



## VENICE MIDDLE SCHOOL



Dear Charger Families,

Our school is starting a new program called Inner Explorer to help students develop increased focus, self-awareness, self-control and resilience; all critical skills for success in school. In addition to these benefits, several studies have also demonstrated improved academic performance, behavioral aptitude, and well-being as a result of this training.

Each day, students can voluntarily participate in a 7-10 minute program delivered via our VMTV morning broadcast. The sessions focus on breathing and relaxation as well as awareness of senses, thoughts, emotions, choices and connection to others. Students can practice Inner Explorer from 7:17-7:25 before the morning broadcast or our VMTV news segment and before the instructional bell at 7:30 each day.

We are thrilled to be participating in a program that has shown benefits across a wide spectrum of applications, especially in education. Currently several agencies are funding research on attention and awareness training because the practices are easy to learn, require very little equipment, have no side effects and show significant enhancements to cognitive function and decreases in stress response.

You'll be happy to hear that classrooms are not the only places that implement mindful awareness programs! The National Institute of Health (NIH) is funding attention and awareness research to improve health and reduce conditions including depression and anxiety. The US Department of Education is funding research to improve academic achievement and behavioral competence. The US Army is funding this research to help our troops improve their working memory capacity to make better decisions while on the front lines.

To learn more about this program from Inner Explorer and to find more resources, including books for parents and students, visit [www.InnerExplorer.org](http://www.InnerExplorer.org).

Respectfully,

Tomas Dinverno  
Principal

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The vision of Venice Middle is a school that fosters respect for and commitment to community and academic success.

# A LOT OF GOOD COMES FROM PRACTICING MINDFULNESS EVERY DAY

## MINDFULNESS REDUCES STRESS AND PROMOTES WELLBEING FOR TEACHERS AND STUDENTS ALIKE.

- Teachers and students practice together
- Proven reductions in teacher stress
- Creates more teaching time
- Benefits extend beyond the classroom
- 50% of students teach their family mindfulness because they recognize stress and want to help

## SUPPORTS ACADEMIC AND S.E.L. GOALS

- 'Readiness to Learn' predicts academic success (more effectively than IQ)
- Although kids are in their seats, mindfulness prepares them to be "present" and engaged in learning
- Repeatedly inviting students to return their attention to the breath (sound or movement) trains attention in a new and different way
- Elementary school teachers gained 15-20 teaching minutes per day

## ENHANCES IMPULSE CONTROL

- Awareness creates space between emotions or events and responses
- Attentiveness encourages choice and thoughtful response, before negative reaction

## NEUROSCIENCE EXPLAINS WHY ALL THIS IS POSSIBLE

- Stress impedes learning by severing the connections between the prefrontal cortex (decision making) and the hippocampus (memory center)
- Mindfulness increases grey matter in the learning parts of the brain and reduces grey matter in the fight and flight center of the brain

## PROVEN TO WORK

- More than 40 studies proving the benefits of mindfulness are published every month
- Studies support the most positive impact on academic achievement comes with daily practice

## INNER EXPLORER MAKES THE DAILY PRACTICE OF MINDFULNESS EASY

With the easy-to-use, audio-guided platform Inner Explorer has made bringing mindfulness to children, educators and their families easier than ever before. The program is a series of daily 5-10-minute mindfulness practices, focusing on key areas to help teachers and students reduce stress and learn to lead healthier lives.

## THE PROGRAM FOCUS

Teaches students to pay attention with techniques to appropriately process stress, anxiety, negative feelings and anger.

- Breathing/relaxation exercises
- Awareness of senses, thoughts and emotions
- Compassion and connection to all

## PROVEN EFFECTIVENESS

- 15% increase in average G.P.A.
- 28% increase in reading, math and science
- 60% reduction in disciplinary activity
- 43% reduction in teacher stress

## EASY TO IMPLEMENT

- Simply press play on any web enabled device
- Integrated without schedule or curriculum changes
- Easily scalable throughout a district
- Orientation and "get started" materials available to all

## BRIDGES SCHOOL, HOME AND COMMUNITY

- Tune-In feature allows parent and guardians to practice with their student
- Community edition connects the school with the community as a whole

## SUSTAINABLE

- Students can participate throughout their K-12 school years creating common experiences and language
- Teachers, even substitutes, run the program
- Inner Explorer delivers continuity of programming across classrooms and schools

LET INNER EXPLORER GUIDE YOUR DAILY MINDFULNESS PRACTICE