



The *Mindful Circle* room is an extension of the Social Emotional Learning (SEL) program at Walter Hays and supports the Walter Hays Way Core Values. The *Mindful Circle* initiative was started through the collaborative efforts of parents and staff with the intention to facilitate and encourage loving kindness, compassion, empathetic joy, and equanimity throughout our community. This approach to mindfulness is based on [Mindful Schools](#)' philosophy, developed as a research-backed curriculum adapted for schools. Mindful practices support the development of skills that are critical to our children's cognitive and emotional growth and well-being. Guided activities will help children to gain a greater moment-by-moment awareness of their thoughts and emotions and ability to self-regulate. The *Mindful Circle* is open and available to students on Wednesdays during lunch; in addition, many of the SEL weekly classroom lessons are currently being taught in the room, and it will be open to staff and to parents for a variety of mindful-based activities.

With the support of the PTA and through generous donations from our community, six staff members were able to complete the Mindfulness training offered through [Mindful Schools](#). It is our goal to continue to provide this opportunity for staff. In addition, there are plans for several presentations and opportunities for our parent community to learn about Mindfulness.

It is our sincere belief that the *Mindful Circle* is a valuable addition to our school and will provide a kind and supportive space for our children and teachers to thrive. Please feel free to contact any of us at Mindful Circle with your questions, ideas, or how you can become involved: Rina Singh [rinagsingh@gmail.com](mailto:rinagsingh@gmail.com), Jill Johnson [jillj727@gmail.com](mailto:jillj727@gmail.com), or Londy Reidy [yreidy@pausd.org](mailto:yreidy@pausd.org).

*With Gratitude*  
*Rina, Jill, & Londy*