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POWAY UNIFIED SCHOOL DISTRICT

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Dale Holmes Racing
P.O. Box 519, Poway, CA 92074

Dear Dale,

Thank you so much for presenting Ride to End Obesity to students in our After School Education and Safety (ASES) program at Poway Unified School District (PUSD). Site Coordinators and students shared very positive feedback, and it is not a stretch to say that it changed students' lives.

Participating students really appreciated meeting elite professional athletes. It is a rare occasion when students can interact in person with athletes who are at the top of their field. You and your racing team are exemplary role models for the benefits of eating healthy and staying physically fit. Furthermore, the kindness that you and your teammates showed to students modeled positive character traits and fostered trust.

Nutrition and fitness information was well received. Eating healthy takes on a new meaning when it comes from professional athletes and those dedicated to healthy lifestyles. Students were actively engaged as nutrition and fitness information was presented. This was reflected in the second session when students accurately answered questions on the previously covered topics with 90% or greater accuracy.

Bike safety and bike-riding skills provided immediate practice and hands-on experience. The two sessions were beneficial in students building their skills. You and your team were very supportive of student's individual needs and tailored your support for student success. In addition, students with special needs flourished and showed great delight in their accomplishments. The increase of student confidence was very evident, and it was exciting to see a number of our students try something that was out of their usual comfort level. Your team's encouragement for each student was instrumental in making the sessions a success!

Sincerely,

Linda Ellett
TOSA/Program Coordinator
Student Support Services