



Mindfulness in BCPS



Dear Silver Trail Middle Students, Parents & Staff:

Mindfulness is the intentional practice of attention in the present moment to become aware of one's thoughts, emotions, bodily feelings, and the surrounding environment. Mindfulness promotes well-being, resiliency, agency, and the enhancement of performance. The Mindfulness in BCPS CANVAS site is designed to ensure that our school community has access to high-quality online mindfulness education and support.

On-demand mindfulness activities, lessons, and resources are provided along with a daily schedule of live and pre-recorded sessions on mindful breathing, mindful movement and stretching, and mindful ways of being, thinking, and acting. Live sessions will be offered each school day at 8:00 AM, 10:00 AM, and 2:00 PM. Suggested pre-recorded sessions will be offered at 4:00 PM and 6:00 PM each school day. Utilizing the resources provided on the Mindfulness in BCPS CANVAS site will assist students, families, and staff in coping with stress and building resiliency during the challenges associated with COVID-19

The Mindfulness in BCPS CANVAS site can be found at the following link and it has also been added to our school's website: <https://browardschools.instructure.com/courses/868545>. Our school counselors have also included mindfulness resources on their School Counseling Canvas page, Counselor's Corner.

Wishing all of you good health physically as well as mentally and emotionally, I remain

*Sincerely yours,
Principal Frazier*