



John Adams High School

101-01 Rockaway Blvd, Ozone Park, NY 11417
Principal- Daniel Scanlon



June 25, 2015

To Whom it May Concern,

It is with great pleasure that I write to highly recommend Michael's Jasz and The Relationship Foundation. My name is Rebecca Centeno and I met Michael in 2010 by bringing him into my Senior English elective course, Love and Romance. Michael and I worked together for five months at a diverse New York City public school. Over this time a few things stand out for me; the senior students' attendance was extremely high even as the summer approached, secondly students' had an insatiable need to learn all things about relationships and thirdly, young women *and* men began to make such comments as one student Sylvain, "If we start here making these changes, could we change how the world relates?" Another student Farzana confided, "Miss, without your class, I would've never been able to graduate. My Dad left my three sisters, my mom and I. I would just stay home and cry but your class made me understand him and to not judge him."

Students kept relationship journals, reflecting on how relationships are portrayed in society. Students also wrote essays and created projects to their greatest potential because, I believe, they were so intrigued by Mr. Jasz's course, *Healthy Relationship's 101*. Daily, we would have class discussions that would spark debate. The discussions were heated, but through the foundation of *Healthy Relationship's 101*, Non- Violent Communication, learning to articulate one's needs and feelings without blame and judgment, discussions were done academically, dare I say professionally, where everyone had a voice.

I have been to several professional developments that Michael has given. Each time, I learn something new and innovative, each time I am happy to see educators eyes light up when inevitably someone makes a comment like, "Wow, I need this and so do my students." Most recently, in the Spring semester of 2015, Mr. Jasz helped teachers with their classroom management and rapport building skills, at my current school, John Adams in Queens.

I recommend Michael Jasz and The Relationship Foundation, because after teaching in inner city schools in London and New York City, I have never come across a provider of learning for teachers and students, that addresses the fundamental need in public education for social and emotional learning in such an inspiring and academic way.

Healthy Relationships 101, for the past five years, has enhanced my classroom management skills, my ability to relate to my students and meet their social and emotional needs so they can focus on learning. Please contact me if you would like to continue a discussion on how The Relationship Foundation may help you or your school.

Kind Regards,

Rebecca M.K. Centeno
RKuhn@JohnAdamsNYC.org
Spanish Teacher & CICO Team Leader
John Adams High School, New York City, Department of Education