The students loved it too much not to." The students were going back to their classroom teachers and telling them about what they had learned and how the teachers needed to make healthier life choices. One student in a Special Education Day Class taught what he had learned daily to his class and corrected his teacher on the basics of OTU. He was selected to compete for his school team at the Fittest School Challenge and he said, "It was the best day ever."

Prior to doing the OTU program, the students would have free play, play handball or tetherball, or tournament games. Now the students are much happier because they are becoming stronger and everyone gets to participate at the same time and not have to wait for a turn. Some students who have never been athletic, are planning to run in the district Health Fair 5K run and make their parents run with them. They are also planning to host an Operation Tone Up booth at the Health Fair to show the other students what they did.

After our students participated in the Fittest School Challenge, the district administration is so impressed with the program that they plan to implement it again for the next school year and want to begin in September. Some classroom teachers are now asking for the program to do with their classes and the third elementary school in the district is demanding to be included.

My job as district nurse is to help keep the momentum going by maintaining the program and helping the schools get the equipment they need. I helped find funding to provide one school with mats so the students could do their sit ups and now the other school wants mats as well. I am proud and glad to help them with this.

Thank you again for your wonderful program and all your work!

Healthy children learn better!

Nancie Rodriguez M.ED, RN

Temple City Unified School District Nurse