



South Plantation
Zone (SPIZ)
Community Meeting

January 5, 2022



Agenda



01 *Mindfulness*
Inviting you to Notice
your Experience

03 *Resources to Use Today*
For staff, students, and
families

02 *Foundations of SEL*
Research says...

04 *Questions / Contact*
Share your events,
successes, support
needed

Carolyn Sant Angelo - SEL Team Lead



My "Why":

My why is defined by wanting to offer students safety and a sense of belonging in this complex world. Mindfulness turned my life around and if I had learned it as a child, it would have helped me prevent so many of the deep challenges.

SEL and Mindfulness are the foundation to allow our children to thrive, learn, and be empowered to be their best.

Ask me about:

- My new grandson!
- Joining a free MBSR Mindfulness Course
- Nepal



Head . Heart . Hand



Mindfulness

“the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally”

Jon Kabat Zinn
University of Massachusetts,
Founder of Mindfulness-Based Stress Reduction



Inner Explorer

15

Practice



Transitions-Gratitude

Program: Middle School (5th grade- 7th grade)



NARRATED BY



JUSTME

Benefits of Mindfulness

- Develop Emotional Regulation
- Reduce Stress & Anxiety
- Builds Empathy & Compassion
- Cultivating Greater Understanding for Diversity
- Increase Attention
- Increase Impulse Control
- Increase Ability to Make Good Choices





Purpose

To present mainstream, researched-based, mindfulness practices to help cultivate awareness, develop compassionate connections with yourself and others, lower stress, increase resiliency, and support the development of SEL skills.




INNER EXPLORER INVITES YOU TO ACCESS OUR MINDFULNESS PROGRAM

 + 


In partnership with Broward County Public Schools, Inner Explorer is providing full access to our daily mindfulness program to support you and your students during the pandemic.

When you start each day with mindfulness, you create a more focused and calm day of remote learning.


Reduce Stress




Cultivate SEL



Improve Learning



Address Mental Health



For Teachers For Families

PLEASE COMPLETE THE INFORMATION BELOW FOR ACCESS TO YOUR LICENSE

Please select the school

Name

Email

Select Role Teacher

SUBMIT

Get Started No Fee or Commission Required [Click Here](#)

PARENT or STUDENT ACCOUNT

xp.innerexplorer.org/compass/broward

AVAILABLE ONLINE AND IN THE APP STORE

Search Inner Explorer in the App Store

Select @CLASSROOM

Made with PosterMyWall.com

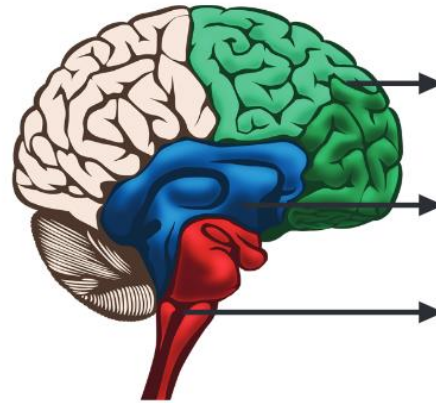
SEL

Benefits for Students Learning the SEL Competencies



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Conscious Discipline® Brain State Model



Executive State

Need: Problem solving opportunities

Looks like: Wisdom, unlimited skills

Message: What can I learn?

Emotional State

Need: Connection

Looks like: Back talk, sass, yelling, verbal reactions

Message: Am I loved/connected?

