

Dear Parents:

During the 2018-2019 school wide thought exchange survey, PUSD community members offered many ideas on how to best support our students. One of the concerns raised was our students' social-emotional learning and mental health wellness. Many of you pointed out the need to help students reduce their stress and anxiety, and to help students deal with academic and social pressures.

One way we are doing this is by implementing a "Mindful Minute" each day to provide an opportunity to calm themselves and have a quiet moment to prepare for learning. Our current culture is filled with stimuli and input for the mind, from the time we wake up to the time we go to bed. A "Mindful Minute" allows our students a chance to pause and have silence to reflect upon the day ahead before starting the day. We are asking for your help in discussing the "Mindful Minute" with your children at home as well as possible topics or thoughts for them to focus on.

Research has shown that by participating in a quiet moment each day, students feel less anxious, less stressed, calmer, and more able to focus. This, in turn, improves learning as well as behavior at home and school.

For more information and FAQ's visit our school website under Mindful Minute.

Proud to serve Black Mountain Students and Families,  
Scott Corso, Principal