

# Santa Rosa District Schools

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*Mr. Rod Gracey  
Director of Student Services*

To: Mr. Ross Orenstein

From: Sharon Myers  
Safe & Drug Free Schools  
Santa Rosa District Schools

Re: Hearty Program

Date: June 6, 2007

On behalf of Santa Rosa District Schools I would like to thank you for including us in the pilot for the "HEARTY" lessons for grades Pre K – 2<sup>nd</sup>. With the rise in youth obesity at an all time high, school districts will benefit greatly with the inclusion of HEARTY in their elementary fitness programs.

The instructors as well as the students thoroughly enjoyed the lessons and accompanying music. The format of (1) Objectives, (2) Background, (3) Introduction, (4) Main Lessons, (5) Activities, (6) Songs/Dances, (7) Assessment and (8) Parent Involvement Components made it very easy to facilitate the lessons. Including the Florida Sunshine State Standards helped our teachers tremendously. Some instructors are planning to utilize "HEARTY" for their professional growth development plans during the 2007-2008 school year.

Based on feedback from instructors and support staff, the lessons were well received and most of all fun! The objective is to impart healthy nutrition and fitness information in a manner that will MEAN something to our students and actually make a difference in their behavior. "HEARTY" targets these needs and provides the means for our instructors to address serious issues in a fun, engaging manner.

Again, thank you for including Santa Rosa in the pilot. All of our elementary sites will be utilizing all 3 HEARTY lessons for the 2007-2008 school year.

Sincerely,

*Sharon Myers*

Sharon Myers  
Safe & Drug Free Schools Coordinator  
Physical Education/Health TSA  
Santa Rosa District Schools

*Celebrating Children's Achievements!*