

**THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA**

**DANIEL GOHL  
CHIEF ACADEMIC OFFICER**

Signatures on file

April 20, 2018

TO: All Principals

FROM: Daniel Gohl  
Chief Academic Officer

VIA: Valerie S. Wanza, Ph.D.  
Chief School Performance & Accountability Officer

**SUBJECT: GUIDED MEDITATION RESOURCE**

**ACTION:** Please share the link below with students, parents and staff.

Link: [go.headspace.com/broward](http://go.headspace.com/broward)

Recommended communication methods include, but are not limited to:

- Posting the link on the school's webpage
- Including the link in the school's weekly flyer
- Sharing the link over the intercom system

**RATIONALE:** Pure Edge, Inc. is partnering with Broward County Public Schools to provide free access to an electronic audio-guided meditation and mindfulness resource. Mindfulness and meditation has proven to reduce anxiety that is often followed by trauma, and is also associated with enhanced concentration, clear decision-making and reduced aggression. This resource is useful as a tool for changing school wide and classroom climate, as well as an individualized intervention for children and adults. We hope you become an early adopter of this tool as we grow into a mindful district.

If you have questions, please contact the **Diversity, Prevention & Intervention at 754-321-1655.**

VSW/DG/MVP/NS:mj  
Attachment

c: Executive Directors and Directors, Division of Academics  
Cadre Directors, School Performance & Accountability Office