Survival State

Need: Safety

Looks like: Hiding, fighting, surrender, physical reactions

Message: Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

SEL

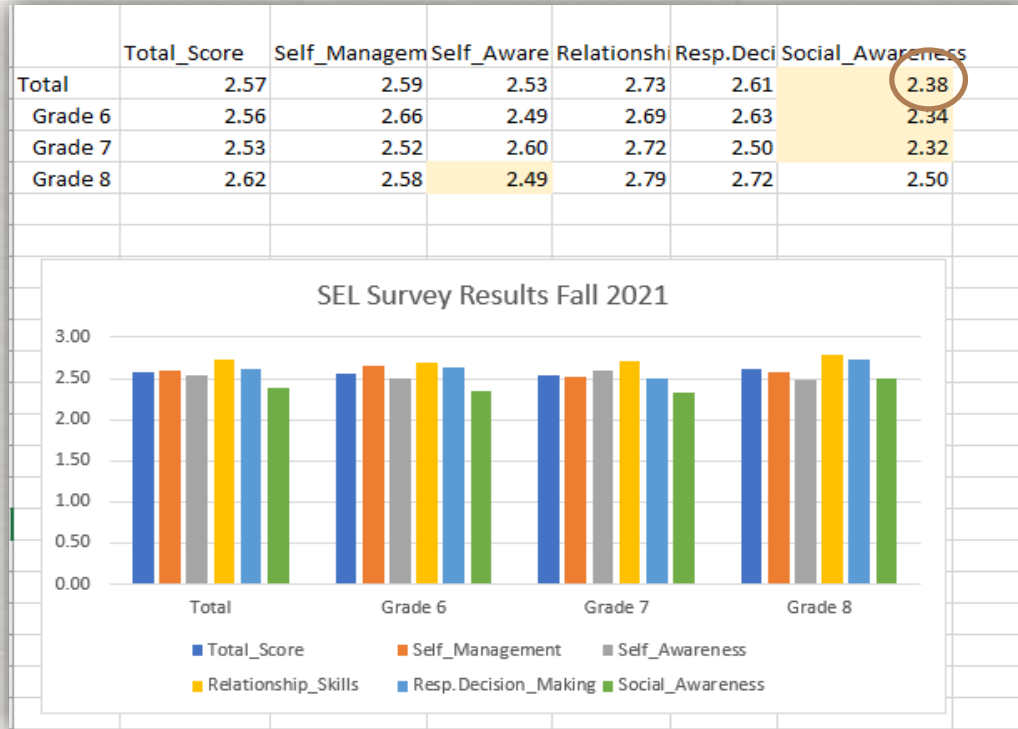
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Benefits for Students Learning the SEL Competencies

- **23% gain in Social emotional skills**
(Offers opportunity to connect, heal and manage stress)
- **11% in Academic Achievement in one year**
- **17% Academic Achievement Positive gains continued on with time. Reduced risks for failure**
- 9% gain in attitudes
- 9% gain in prosocial behavior (fewer fights, violence...)
- Teacher's can actually teach **MORE** content with SEL in place

Durlack study & ASPEN Institute Research

SEL Survey Analysis



SEL Survey Completions - 80,000

The primary needed growth area for this school is Social-awareness and strength of relationship skills according to SEL Survey results. The overall increase in the District average from 2.65 to 2.68 out of 5.

Sample SEL Schedule

For the 10 Minutes of Mindfulness and SEL

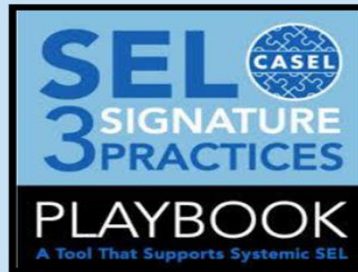
(Suggested topics, lessons and activities are found in the SEL-cebrations BCPS Alerts)

Rotation Continues for other weeks	<u>Monday-</u> <i>ReThink Ed</i> Video, Activity, Discussion. Consider using as the theme for the week	<u>Tuesday –</u> <i>Inner Explorer</i> Mindfulness Recording – Using sequence or repeating students’ favorite	<u>Wednesday –</u> <i>Classroom Council Meeting.</i> Discussion topics can be found in the SEL- ebrations BCPS Alerts.	<u>Thursday –</u> <i>Inner Explorer</i> Mindfulness Recording – Using sequence or repeating students’ favorite	<u>Friday –</u> <i>Mindful Movement or Music.</i> (or classroom jobs) Links can be found in the SEL- ebrations BCPS Alerts.
Week 1	Science	Language Arts -	Math	SS -	Electives
Week 2...	Electives	Science -	Language Arts -	Math	SS

