

Dear Tiverton Community,

With immense gratitude for the unwavering support of the **Tiverton Town Council**, we are thrilled to bring you an update on the transformative renovations happening at Tiverton High School. We've recently awarded the construction contract for our new fitness center, locker rooms, and coaches/team room to E.W. Burman, Inc. As we embark on this exciting journey, we want to share the multitude of advantages our revamped fitness center will offer to our students.

1. **Physical Health:** Our state-of-the-art fitness center will encourage regular physical activity, fostering healthy habits, strength building, and improved cardiovascular fitness.
2. **Mental Health:** Exercise's direct link to improved mental well-being will provide our students with a valuable outlet for stress relief and mood enhancement.
3. **Educational Performance:** Research shows that physical activity enhances cognitive function, potentially leading to academic excellence.
4. **Team Building:** The fitness center will facilitate team sports and activities, nurturing teamwork and social skills among our students. Our Athletic Director, Chuck Grant, is already hard at work devising tailored team workouts and schedules.
5. **Healthy Habits:** We'll instill lifelong habits of fitness and health, setting our students on a path to a healthier future.
6. **Stress Reduction:** The center will serve as a haven for students, offering an effective means to reduce stress and anxiety.
7. **Discipline and Time Management:** Regular workouts will impart discipline and time management skills, invaluable for academics and life.
8. **Wellness Programs:** Our fitness center will host wellness programs focusing on nutrition, mental health, and overall well-being, ensuring a holistic approach to health.
9. **Inclusivity:** We're proud to offer facilities catering to students with varying fitness levels and abilities, promoting inclusivity and diversity.
10. **Community Building:** The fitness center will be a central hub, fostering a sense of community and school spirit, vital for a positive high school experience.
11. **Prevention of Health Issues:** Regular exercise will significantly reduce the risk of various health issues, such as obesity, diabetes, and heart disease.
12. **Career Opportunities:** For students interested in sports or fitness careers, our fitness center provides an invaluable space to explore those interests.
13. **Physical Education Enhancement:** Complementing traditional physical education classes, the center offers a wider range of options for students to stay active and engaged. Under the guidance of Health and Physical Education

Department Head, Matt McGuire, new courses are being developed for next year to aid our students in their physical development and health.

The forthcoming high school fitness center will play a pivotal role in the comprehensive development of our students, focusing on their physical and mental well-being. We take immense pride in providing this resource to our students and eagerly anticipate the positive impact it will have on their overall high school experience.

While we have secured funding for the construction of the fitness center, the equipment for this facility, as well as for the trainer's room and coach's classroom, remains unfunded. Currently, our Boosters Club and Hall of Fame Committee are actively engaged in fundraising efforts to equip these areas. If you are interested in contributing to these efforts, please consider supporting us here:

https://raise.snap.app/donors/tiverton-fitness-center-fundraiser-2023?share_type=clipboard

Let's all stay active, stay healthy, and stay engaged! Together, we are shaping a brighter future for our students.

Warm regards,

Dr. Sanchioni



