

Program Name	Mindful Schools			
Website	www.mindfulschools.org			
Program Focus	Mindfulness			
Program Description	Mindful Schools builds the capacity of schools to create equitable and joyful learning environments that center collective well-being. We provide an accessible, job-embedded pathway to prioritize community care. Our team of educators works to empower our school partners to build upon their collective strengths and existing initiatives to achieve their community's vision of equity and wellness. We do this by partnering with school leaders to engage interest amongst staff to embark on school- and district-wide implementation through courses that teach the development of personal mindfulness practices and provide training and curricula for how to teach mindfulness to K-12 youth, workshops, retreats, professional development sessions, and coaching and consulting on best practices for schoolwide implementation.			
Grade Range	K-12			
Languages available	English			
Implementation	Required/Optional	Description	Participants/Cost	Additional Info
EDUCATOR WELLNESS PACKAGE - For schools looking to provide professional development that supports staff with practices that nurture individual and schoolwide well-being	Schools are required to choose the "package" that best fits their needs.	<p>This package includes the following components:</p> <ul style="list-style-type: none"> • Professional Development: Intro to Mindfulness Practice for Educator Well-Being: 60-90 minute live event designed to engage all staff • 101: Mindfulness Foundations - Virtual Facilitated Course - open to a smaller subset of participants. (core team identified by the school) • PD: Mindful Communication in the Classroom • PD: Self Compassion and Resilience • Program Management 	<p>\$10,000</p> <p>*Professional Development (PD) Sessions are open to all staff in the school.</p> <p>*The 101 course is open to a smaller subset of participants (core team) - Minimum 6 Maximum 10</p>	<p>Video Case (3 min) Healing Connection, and Equity in Schools</p> <p>Link to description of the program components: https://www.mindfulschools.org/nyomh/</p>

<p>SCHOOL STARTER PACKAGE - For schools introducing mindfulness to an initial core team who can then champion for wider adoption and implementation. This can work for a single school or a district looking to provide this package to several schools.</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> • Professional Development: Intro to Mindfulness Practice for Educator Well-Being: 60-90 minute live event designed to engage all staff *Professional Development Sessions are open to all staff. • 101: Mindfulness Foundations - Virtual Facilitated Course • 201: Mindfulness in the Classroom - Virtual Facilitated Course w/ K-12 Curriculum • Program Management <p>Link to description of the above program components: https://www.mindfulschools.org/nyomh/</p>	<p>For \$15,500 *The 101 course is open to a smaller subset of participants (core team)- Minimum 10 Maximum 20 *The 201 course is for a smaller subset of 101 completers: Minimum 4 Maximum 7</p> <p>For \$21,000 The number of participants is expanded *101 course: Minimum 21 Maximum 40 *201 course: Minimum 7 Maximum 14</p>	<p>Video Case (4 min) The Power of Educators Practicing Mindfulness Together</p>
<p>BUILDING A CULTURE PACKAGE - For schools that want to create a healing centered community utilizing mindfulness to support trauma-sensitive and social emotional wellness practices</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> • Consulting: up to 8 hours to include meeting w/ leadership to bridge mindfulness with other initiatives and support whole school implementation (e.g., Equity, Implicit Bias, SEL / PBIS / MTSS, Restorative Practices, Peer-to-Peer Youth Health Programs) • 5 Professional Development Sessions: Intro to Mindfulness Practice for Educator Well-Being + 4 Trauma & SEL sessions to be chosen from Mindful Schools PD options. *Professional Development Sessions are open to all staff. • 101: Mindfulness Foundations - Virtual Facilitated Course • 201: Mindfulness in the Classroom - Virtual Facilitated Course w/ K-12 Curriculum. • Program Management 	<p>\$45,000 *The 101 course is open to a smaller subset of participants (core team) - Minimum 10 Maximum 30</p> <p>*The 201 course is for a smaller subset of 101 completers: Minimum 4 Maximum 7</p>	<p>Video Case (1:30) How Mindful Schools Supports My Community</p> <p>Video Case (2 min) A Middle School's Mindfulness Program</p> <p>Link to description of the program components: https://www.mindfulschools.org/nyomh/</p>

<p>DISTRICT STARTER PACKAGE - For districts of 10 or more schools who need high-level consulting for district-wide implementation of trauma-sensitive and social emotional wellness practices that will contribute to the creation of mindful, healing-centered school communities</p>	<p>Schools are required to choose the "package" that best fits their needs.</p>	<p>This package includes the following components:</p> <ul style="list-style-type: none"> • Consulting: up to 10 hours to include meeting w/ leadership to bridge mindfulness with other initiatives and support whole school implementation (e.g., Equity, Implicit Bias, SEL / MTSS, Restorative Practices, Peer-to-Peer Youth Health Programs) • Communities of Practice: All Staff Intro to Mindfulness + up to nine (9) 60-90 minute offerings that may include Professional Development Sessions, workshops, and/or instructional coaching • 101: Mindfulness Foundations - Virtual Facilitated Course • 201: Mindfulness in the Classroom - Virtual Facilitated Course w/ K-12 Curriculum • Program Management 	<p>\$95,000 *Professional Development Sessions are open to all staff. * *The 101 course is open to a smaller subset of participants (core team) - Minimum 50 Maximum 100 *The 201 course is for a smaller subset of 101 completers: Minimum 14 Maximum 34</p>	<p>Video Case (3:30) Paterson Public Schools District Testimonials Link to description of the program components: https://www.mindfulschools.org/nyomh/</p>
<p>Family Communication</p>	<p>Sample Letters to Parents (one accompanies each lesson in the K-5 Curriculum)</p>			
<p>Research base/ Evidence of Effectiveness</p>	<p>- Research on Mindfulness - Mindful Schools Research Summary</p>			
<p>Equity/ Diversity incorporation</p>	<p>Mindful Schools approach to Equity</p>			
<p>Additional Info</p>	<p>Sample Curriculum K – 5 Lesson 1 Sample Curriculum 6 – 12 Lesson 2 Mindful Schools Program Catalog A Teacher Shares: The Power of Mindful Relationships</p>			
<p>Contact Information</p>	<p>Argos Gonzalez (he/him), Head of Instruction, argos@mindfulschools.org Ray Bolton (he/him) School Support Specialist, ray@mindfulschools.org Martha Brown (she/her), Senior Director, People & Operations, martha@mindfulschools.org</p>			