



Mindful Schools

2023 IMPACT REPORT

“This has been a transformative experience for me. Meeting my students where they are, offering them choices, and embracing mindfulness in our daily routines has created a more inclusive and supportive learning environment.”

- 201 course graduate

For 15 years, Mindful Schools has been a leader in bringing secular mindfulness to students and educators - first as a direct service provider, then through online trainings and an intensive certification, and now by adding K12 services to **build capacity and transform systems, from the inside out.**

During a global pandemic, we’ve grown our diverse, resilient team and built a new training path – for the first time truly **by educators, for educators, with educators.**

When it comes to mental health and well-being, we know *there is no “easy button.”* Instead, we are supporting educators as they put mindfulness into practice – **consistently, cumulatively, and in community.** And these practices have the power to *create profound ease.*

Through all of this change, **nothing is ever lost:** our roots are deep and in fertile soil; our past programs composted to enrich the new; our practice sustainable. We’re grateful to be growing with you.



Since 2013, we have provided online trainings to **70,000 educators,** and our impact is growing.

In the past year, our K12 Services reached:

484 schools

5,000+ educators

100,000+ students

Seewan Eng
Executive Director



Martha Brown
Sr Dir, People & Ops



Shannon Baker
Dir, Partnerships



Our Impact: By the Numbers

4 Weeks to Educator Well-being After 101-Mindfulness Foundations:

84% are more **connected and present** in interactions with students

92% develop strategies for **pausing in difficult situations** before reacting

95% learned new strategies to **care for themselves** when stressed

87% feel a greater **sense of well-being**

Many Moments of Mindfulness After 201-Mindfulness in the Classroom:

94% can better **cultivate empathy** for their students

98% are more **present and attentive** as they teach

94% learned effective strategies for **creating a positive classroom environment**

90% are more able to **build and strengthen relationships**

“I thought I didn't have any time for ‘another training’. But this was actually not ‘another training’. I just got the best tool I could ever ask for. I feel happy, I enjoy what I do, and best of all, my students see the difference.” - 201 Course Graduate



Stress
Anxiety
Burnout



Agency
Belonging
Community

484 schools served (**36%** Title I)

5,000+ educators supported

75% elementary, **25%** secondary

100,000+ students impacted daily

Programs By Educators, For Educators, With Educators

As architects of Mindful Schools' K12 services, we're honored to lead a diverse and dynamic team of former educators who bring unique strengths and experiences to this work. Together, we are building on a rich foundation, while also adapting our offerings to match the needs of each emerging moment.



To serve the communities most impacted by stress and trauma, we've recreated our core courses to **center equity and healing**. We sunset our year-long training, and integrated that powerful content into accessible workshops, electives, and supports for applied learning. And we've invested in offerings like **retreats, community practice, and Mindful Mondays** to create what we think of as a "practice hug" supporting educators' mindfulness.



We're also engaging schools and districts in systems change like never before. Our goal is to **create communities of belonging, agency, and inclusion** – while supporting the individuals within those systems. We're thrilled with our progress and hopeful for the future we're building together.

Argos González, Head of Instruction **Mia Arakaki**, Head of Program

Refreshed Programs & Services

70,000 educators since 2013

Facilitated, scalable online courses

Programs that make learning stick

Guided practice support, retreats & workshops

484 schools in 2023

K12 services, consulting, coaching, program management



I hate touchy-feely stuff. All of it. But you all need to try this with an open mind.

It's for you. It's going to give you some lifelong tools that are everyday essentials. I truly feel it will help with all my relationships and touchy-feely stuff too!

– Middle School Teacher



Mindfulness 201 has helped me become a more mindful teacher.

This came at a time when I was considering leaving the teaching profession. Now I have a renewed sense of inspiration and purpose.

– Colleen, First Grade Teacher



This retreat really helped to solidify the mindful practices learned in my course.

