

Mindfulness

August 9, 2018



Presenters:

Dena Radtke, Manager, School Social Work and Transition Services, Department of Specialized Services
Jonathan Jagemann, RtI/PBIS Supervisor, Department of Research, Assessment & Data

MILWAUKEE
PUBLIC SCHOOLS

Keith P. Posley, Ed.D., *Interim Superintendent*

FIVE PRIORITIES FOR SUCCESS

Improve District and School Culture

Ensure Fiscal Responsibility and Transparency



Increase Academic Achievement and Accountability

Develop Our Staff

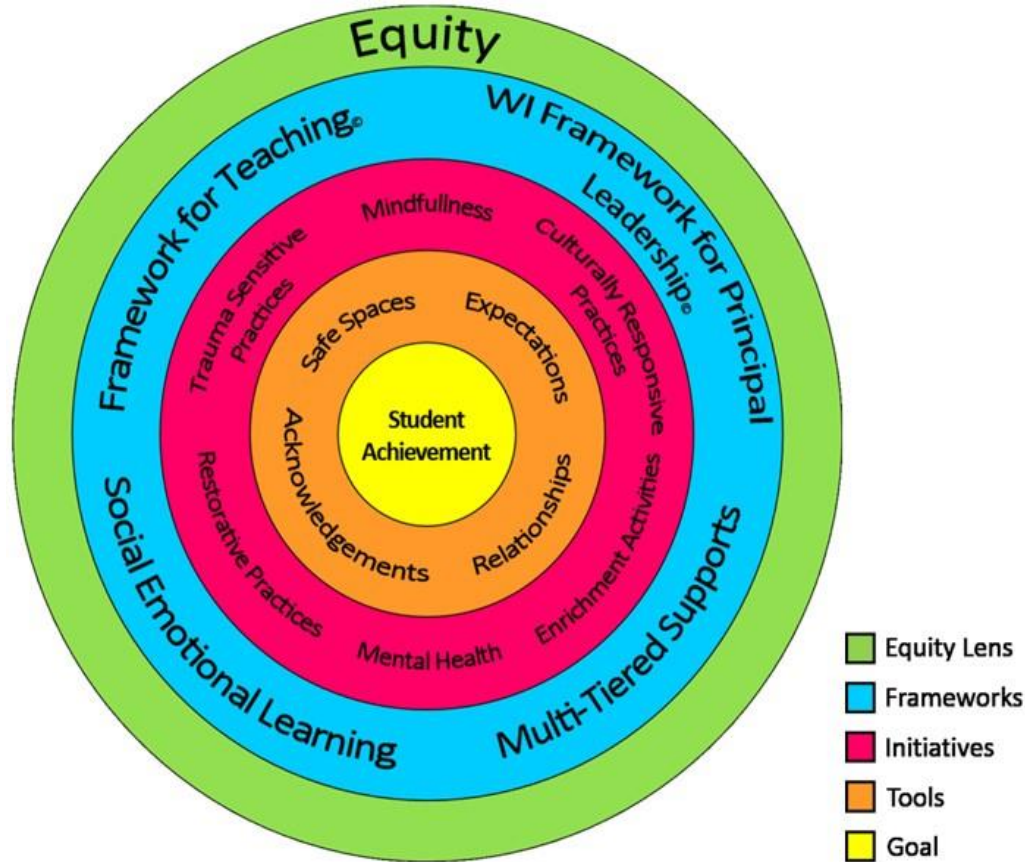
Strengthen Communication and Collaboration



Alignment and Support

- PBIS
- Trauma Sensitive Schools
- Social and Emotional Learning
- Restorative Practices
- District Climate Improvement Plan
- Disproportionality

Core of School Culture- Equity



Student quotes

“I like mindfulness because it calms me down when I get upset and it makes me feel better.”

“Mindfulness helps me at school by helping me relax so I can actually get focused and so, and since I like math a lot, it actually helps me think about math equations.”

2017-2018 Highlights: Internal

- Mindfulness book study
- Mindfulness book delivered to every 1st-3rd grade student in MPS
- Creation of Mindfulness mConnect and public webpage with a variety of resources
- Component added to Coordinated School Health Team school plans & integration with PBIS Framework
- Weekly practices shared via Remind App
- Training resources for Parent Coordinators
- Parent letter and brochure developed



2017-2018 Trained Staff Members

- Approximately 550 teachers received a 2 or 3 full-day intensive mindfulness training (Approximately 14,000 students potentially impacted)
- All staff at 37 schools received a series of mindfulness trainings over the course of the school year
- 35 groups of student mentors, from 25 schools, were trained to facilitate mindful practices within the classrooms in their schools
- All classrooms at 22 elementary/K-8 schools received 9-10 in-class lessons



2017-2018 Highlights: External

- Radio segments aired on 88.9
- MPS began the school year with a Fox6 segment recorded at 81st St. School
- Olympic skater, Katherine Reutter-Adamek, at Clement Avenue School
- Children's Hospital Mindfulness Challenge



2018-2019: What's to Come

- Further PD sessions at schools and CS
- Creation of additional mConnect resources
- Continued use of Mindfulness practices at meetings, trainings, school sites
- Integration with District Climate Improvement Plan
- Mindfulness Book Study
- Expand Remind text messaging
- Build up the data



Thank you.

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Department of Specialized Services

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Keith P. Posley, Ed.D., *Interim Superintendent*



Thank you!

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