

PARAMUS PUBLIC SCHOOLS
PARAMUS, NEW JERSEY
07652

WEST BROOK MIDDLE SCHOOL
550 Roosevelt Boulevard
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William Freeman, Jr. – Principal * Rodney Seifert – Assistant Principal

“Home of the West Brook Wildcats”

September 1, 2004

Dr. James Proodian
Natural Healthcare Center of West End
10 West End Court
Long Branch, NJ 07740

Dear Dr. Proodian,

I want to thank you for the superb TrimKids program you presented in our school. The students and parents at West Brook were amazed at the impact that nutrition, exercise, and self-esteem building had on their bodies and their lives. The enthusiasm displayed by the students for their new appearance was wonderful. Middle School students can sometimes be cruel to other students who are overweight, leaving painful memories that can last a lifetime. You turned the lives of a group of students around and made them appreciate their bodies by showing them the important connection between the foods they eat and how it affects their body...and their self-esteem.

The greatest tribute I heard was from a parent who stopped by the office one day to get homework for her child. She commented rather loudly in an office full of people that, “Dr. Proodian made my daughter a happy person who is proud of the way she looks.” On behalf of the students who now look and feel better, and their parents, I want to thank you and your staff for the wonderful program you developed to help overweight children.

Sincerely,

William Freeman, Jr.
Principal

A New Jersey Best Practice in Technology 1999
A State of New Jersey and A National Service Learning Leader School 2001
A New Jersey Blue Ribbon School 2001-2002
TEANJ Middle School Technology Program Award Recipient 2002
International Technology Education Association Program Excellence Award 2003