



Office of Academics | Office of Student Support Initiatives & Recovery

Comprehensive Wellness

Daniel Gohl, Chief Academic Officer

Dr. Laurel Thompson, Director-Student Support

Ralph Aiello, Director, School Counseling & BRACE Advisement

Dr. Mary Claire Mucenic, ESLS Student Services

Cadence of Today's Discussion

- Review Intent
- Background on previous work
- Overview of current work
- Superintendent's Mindfulness Initiative
- Highlight Upcoming Opportunities
- General Discussion



Intent is to strengthen

Learning conditions

Working conditions

Customer Service

Job Satisfaction

Awareness & Engagement

Resiliency



Highlighted Efforts to Date

2015 - 2017

Listen: It Only Takes a Moment
Superintendent's
Young Voices Matter
PASL launch in High Schools

Winter 2018

Superintendent's Mindfulness Initiative
Conference with Chan-Zuckerburg Initiative

February 14, 2018

Pivot to Response and Recovery

Summer 2018

Center for Mind-Body Medicine Institutes
Meditation at KCW

SY 2018-19

Reimaging Middle Grades Initiative
Inner Explorer availability
Yoga in Physical Education
Start with Hello
Say Something



Shared Responsibility – Multiple Resources

Mental Health

Portal

School Climate & Discipline

Health & Wellness

Employee Assistance Program

Wellness

Insurance & Wellness Advisory Committee

Health & Wellness

And others . . .



Mindfulness Initiative

- Bring Coherence to Initiatives
- Raise Awareness
- Expand impact
- Communicate



In Design: Positive Psychology & Happiness

High School Course

Dual Enrollment option

Extra-Curricular Integration

Professional Development



HAPPINESS
STUDIES
ACADEMY

TAL BEN-SHAHAR



Center for Mind-Body Medicine

FREE COMPREHENSIVE WELLNESS PROGRAM

In-Service Credit Available

Broward County Public Schools, Children's Services Council, and
The Center for Mind-Body Medicine Invite You:

PART 1: JUNE 10-13
PART 2: JUNE 24-27*

**Part 1 is a prerequisite for Part 2,
both parts are required*

cmbm.org

Questions? Email broward@cmbm.org or call (202) 765-2448.

The School Board of Broward County, Florida • Heather P. Brinkworth, Chair
• Dr. Rosalind Osgood • Nora Rupert • Robert W. Runcie, Superintendent

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Inner Explorer

“By equipping our youth, dedicated educators and school staff, and parents with evidence-based Mindfulness and Heartfulness tools that build balance, resilience, compassion, and empathy, we hope to improve both educational and socio-emotional outcomes for children and families in Broward county.”



aetna®



AHAM EDUCATION
Art of Happiness And Mindfulness
Academy of the Heart And Mind



Broward County Public Schools Mindfulness-based Professional Development

Embodied Presence and Self Care (Level 1) Mindfulness-Based Stress Reduction (MBSR)

An Evidence-based program created by Jon Kabat-Zinn

Mindfulness is “paying attention in a particular way, on purpose, in the present moment, and nonjudgmentally.”
Jon Kabat-Zinn

THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA
MICHAELLE VALBRUN-POPE
CHIEF STUDENT SUPPORT INITIATIVES & RECOVERY OFFICER

March 15, 2019

TO: All Principals
FROM: Michaele Valbrun-Pope
Chief Student Support Initiatives & Recovery Officer
VIA: Valerie S. Wanza, Ph.D.
Chief School Performance & Accountability Officer
SUBJECT: SUPERINTENDENT'S MINDFULNESS INITIATIVE – INNER EXPLORER PROGRAM



ACTION: Please share this memo and the attached Inner Explorer Program flyer with all instructional staff, so they may incorporate this five to ten-minute resource into their daily classroom activities.

RATIONALE: In an effort to support academic achievement of students and instructional excellence of teachers, Broward County Public Schools is launching the Superintendent's Mindfulness Initiative. Mindfulness is the intentional cultivation of moment-to-moment attention and awareness.

