



LOS ANGELES UNIFIED SCHOOL DISTRICT
Ready for School Center
QUEEN ANNE PLACE ELEMENTARY SCHOOL
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LOS ANGELES, CA 90019
Sherri Jaye
Program Coordinator

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To Whom It May Concern:

I am the program coordinator of the Ready For School Program (RFS) at Queen Anne Place. We are a program serving children 0-5 years old and their families to ready them for pre-school and kindergarten. What a joy and pleasure it has been for me to watch Jennifer Jimenez teach a Mommy and Me class to our parents and their children along with 2 pre and post natal workshops. These classes have had the most success and attendance than any of our classes. The parents can't wait each week to come back and take her classes. She teaches the parents from a curriculum she created herself just for this program that is called "The 6 Secrets to a Healthy You." Each week she spends time teaching and sharing information so vital for these families. She talks about nutrition and how to have a balanced diet, how to exercise and incorporates music and fun with the children (that they love). She speaks about taking care of themselves so they can be better parents, how to de-stress from the rigors of raising children and really gets them to open up about their lives. Then comes the fun part where she plays fun music with the children and engages them to dance and move. The parents learn how to play, dance, exercise and have fun with their children while they are actually having a wonderful workout. They receive a wonderful totebag filled with the amazing book (which can be used as a journal as well), cd's with fun music for the parents to use when they are home with their children and a dvd for pre-natal mothers.

I have worked in the Los Angeles School District as a counselor/therapist for over 11 years and I have always thought this type of program would be so great for our families. This is such a dream come true for me and I would be thrilled to see her take this to the elementary and secondary schools as this is a much needed program for all our students and their parents as well to help them succeed emotionally and then academically. Understanding how your body reacts to junk food and how much healthier their bodies are eating a balanced, healthy diet is so important for their bodies and brains. Research shows that they spend way to much time playing video games and watching television. Incorporating exercise and movement is such a vital and beneficial element to maintaining healthy bodies so they can grow up and have healthy, successful, happy and productive lives.

I am so thankful for Jennifer and all the work she has done for our families,

Gratefully,

Sherri Jaye LMFT, PSA, Program Coordinator