



# Promise Academy Charter School



**Harlem Children's  
ZONE**

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175 West 134<sup>th</sup> Street  
New York, NY 10037  
Tel 212.368.3470  
Fax 212.368.3621

Dennis McKesey  
Middle School Principal  
35 West 125<sup>th</sup> Street  
New York, NY 10035  
Tel 212.360.3255  
Fax 212.289.0661

Marquitta Speller  
High School Principal  
35 East 125<sup>th</sup> Street  
New York, NY 10035  
Tel 212.360.3255  
Fax 212.289.0661

Kathleen Fernald  
Elementary School Principal  
Promise Academy II  
2005 Madison Ave  
New York, NY 10035  
Tel 917.492.1481

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To Whom It May Concern:

I am writing this letter on behalf of Michael Jasz, founder and director of The Relationship Foundation, and his recent service to the Harlem Children's Zone Promise Academy Charter High School. I worked with Mr. Jasz as he presented *Healthy Relationships 101* in a series of workshops to my 10<sup>th</sup> grade seminar classes. His innovative and provocative approach to interpersonal dynamics proved to be a valuable resource that our school can build upon and incorporate into our school culture.

The idea behind *Healthy Relationships 101* is to give students the tools to communicate that allow them to hear each other, respect one another, and discover their own value systems while growing into global citizens. Most of the topics revolved around the concept of Compassionate Communication, an approach that creates empathy, awareness and understanding in a unique and transformative manner. The focus on the many aspects of relationships brought out a refreshing honesty in a good number of the students.

I was very pleased with the outcome of the program and the level of participation from the students. I was also surprised at the degree to which my own views were challenged to change and how quickly my interactions with students took on a different tenor. This program has the potential to be life altering and has definitely changed my life.

If you have any questions about this initiative please feel free to contact me by e-mail or at my direct line below.

Thank you,

Ruqayyah Williams  
Harlem Children's Zone Promise Academy  
rwilliams@hczpromise.org  
212.360.3255