Research has proven that daily practice of mindfulness disrupts stress, anxiety, anger, behavioral problems and aggression. Consistent five to ten-minutes daily practice of mindfulness supports improved cognitive outcomes in students, healthy mental wellness through social-emotional competencies and allows for better recognition and regulation of emotional reactivity in the classroom.

For additional information, please contact Nordia Sappleton, Curriculum Supervisor, School Climate & Discipline at 754-321-1655.

VSW/MVP/NS:mm
Attachment

c: Cabinet Members
Office of School Performance & Accountability
Office of Service Quality Assistant Directors
Student Support Initiatives & Recovery, Directors



Partner Organizations

AHAM Education

Center for Mind-Body Medicine

Headspace

Happiness Studies Academies

Inner Explorer

Pure Edge

And a growing list of others



Support & Communication

Mindfulness on InSite (SharePoint)

Health & Wellness - Mindfulness

<https://bcps.wednet.edu/sites/1876/Standards/Health%20&%20Wellness/Mindfulness>

Mindfulness

Mindfulness is the intentional cultivation of moment-to-moment attention and awareness in order to enhance behavioral, academic and social-emotional learning to ensure life readiness. As students practice, they become more aware of their direct experiences, beyond the challenging mind. As a result, students begin to act in accordance with their essence, potential, and purpose.

Interested in having the staff at your school taught on how to integrate this into their classroom? Contact School Climate & Discipline Department (Diversity, Prevention & Intervention) at 754-321-1655. Learn more and find resources by accessing the [Mindfulness Resource Folder](#) or going to the [Mindfulness Health and Wellness curriculum page](#).

Mindfulness Curriculum and Resources

<p>Inner Explorer Inner Explorer is aligned with BCPS' goal to ensure that all students can follow the directions in this flyer to access the Inner Explorer program, a series of daily 5 to 10 minute audio-guided mindfulness practices. This program focuses on key areas of development, bringing mindfulness to education and helping students succeed in learning. Daily practice and journaling teaches the practical techniques to appropriately handle negative emotions such as stress, anxiety, anger, trauma and more.</p>	<p>JWELL Education JWELL Education is partnered with BCPS as part of the Superintendent's Mindfulness Initiative to build a more conscious and resilient community school culture in Blount County by providing annual Mindfulness Days in the classroom, Mindfulness training for BCPS district staff and educators, and Mindful parenting workshops and resources. By utilizing our work, specialized educators and school staff, and parents with evidence-based Mindfulness and Resilience tools (audio, booklets, materials, compassion, and empathy), we hope to improve both educational and socioemotional outcomes for children and families in Blount County.</p>
<p>Center for Mind Body Medicine Partnered with BCPS, CMBS has become a worldwide leader in making safe, pain, stress, support, and community-building access to all healthcare, the training of health professionals, and the education of citizens. CMBS has focused on providing innovative solutions to some of the most intractable and complex psychological and physical problems.</p>	<p>HeadSpace Train your mind for a healthier, happier life. Learn the basics for free online, anywhere. Experience the benefits of mindfulness and meditation anytime, anywhere. Go to HeadSpace to access guided meditations, animations, articles and videos.</p>
<p>Pure Edge Help your students and yourself achieve success through focus. Pure Edge strategies for educators and learners support social, emotional, and academic development through mindful movement practice.</p>	<p>LEAPS An online instrument providing comprehensive lesson plans and interactive multi-modal assessment tools, Leaps is a research-based, practical program for improving behavior, grades, and attendance with Tier 1, Tier 2, or Tier 3 interventions.</p>
<p>Happiness Studies Academy The HSA program provides the foundational approach to generate happiness, its philosophy. If first we act it, then we teach, then it flows in to lead the happiness revolution. By educating leaders who are themselves dedicated to personal, interpersonal, and communal flourishing.</p>	

[Yammer](#) [mindfulBCPS](#)

[Survey of on-going work](#)



1 of 1 5/10/19, 3:59 PM



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