

Directive to Administrators (Specify which administrators)	WAD (Wednesday) Publication Date	WAD Notice (Number)	No. of Pages
Site Administrators	January 5, 2011		1 of 2

WAD Title (Limit to 4-6 Words)	Date Due (if applicable)	Not Applicable After this Date:
Mindful Fundamentals		March 1, 2011

From: Kim Coates (Cabinet member or approved by one below)	Title: Supervisor, Student Support Services Department	Signature:	Telephone: (415) 242-2615
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Inform:

Certificated Staff Classified Staff Parents Post on Bulletin Board Other _____

Administrative Directive

WHAT: Level 1: Mindfulness Fundamentals, a Six Week Class on the Development of a Personal Mindfulness Practice

WHO: SFUSD Teachers and other Staff

WHERE: The San Francisco School, 300 Gaven St., San Francisco 94134

WHEN: Tuesday, Jan. 25th – Mar. 1st, 7 p.m. - 9 p.m.

WHY: You Will Learn: • Mindfulness of breath, sound and body • Mindfulness in speech, action and everyday life • Mindfulness in difficult situations • Letting go of negative thought patterns • Anti-stress techniques • How to nurture personal peace and happiness • Self awareness, patience and understanding for your life and profession • Kindness, compassion and gratitude for yourself and others

HOW: For registration and fee information see attached flyer or visit www.mindfulschools.org.

Questions? Contact Kate Janke at (510) 535 - 6746 or Kate@mindfulschools.org

<i>Approved</i>	Cabinet Member: Kevin Truitt	Title: Associate Superintendent of Student Support Services	Signature:
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Mindful Schools

Engaging children. Supporting educators.
Transforming schools.

Level 1:

Mindfulness Fundamentals

A Six Week Class on the Development of a
Personal Mindfulness Practice



Does stress impact interactions with children in your life?
Is your mind constantly busy in the past or the future?
Might you be missing what is happening right now?
Do you have a hard time sleeping?

**Mindfulness isn't just for kids.
Teachers and parents need these tools too!**

Mindfulness Fundamentals is for educators, parents, psychologists and anyone who would like to learn mindfulness for themselves. This six-week course will teach you the basic techniques of mindfulness as well as help you build your own practice.

This course offers weekly mindfulness techniques, periods of group practice, practical ways to apply mindfulness to your everyday life, and a take home workbook to help develop your use and understanding of mindfulness in the home and at work.

Tuesdays, Jan. 25th–Mar. 1st, 7-9pm

At The San Francisco School

300 Gaven St., San Francisco 94134

General Reg.: \$125

SFS Faculty & Parents: \$75

Sliding scale and Volunteer scholarships are available for applicants who need them.

You Will Learn:

- Mindfulness of breath, sound & body
- Mindfulness in speech, action and everyday life
- Mindfulness in difficult situations
- Letting go of negative thought patterns
- Anti-stress techniques
- How to nurture personal peace and happiness
- Self awareness, patience and understanding for your life and profession.
- Kindness, compassion and gratitude for yourself and others

For dates and registration, visit www.mindfulschools.org.

Questions? Contact Kate Janke at (510) 535-6746 or kate@mindfulschools.org.

About Mindful Schools

Since 2007, Mindful Schools has brought a 5-week program to over 8,000 children in 31 Bay Area schools. Dramatic results include increased attention, enhanced impulse control, less stress, and happier schools. *Mindfulness addresses the social-emotional needs of children as well as their academic needs!*