



# MONARCH SCHOOL

A PRIVATE AND PUBLIC PARTNERSHIP MEETING THE EDUCATIONAL NEEDS OF SAN DIEGO'S HOMELESS CHILDREN

August 10, 2009

To Whom It May Concern:

I am the 8<sup>th</sup> grade teacher at Monarch School in San Diego. Students at Monarch School have been affected by homelessness. They have lived in shelters, motels or moved from one family to another. Many of the students have lived through domestic violence and family members' substance abuse.

Jeff with the Meditation Initiative has been coming into my class once a week since January 2009 to help guide my 8<sup>th</sup> grade students through meditation. Meditation classes have helped my students reflect on their feelings and understand that they can change the way they think and react to different situations in their life. Some of my students have commented that they have felt more relaxed after meditation than they have ever felt in their life. It is empowering for the students to recognize that through meditation they can help themselves feel calm and peaceful even in difficult situations.

A handwritten signature in blue ink that reads "Dana Harwood".

Dana Harwood  
8<sup>th</sup> grade teacher  
Monarch School



*"Only yesterday I was a caterpillar. Today I am secure in my cocoon. Tomorrow, I will be the butterfly." - Jennifer*