## WHITCOMB JR.-SR. HIGH SCHOOL BETHEL ELEMENTARY SCHOOL

273 PLEASANT STREET BETHEL, VERMONT 05032

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NICOLE LAMOTHE 7-12 SCHOOL COUNSELOR

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November 3, 2017

## To whom it may concern:

I have had the pleasure of working with Laurie Smith in schools over the past few years and would like to recommend her without reservation for her teaching license. Laurie has demonstrated incredible commitment to children in her roles as a School Board member, parent, community member and health educator.

Through her work with Health Connections of the Upper Valley, Laurie travelled to schools I worked in throughout the White River Valley Supervisory Union where I am a Student Assistance Professional. Laurie gave students rich, well planned, engaging and memorable lessons about the dangers of e-cigarette and tobacco use. She was always thoughtful about tailoring the lessons to the students' ages and abilities and brought due respect and gentility to what is a very hard topic for many young people.

We were thrilled when Laurie came to Bethel School last year because we knew how dedicated, caring, compassionate and professional she was and knew our students would be lucky to have such a kind and knowledgeable health teacher helping them learn to make healthy choices that would last a lifetime. After Laurie started teaching here I would hear children talking about an activity on peer influence that they did with Mrs. Smith or voicing that they were making a healthier food choice because of what they learned in health class.

This year Laurie and I have been leading a VKAT (Vermont Kids Against Tobacco) group in the 5th and 6th grade here in Bethel. Each week over twenty students come to our lunch group which represents more than half of the 5th and 6th grade students at our school. I believe that the large number of eager students who come is due to the interest Mrs. Smith has generated in being healthy as well as the relationships she has cultivated with these students. Laurie listens to and respects her students and they in turn listen to and respect her.

Laurie has volunteered an incalculable number of hours helping to design and promote an Act 46 merger plan for our district that will ultimately offer the best education possible to all area students. Whether it be leading the SU Wellness Team, the School Nutrition Team or working on grant requirements Laurie is continually strategizing, planning, making connections and using her admirable organizational skills to contribute positively to the health and happiness of young people.

I wholeheartedly recommend that Laurie receive her health teaching license. She is the epitome of a healthy role model for children and it is apparent in everything she does.

Respectfully,

Amelia P. Lincoln

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