



PENNGROVE ELEMENTARY SCHOOL

Home of the Panthers

Mar 31, 2023

To whom it may concern,

It gives me great pleasure to write this letter recommending Deborah Myers and her Productive Mindfulness program. Deborah is easy to work with and brings practices which help students and staff alike, with easy implementation.

Deborah is able to adjust her presentation to students and parents to meet the needs of the site at the time. Deborah and I spent time prior to the student presentation and again prior to the parent presentation discussing the unique needs of the audience. She was sensitive to the nature of relevant topics in education at the time of our scheduled events and was sure to get my input as to how to best approach the various stakeholders in a supportive way. For example, our community had just been rocked by some violence in the schools, and while it needed to be addressed, it was handled appropriately for both students and parents in a way which focused on our inner calm and addressing fears, but not increasing anxiety.

The Daily Clean Your House Flow has been a great tool to implement in classrooms as a way to start the day, begin a test, or settle a group of students. Students are very familiar now with the “jumper cables” and can be reminded to use that tool as a part of their calm down strategies.

Teachers requested posters which could be displayed in classrooms that students could reference throughout the day. Deborah worked quickly to make that happen and even found the best price she could so as to meet the needs of our site, and respect the budget of a school. Additionally, the video she provides is a great, simple tool to have available as well.

The staff presentation which Deborah did prior to any other work with Penngrove was very well-received. Staff enjoyed their time with her and were able to ask her specific questions as to different ways to support their own needs, and those of their students.

Please feel free to reach out with any questions,

Carley Harp
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