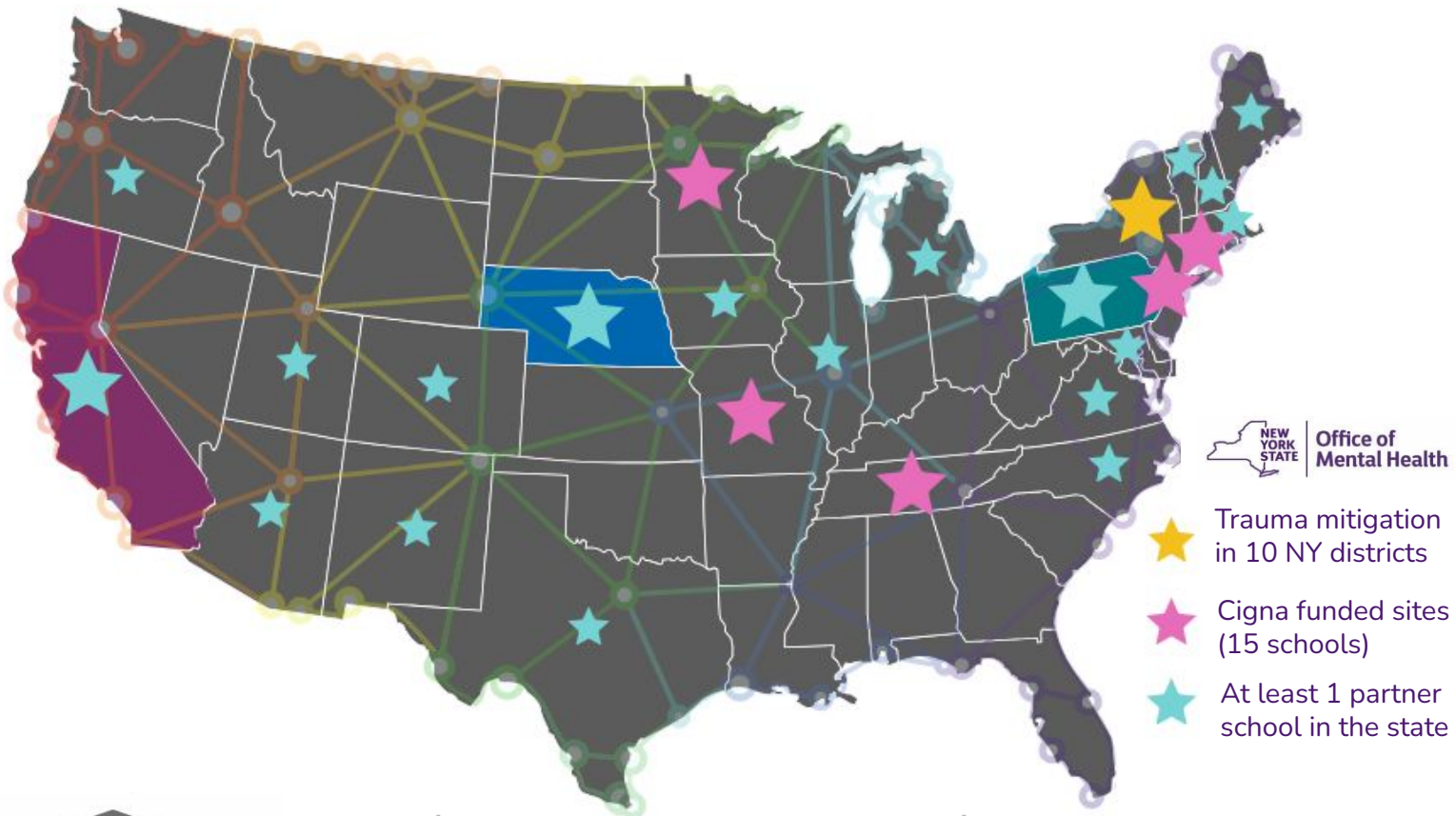
It is so validating to hear from others — their challenges and successes in developing their own mindful practice and lifestyle.



#mindfulschoolsretreat

National Organization, Regional Strength, Local Impact

We're now providing K12 services in 484 schools in 25 states, and growing!



California

In the Bay Area's highly diverse Contra Costa County, we're supporting 78 educators across 42 schools with a monthly Community of Practice that integrates Mindfulness 101 training into a continued Book Study based on Elena Aguilar's "Onward".

Nebraska

In the Omaha Public School District, we're partnering with Josie McDonnell, Nebraska's only SEL Supervisor (and a Mindful Schools 2020 grad!), to support teachers at 17 schools over 3 years with a teacher well-being and trauma-informed practice.

