**Roberts Creek Community School:**

**School Based Mindfulness Projects.**

**Paying Attention for Prevention and Mind the Gap – Building Bridges for Youth in Transition.**

* Mind up curriculum delivered to grade 8 students at Chatelech Secondary since 2010 *(n=368).*
* Student feedback forms administered at the conclusion of each Mindfulness Training program *(n=191)*
* Resiliency survey administered to each new intake of grade 8 students (2009 – 2014) *(n=457).*
* School District teachers trained to deliver the Mind Up curriculum *(n=74).*
* Mindfulness Education Implementation Survey administered to SD46 staff trained to deliver the Mind Up curriculum *(n=51).*
* Mindfulness Based Stress Reduction (MBSR) program for SD46 teachers – Oct 2014 intake (*n = 16)*

**Project Evaluation Scope and Methods (partial)**

* Document Analysis of progress reports, minutes of meetings, emails, Mind Up instructors journal.
* Student feedback forms administered at the conclusion of each Mindfulness Training program.
* Feedback forms completed by staff of School District #46 (SD 46) at conclusion of Mind Up training Workshops.
* Interviews with Project team members and School District staff.
* Resiliency Survey. Psychometrically proven instrument developed by Resiliency Initiatives of Calgary, Alberta, and extensively tested with over 2000 students in Grades 7 to 9.1
* Baseline Social Emotional Wellness survey developed by Kimberly Schonert-Reichl, professor of
* Mindfulness Education Implementation Survey administered on-line using Survey Monkey.

1 Donnon, T & Hammond, W. (2007). A Psychometric assessment of the self-reported Youth Resiliency: Assessing Developmental Strengths Questionnaire. *Psychological Reports*, 2007, 100, 963-978.

**Sunshine Coast Social Emotional Learning Planning Table.**

* Sunshine Coast SEL Planning Table convened in 2011.
* Members include Community School Coordinators, School District #46, Ministry of Children and Family Development, S.C. Community Services Society, SCRD Parks and Recreation, ROE steering cttee members and Roberts Creek Community School mindfulness project team members.

**Sunshine Coast Roots Of Empathy Progam. Coordinated by Roberts Creek Community School.**

* Sunshine Coast ROE steering committee convened in 2009.
* ROE partnership members include four community schools, S.C. Community Services Society and S.C. Childcare Resource and Referral Society and School District #46.
* Seven Roots Of Empathy programs delivered in seven (of nine) elementary schools to grades K – 5 in the 2011/2012 school year.
* Nine Roots Of Empathy programs delivered in seven (of nine) elementary schools, grades K – 5 in the 2012/2013 school year.
* Thirteen ROE instructors trained since 2010.