



Southern Regional Middle School

OCEAN COUNTY, NJ

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To Whom It May Concern:

A teacher in our school won a contest sponsored by New Jersey Teachers' Insurance. The prize was Mike Marsteller, a motivational speaker. What a "PRIZE" it was. The "Cool to be Kind" assembly, highlighted many key concepts that are stressed, reinforced, and used as feedback in dealing with students at Southern Regional Middle School. The program captured the audience from the minute Mike opened his mouth.

Mike's generosity afforded us the opportunity to have two grade level assemblies. At the conclusion of the first presentation I was wowed by what I heard. The entire presentation was certainly personal to Mike and the impact his father's death had on his family. Resilience, perseverance, and leadership are words Mike used to explain choices one makes in their life. They represent the man he is.

Mike only mentioned the word "bully" once but the components of his message touched strategies on how to effectively live your life by being kind to others. Our students had a lesson in non-bullying without even knowing it. The following is a list of phrases Mike used to emphasize the concept "Cool to be Kind."

- Get to know the people around you.
- Think about how you receive and perceive obstacles.
- Every time you hit a challenge, think about how you can use what you've learned.
- Thoughts control our feelings, and our feelings control our actions.
- Make every person you meet feel like they matter.
- Exercise empathy.
- Develop meaningful friendships.
- Understand and develop who you are, not what you are.

The real measure of a successful guest speaker is to get feedback from the students. Southern Regional Middle School students were also WOWED by Mike Marsteller's story. I am truly thankful to New Jersey Teachers' Insurance for giving my students the opportunity to hear the passion of Mike Marsteller. Every student should have the same experience.

Sincerely,

Lorraine Airey

Lorraine Airey
Principal

"Committed to Excellence"

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