



## *Renaissance School of the Arts*

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*Ms. Pate, Principal*  
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To Whom It May Concern

As Principal of Renaissance School of the Arts, I am delighted to write this letter of recommendation to you on behalf of a stellar organization that has had a tremendously positive impact on our student body; The Fitness, Academic, Success, and Training Program (FAST). The FAST Program is the most impactful and popular extra curriculum program that has ever come into Renaissance. The Program serves as an inspiration to all of our students to become physically active, disciplined and accountable for their health and academics. The professionalism of the coaches, their work ethic and friendly nature with our students has been overwhelmingly positive.

I have personally witnessed how the energy, commitment, and enthusiasm demonstrated and practiced on the field has carried over into the classrooms and the students work; a clear indication that academic achievement and fitness goes hand and hand. As a result of the FAST Program the incident and violence report amongst the student body has decreased, our students appear to be in better shape and has learned the value of being a team player on and off the field. I have personally witnessed students mediating conflicts and using much of the language taught to them by FAST coaches to do so. Instead of encouraging conflict, they use terms like: "Common goal," "Working together not against each other" and "What do you have to gain/loss." Needless to say, this is surprising and wonderful. In fact, every member of our basketball team participates in the program; our team, the RSA Jaguars has gone from last place to third within the middle school league!

The only thing administration has ever had to worry about in regards to the FAST Program is the increase in incidents and violence due to their absence because of inclement weather conditions. Unfortunately, we are not always able to secure gym space in our complex of four schools. So when the weather is bad, we do not have FAST during recess. Students are then left to "find" something to do.

It has been a real honor to watch the development of our students at Renaissance due to the mission and commitment to youth development from the FAST Program. Students are more active and as an effect more fit. In a district that boasts the highest percentages of asthma and breathing related illnesses; this is a critically important program. FAST is saving lives in Community School District Four. I enthusiastically recommend this organization to you.

Sincerely,  
Tammy Pate  
Founding Principal, Renaissance School of the Arts