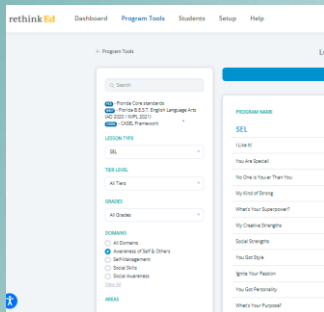
Strategies for SEL⁺

The 3 Signature Practice Playbook (CASEL)

- 1. WELCOMING INCLUSION ACTIVITY**
- 2. ENGAGING STRATEGIES**
- 3. OPTIMISTIC CLOSURE**



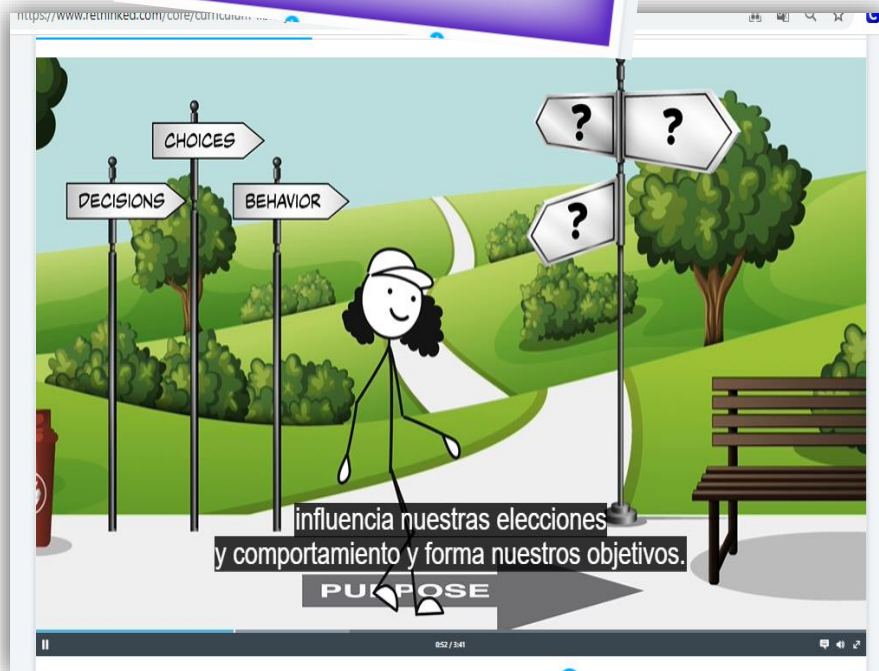
ReThink Ed Activities



To register for your free account:

1. [CLICK HERE FOR RETHINK ED Family REGISTRATION!](#)
2. Complete the form and click REGISTER.
(Note: The process may take a few minutes.)

<https://tinyurl.com/ReThinkEdFamily>



influencia nuestras elecciones
y comportamiento y forma nuestros objetivos.

PURPOSE

rethink Ed

The Resilient Educator

A Back to School Mindfulness Experience



Every day YOU make a difference!

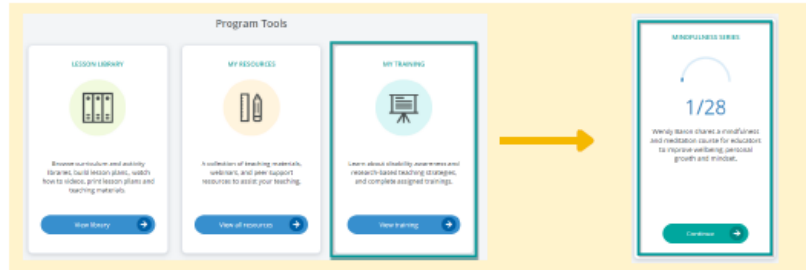
You bring hope and encouragement and offer your students the ability to dream beyond the classroom walls.

