



TEMPLE CITY UNIFIED SCHOOL DISTRICT

Health Services

May 15, 2014

Dear Tony:

I realize I wrote you a letter thanking you for the opportunity to implement Operation Tone Up in my school district, but I feel compelled to write you again to let you know some of the positive things that have happened in my district since the program has ended.

The first thing is that when I did the post test blood pressures and heart rates, I was joined by 9 nursing students and their instructor from Pasadena City College. It gave them a chance to learn how to implement a mass screening in a public health setting. They also did a lesson, using the Operation Tone Up themes and characters and gave the students a take home report card to grade their parents on their own healthy life style. This gave my district a community partner to help again next year with the program.

We also held our 8th annual District Health Fair hosted by our LEA committee. We offer a 5 and 10K run. This year we had 700 participants up by 200 people from last year. The increase was due to our OTU students running AND having their parents run with them! We also had an OTU table with posters and the work books on display so that everyone could see what OTU is about.

Cloverly School's Principal Stephen Edo presented to the school board on his school's participation in the Fittest School Challenge in El Monte and had his students on the team bring their trophies and demonstrate the exercises. They wore their Team Cloverly T-shirts and parents volunteered to be the OTU coaches for next year. The school board is very impressed.

So again, this was the most amazing thing to happen to the health and wellbeing of the Temple City Unified School District in my seven years here as district nurse. Thank you so much again. What a big difference this has made in changing the lives of our students.

Sincerely,
Nancie Rodriguez M.Ed, RN
District Nurse
Temple City Unified School District
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