

## What They Thought!

*Read teacher testimonials about the effect the Together Counts Curriculum had on their students.*

“The students really enjoyed the activities. We saw them eating healthier and doing more at recess times. We also saw an improvement in their physical skills in gym.” –Anna Fleming, Kindergarten

“The students greatly enjoyed the curriculum! It gave them a lot of resources to use at home with their families to ‘teach’ their families about healthy living as well.” –Jana Rosenstein, 1<sup>st</sup> and 2<sup>nd</sup> grade

“My students really enjoyed this, and to be honest I was a bit surprised. After we started the program, they would come in over the next couple of days and asking if we'd be doing it again. They were very responsive to all of the activities. I was really surprised at how 'into' the calorie counting/comparing/tracking that they got. They were checking their lunches each day and discussing foods they had eaten. I know that many of my students were not aware of the connection between calories and food-energy before being introduced to the curriculum.” –Traci Blazosky, 4<sup>th</sup> grade

“The students' were able to teach and share with their siblings and parents the important lessons we learned regarding energy balance. Students were able to impact the lives of their family members by modeling appropriate eating and exercising habits.” –Heather Peters, 4<sup>th</sup> grade

“Many students talked about how they had never tried ‘such and such food’ and how they were always kind of embarrassed with physical sports in PE so it was cool to see other non-competitive ways to improve their health.” –Destiny Schlinker, K-5<sup>th</sup> garden and nutrition education

“Several families said that they started doing family workouts and their kids were becoming more involved with planning meals.” –Cheryl Lykowski

“I have many students who are of lower socioeconomic status and aren't involved in many organized activities. It was a great way to start a conversation on the many different ways one could be active.” –Terra-Lee Gratton, 4<sup>th</sup> grade

“Many of our students are moving more and feeling more confident. They have taken what they have learned home and shared it with their families.” –Sara Cole, Pre K- 5<sup>th</sup> grade