Pennsylvania

In the rural Oswayo Valley School District, we're working with three schools to address educator well-being, delivering 101 content over the course of eight monthly live sessions. For many this is a first-time experience of mindfulness.

K12 Case Study



Partnering for Impact:
A District Approach to Mindfulness
in Paterson Public Schools, NJ



Since 2020, we have doubled down on our commitment to building K-12 capacity for mindfulness and wellbeing, especially in communities impacted by stress and trauma.

With support from The Cigna Group Foundation's [Healthier Kids for Our Future](#) initiative, we launched schoolwide services at 6 Paterson Schools in 2021. Our partnership then expanded to offer services to all 50 schools and integrate with key initiatives spanning SEL, equity, mental health, restorative practices, full service community schools, and teacher well-being.

Some schools completed a few trainings, others tapped a team to lead the work, and still others went "all in" with educator, care team, and administrator engagement.

Our work with the Paterson Public Schools (PPS) reflects our strong partnership approach and the ripple effect that is possible when mindfulness is put into practice consistently, cumulatively, in context, and in community.

Paterson, NJ
3rd largest city in NJ

PPS
50 schools

19,160 staff
25,000 students
69% Hispanic/Latino
19% Black
27% English Learners
100% free-or-reduced lunch
Priorities: SEL, equity

Timeline of Partnership

2020

COVID-19 stalls progress on SEL and Restorative Practices begun in 2019, and increases risk of burnout for staff. Leadership identifies mindfulness as a foundation for living out PPS values and vision.

2021

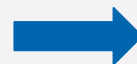
Cigna awards 6 PPS schools to work with Mindful Schools. ESSER funds provides opportunity for all district principals and school teams to participate.

2022

In the first year, over 200 educators across 38 schools complete Mindful Schools training. District leadership begins integrating mindfulness into SEL, Restorative Practice, and equity planning.

2023

Cigna renews funding, including \$125K for a partnership between Mindful Schools and Youth Equity Stewardship (YES!), a student leadership and empowerment initiative.





Amelia Rios
Kennedy High School
English Teacher

“If you feel like your plate is empty, then you’re not really serving your kids. Do something to nourish yourself, so you have something to give back to your kids.”

“Working with other teachers in the district helps us understand that we’re not alone”

“I am a better person, a better teacher and a better colleague”

“Learning how to teach mindfully has created a safe space for my students”

“I am communicating with students in a whole new way”

“This was not just ‘another training’. I got the best tool I could ever ask for.”

Paterson Public Schools: Services Delivered

- 500** Participated in PD Sessions
Schools host all-staff sessions on Intro to Mindfulness and Trauma-Sensitive Instruction
- 289** Completed 101: Mindfulness Foundations
Educators learn to “put on their own oxygen mask first”
- 137** Completed 201: Mindfulness in the Classroom
Educators learn to share mindfulness with students in an inclusive, trauma-sensitive way
- 37** Instructional coaching sessions
Mindful Schools provides guidance and feedback as educators learn to approach the classroom in new ways

Results Reported: “This has helped me...”

97%

Support my well-being

96%

Reflect on and improve my teaching

93%

Teach mindfulness in a way that engages students

“My “why” is the students. If you care about students and how they do academically, you have to care about how they're doing as human beings. You can't do one without the other. And mindfulness has been the missing piece for us.”



Dr. Cicely Warren
Asst. Superintendent
Paterson Public Schools

We're grounded and growing!

Our K12 services have grown from 17 schools in 2020 to 484 schools today.



1,000

Our goal is to serve 1,000 schools, support 10,000 educators, and reach 500,000 students a year by 2025.

I joined the Mindful Schools board in late 2019, just as the world was getting ready to change forever.

While COVID-19 has been a challenge for everyone, educators have been, and still are, especially hard hit. With our focus on educator well-being, **Mindful Schools is well-positioned to meet this moment head-on.**

I'm especially impressed by how our committed team has pivoted (in just a few years!) from focusing on individual educators to advancing a unique approach to mindfulness in education that is **equity-centered, trauma-sensitive, and oriented towards lasting systems change.**

As many of us know, **putting mindfulness into practice is where transformation occurs** – and impact becomes evident. I hope you will join us in our work to build a nation of resilient schools, however you can.

– Anne Roise, Mindful Schools Board Chair

Anne Roise

Board Chair
Program Director at Spirit Rock Meditation Center



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