



*Deborah Myers conducted an in-person student assembly at the Tinker Way location. She also hosted an online workshop for parents and teachers, and provided resources for support and continued learning.*

## **August 2024**

### **NBCC REFERRAL LETTER**

#### ***from Donje Fields***

Area Director at North Bay Children's Center

Deborah articulated a compelling vision for enhancing student well-being and academic success. Her emphasis on providing tools that foster comfort and confidence among students resonated deeply. Deborah shared her wellness program that aligns with the direction NBCC is going with our culture of health practices.

This dedication to equipping students with essential life skills is crucial in creating an environment where they can thrive both academically and personally. The overarching goal to empower not just students but also educators and parents is indicative of a holistic approach to education that acknowledges the interconnectedness of community dynamics.

During our assembly, Deborah created a spark and passion that was particularly telling of the engagement level achieved through interactive teaching methods. Deborah's use of props, animated videos, and thought-provoking questions captivated the children's attention effectively. This innovative pedagogical style not only maintained engagement but also facilitated meaningful discussions among students, thereby reinforcing their learning experience. By connecting classroom lessons to family practices—such as self-help acupressure techniques—Deborah illustrated how knowledge can transcend academic boundaries and enrich home life.

Moreover, the provision of accessible tools for continued practice underscores the program's sustainability. With resources like the "Daily Clean Your House Flow" video and corresponding cards, both students and staff have ongoing support for managing emotions, enhancing focus, and preparing for success across various domains.



Importantly, Deborah's commitment to translating this information into actionable strategies through collaboration exemplifies an adaptive mindset aimed at maximizing impact. I share Deborah's enthusiasm in exploring avenues to effectively implement this program across other NBCC locations so that its benefits can be fully realized within our community.

Thank you, Deborah, for showing our team and students a new way to thrive with emotional intelligence and achieve our full potential. Our students have been using the jumper cable method to calm their bodies and minds during stressful or dysregulating moments. It has been a pleasure to watch them become more in tune with how they are feeling day by day.

For more about the North Bay Children's Center visit their website:

<https://nbcc.net/>