The Lab for Rational Decision Making at Cornell University wants to sincerely thank all the students, faculty, and staff at New Roots Charter School. Working with New Roots was a very rewarding experience. Student participation in the nutrition and fitness class as well as the Reducing the Risk class has provided our research team with valuable information that will reduce unhealthy risk-taking and improve nutrition curriculums for adolescents throughout the United States. You are helping millions of students to live healthier and happier lives.

Some of the adjunct teachers have a few words to share about the time they spent at New Roots. Claire Lyons, who taught the Reducing the Risk class in both the fall and winter trimesters stated, “Teaching at New Roots has been an incredibly positive experience for me. I have enjoyed working with a great group of students and the teachers and staff at New Roots. Teaching health education to teenagers has also helped cement my interest in pursuing adolescent medicine as a career. New Roots is such a wonderful, welcoming environment to work in!”

Emily Lopes, Reducing the Risk instructor for the winter trimester recalled, “As a teacher, it was a truly rewarding experience to work with a new group of students and to observe their progress from the first day to the last; I enjoyed watching the students open up and become more engaged! It is extremely rewarding to be able to see how much the students learned, and I appreciated everything each one of them contributed to the class dynamic!”

It is clear that working with New Roots had a great impact on the lives of all of the health instructors. Waru Gichane, Reducing the Risk and EatFit teacher, noted that, “Every day at New Roots was filled with a new challenge. I learned a wealth of information from the students.” We look forward to working with New Roots in the future.

Improved Health and New Fitness Opportunities at New Roots

**The Numbers Are In!**
- Overall students in the Reducing the Risk class showed increased knowledge about sexual health following participation in the class.
- EatFit students improved their nutritional intake & increased the amount of time they spend playing certain sports.

**Free Taekwondo Classes!**
- After an EatFit guest lecture by Collegiate Nationals Competitor, Lushima Kuajo Lumumba-Kasongo, the Cornell Taekwondo team now offers free classes at New Roots High School.