

LOS ANGELES UNIFIED SCHOOL DISTRICT

*Office Of Curriculum,
Instruction And School Support
Early Childhood Education*

READY FOR SCHOOL PROGRAM

333 South Beaudry Avenue, 17th Floor

Los Angeles, California 90017

Telephone: (213) 241-8170, Fax: (213) 241-8932



DR. JOHN E. DEASY
Superintendent of Schools

DR. JUDY ELLIOTT
*Chief Academic Officer
Instructional Services*

NORA ARMENTA
Executive Director

June 3, 2011

To Whom It May Concern:

I am an administrator for the Ready For School Program that is comprised of 9 sites that serve children 0-5 years old and their families. The program is part of the School Readiness Initiative that is funded by First 5 LA and operated by the Los Angeles Unified School District.

During school year 2010-11, Ready For School staff collaborated with Jennifer and funded a project designed to teach parents basic nutritional information with emphasis on how to prepare meals and snacks to ensure that children get the nutrients that sustain healthy development and that maintain a healthy weight. Jennifer incorporates movement, music, and dance into the sessions to expose parents to easy ways to exercise with their children at home. To enhance the goals of teaching nutrition, maintaining a healthy weight, and the value of exercise, Jennifer developed a highly engaging and practical training manual called "The 6 Secrets to a Healthy You". Parents learned ways to cope in positive ways with the stress of raising children, tips on preparing children for school success and much more. The outcome has been a training template that essentially contributes to meeting the 4 goals established by First 5 LA's Best Start Initiative: that children will be born healthy; maintain a healthy weight; are safe from abuse and neglect; and are ready for kindergarten.

It has been my pleasure to seek out and fund services that my colleagues and I believe will inspire children and families to make healthy choices that lead to physical vitality, social-emotional well-being, academic success, and the best quality of life possible. Jennifer Jimenez's program "The 6 Secrets to a Healthy You" and all of her instructional materials address all of these domains. She is an excellent teacher who delivers instruction skillfully and beautifully. Jennifer connects at a deep level, heart to heart, with people of all ages, sizes, colors, and socio-economic backgrounds. I have observed her working with a range of people from corporate professionals to recent immigrants and she engages all in the learning process with grace and ease. RFS site coordinators reported that Jennifer's classes were very popular and well attended and that if they could only fund one class, it would be hers. I highly recommend Jennifer Jimenez's program "The 6 Secrets to a Healthy You".

Please feel free to contact me at 626.239.5069 or at karen.timko@lausd.net if I can be of further assistance in recommending Jennifer Jimenez's programs, instructional materials, and services.

Sincerely,

Karen L. Timko
Outreach Facilitator/Administrator

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