You transform the lives of your students and the communities in which they live.

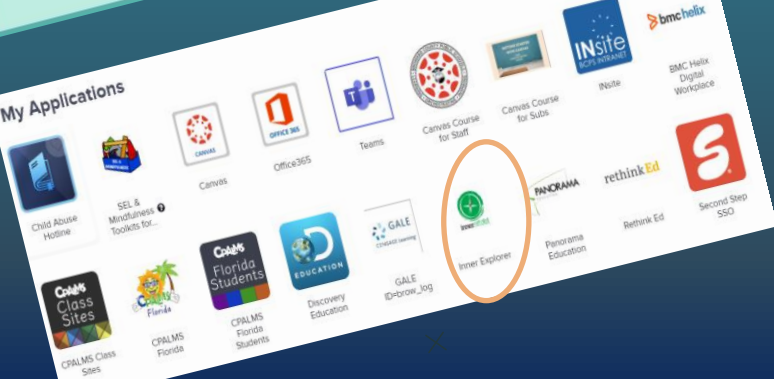


Get Started!

- Log into your Rethink Ed account
- Click on "My Training"
- Locate and enter your Mindfulness Series

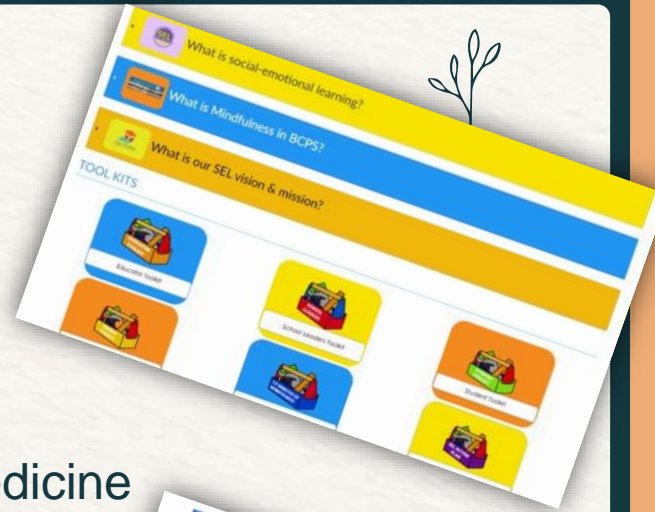


My Applications



SEL and Mindfulness Resources

- SEL and Mindfulness Toolkits in CANVAS
 - <https://tinyurl.com/SELBCPS>
- SEL-ebrations BCPS Alerts
- Programs like ReThink Ed, Mind-Body Medicine Workshops & Skills Groups, and Inner Explorer
- SEL Support Specialists
- Webinars and Professional Learning, PLC Resources



Meet the team!



Dr. Daniel Shapiro, Supervisor



Carolyn Sant Angelo, Team Lead
MSD Zone Schools



Belinda Daise, Lead &
District SEL Support Specialist
Middle Schools M-Z



Alex Bellon
District SEL Support Specialist
High Schools



Sierra Goggins
District SEL Support Specialist
Middle Schools A-L



Regina Turner
District SEL Support Specialist
Elem. Schools P-Z & Centers



Vivianne Jenkins
District SEL Support Specialist
Elem. Schools A-O

Thank You! Reach out



Contact Information

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SEL Team Leads

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District SEL Support Specialists

SEL Resources

BCPS SEL and Mindfulness Toolkits

[BCPS SEL & Mindfulness Toolkits for Staff](#)
(instructure.com)

CASEL 3 Signature SEL Practices Playbook

[CASEL SEL-3-Signature-Practices-Playbook-V3.pdf](#)

Health & Wellness and EAP Resources

<https://www.browardschools.com/Page/32053>

<https://www.browardschools.com/Page/54719>

<http://bcps-mentalhealth.com/>

<https://www.browardschools.com/Page/32079>

