

MODERN MINDFULNESS

JFK ELEMENTARY SCHOOL DATA SUPPORTS THE EFFECTIVENESS OF THE MODERN MINDFULNESS PROGRAM.

JFK Elementary, a K-5 school located in Winooski, Vermont, implemented the **CENTER FOR MINDFUL LEARNING's** Modern Mindfulness Program in the fall of 2013.

Over 25% percent of the children at JFK do not speak English as a first language, and over 80% depend on Free and Reduced Lunch rates. Students at JFK face a variety of challenges such as food insecurity, interrupted education, and transience. These life challenges create immense obstacles to learning and cause high levels of stress for teachers, students and administrators. At the end of the 2013-2014 school year teachers and students were surveyed on the impact of the Modern Mindfulness program.

“Mindfulness truly has become a part of my classroom. Many students use it before tests and parents have told me that their children are using it at home.”

~ Nan Johnson, Teacher, JFK Elementary, Winooski, VT

“At school mindfulness helps me with school work and at games. It helps me when I get mad at someone. I use mindfulness to help me not say anything at them”

~ 5th grade student, JFK Elementary, Winooski, VT

Teachers: Since using mindfulness my ability to cooperate with others has

Not Improved

0%

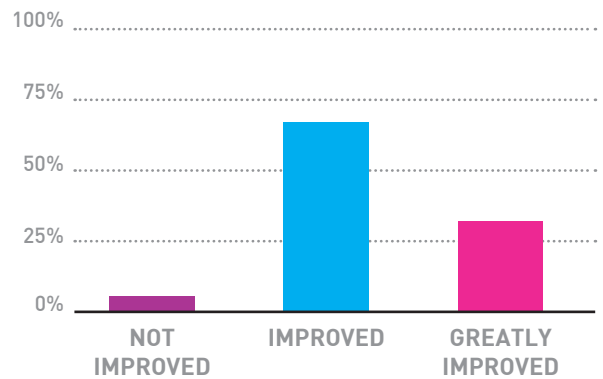
Improved

50%

Greatly Improved

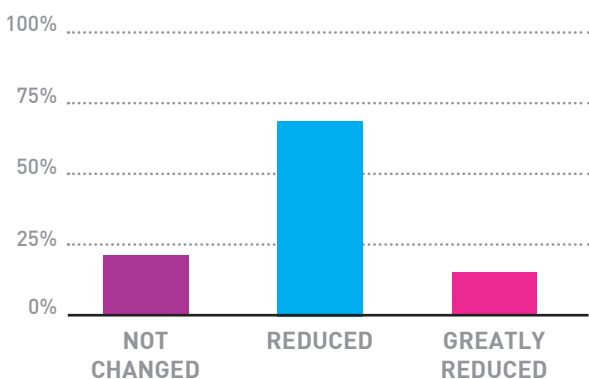
50%

Students: My ability to calm myself in challenging situations has



Teachers at JFK completed surveys on their observations of students and school culture. The surveys yielded these positive results:

DISRUPTIVE CLASSROOM BEHAVIORS HAVE



STUDENT PARTICIPATION (HAND RAISING, ASSIGNMENT COMPLETION, ETC) HAS

