



[www.KeepWellKidsClub.com](http://www.KeepWellKidsClub.com)

YOU ARE INVITED TO COME CELEBRATE  
THE KEEP WELL KIDS CLUB  
GRADUATION CEREMONY

When:

Where:

Time:



## Letter of Support for Joan Jacobs

### The KC and the Keep Well Kids Club Program

The Program is designed to teach children positive health and safety habits in an entertaining way.

I'm hoping to continue keeping Joan Jacobs' dream alive. The materials are a fantastic way to teach good health habits and hygiene to kids!

KWKC has developed colorfully illustrated materials that feature a cast of likable and diverse characters to communicate information in a fun non-threatening way.

The program will provide a book, access to interactive websites, activity kit for each class, teacher study guide and ongoing guest speakers!

**Jan Peterson**

**2<sup>nd</sup> Grade Teacher**

**Lower Lake Elementary School**

**Lower lake, CA**

Keep Well Kids Clul testimonials from parents

From: Joan Jacobs (joanjacobs@yahoo.com)

To: redbudhealth@att.net

Cc: distrunr@att.net

Date: Saturday, August 12, 2023 at 09:31 AM PDT

Hi Conrad,

I thought you would enjoy testimonials from the parents of students participating in the KC and the Keep Well Kids Club Wellness Program.

Good morning

This is Samantha Ambrecht, a mom of one of the kids in Mrs Oranje's class. We spoke for a bit at open house and I apologize that it has taken me this long to get back to you. I genuinely love and appreciate the book and program developed to teach our children the importance of taking care of themselves, their friends and community environment. Shiloh absolutely has taken to it. She constantly asks me if what she is eating is healthy (we do our best with what we have). She has become even better at remembering to brush her teeth. She recycles EVERYTHING. And the little apple in one of the goody bags also works as a stress ball for doctor visits (she is not very fond of the doctor or dentist so before we had her squeeze a little toy fishy when now we use the apple and bring the fishy as a backup). As I mentioned at open house, we have a small vegetable garden. Because of my husband's health I find that having even a small vegetable garden is an absolute must: it is more easily accessible. We compost, so any table scraps that we can compost we do. I also use shredded newspaper to keep moisture in the soil longer so I do not have to water as much. I also have started really trying to use water from doing my dishes to water my garden as well. I use dawn dish soap, and so long as you don't use too much it keeps the pants and it actually keeps certain bugs off of the plants so they don't get eaten up. Feel free to email me any questions you may have :)

Thank you

Samantha Ambrecht

Hi Joan,

I wanted to let you know how much my son Matthew enjoyed the Keep Well Kids Club he learned at the program at East Lake. He was very excited today to come home with the 'key to good health' and a six page book! We started reading it tonight. I am very impressed with your story as to how you saw the need for young children to stay healthy and put it into action. Matthew came home today saying "I love being a part of the program. Thank you for your enthusiasm and making it fun. He really enjoyed Tuesdays and Thursdays.

Please keep up the good work.

Best of Luck,  
Amanda Chew

**Joan M. Jacobs**

KeepWellKidsClub.com

Keytonia Publishing

P.O. Box 698

## Keep Well Kids Club testimonial

From: Joan Jacobs (joanjacobs@yahoo.com)

To: redbudhealth@att.net

Cc: distrunr@att.net

Date: Saturday, August 12, 2023 at 09:18 AM PDT

**Sent:** Fri, Aug 11, 2023 at 5:19 AM

**Subject:** Re: Keep Well Kids Club testimonials

Hi Joan, sorry to hear you're not moving so well. Best of luck on your upcoming surgery. Here you go...

"I have been using KC and the Keep Well Kids Club in my 2nd grade classroom for several years now with fidelity. I believe my kiddos learn so much about what it takes to be healthy and stay healthy. They are taught lifelong skills with the mini lessons and overall story in Joan's book. Students are proud to be part of the Keep Well Kids Club and bring home information to teach their families what they've learned. I overheard a couple students telling each other that they wanted to go home and brush their teeth after watching the videos in the Dental Lesson. My kiddos love meeting the author of their book and also get excited when Joan comes into the classroom to visit. I can't wait to read the sequel that Joan is working on."

~Francesca Oranje, 2nd Grade Teacher @ Pomo Elementary School

***Joan M. Jacobs***

KeepWellKidsClub.com

Keytonia Publishing

Name Annaleah

Date:

5/24/23

Keep Well Kids Club

1. What are the keys to good health?

The keys to good health  
are staying healthy  
by brushing my hair

2. How are you healthy?

I'm healthy because  
I wash my hands  
and being kind

3. Why is it important to be healthy?

To be healthy and clean  
I will live a long life

4. Who helps you be healthy? How?

My family helps stay  
healthy and so do I!

5. What makes you happy?

I'm happy when my  
class gets along with others.

6. How can you share the values of the KWKC with others?

I'm hoping to share  
with everybody how to stay  
healthy

Thank you,  
Annaleah

Name \_\_\_\_\_  
Date: 7/18/2019

5/24/23 Keep Well Kids Club

1. What are the keys to good health?

The keys to good are  
staying healthy by brushing <sup>teeth</sup> and being kind.

2. How are you healthy?

I'm healthy becus I take  
a shower every day and brush my  
non.

3. Why is it important to be healthy?

To be healthy and clear I'm  
live a long life.

4. Who helps you be healthy? How?

My family helps me stay  
healthy and so do I!

5. What makes you happy?

I'm happy when my  
class gets along with others.

6. How can you share the values of the KWKC with others?

I'm hoping to share  
with everybody how to stay  
zion healthy.

Thank you,

Name \_\_\_\_\_

Date: ~~7/18/2019~~

5/24/2023

## Keep Well Kids Club

1. What are the keys to good health?

The keys to good health  
are staying healthy by  
brushing my teeth.

2. How are you healthy?

because I eat vegetables  
every day.

3. Why is it important to be healthy?

to live a long life.

4. Who helps you be healthy? How?

My family helps me stay  
healthy and so do I.

5. What makes you happy?

Staying healthy make me  
happy.

6. How can you share the values of the KWKC with  
others?

I can share it with  
others by reading the book

Thank you Eleni

Name \_\_\_\_\_

Date: ~~7/24/2020~~

5/24/20 Riley  
Keep Well Kids Club

1. What are the keys to good health?

The keys to good are  
staying healthy by brushing  
your teeth and taking a

2. How are you healthy? Shower.

I'm healthy because I take  
a shower and brush my teeth.

3. Why is it important to be healthy?

It is important to be healthy  
so I will live a long life.

4. Who helps you be healthy? How?

My family helps me  
stay healthy.

5. What makes you happy?

What makes me happy  
is being healthy.

6. How can you share the values of the KWKC with others?

I walk up to one  
of my friends and say  
stuff about KWKC  
thank you! Riley