

Dear Bronco Families,

We are excited to share that École Joe Clark School is beginning a three-year partnership with the **Werklund Institute for Social and Emotional Intelligence**. Through this partnership, our staff will engage in professional learning, coaching, and ongoing support to strengthen social and emotional learning across our school community.

As part of this work, we will be piloting the **MindUP™ program**. MindUP is a classroom-based program that helps children better understand how their brains work and how their thoughts and feelings can influence their actions. Through engaging lessons and activities, students will develop skills in attention, self-awareness, emotional literacy, empathy, kindness, optimism, resilience, and self-regulation.

One of the core practices of MindUP is the **Brain Break**, a brief mindful breathing and listening exercise that helps students pause, focus their attention, and respond thoughtfully to challenges and opportunities throughout the day. Our teachers will introduce these practices in developmentally appropriate ways that support the unique needs of their classroom communities.

Families are important partners in this learning journey. We encourage you to register for free through the **MindUP for Families** platform and explore the *Bringing MindUP Home* course. Throughout the year, we will also share family resources, simple activities, and practical ways to reinforce these concepts at home.

This work aligns closely with our commitment to creating a welcoming, caring, respectful, safe, and inclusive school where every student feels a strong sense of belonging and develops the skills needed to learn, manage challenges, build healthy relationships, and contribute positively to our community.

As we begin this pilot, we recognize that learning is a process. We look forward to learning alongside our students, reflecting on our experiences, and continuing to adapt our approach to best meet the needs of our Bronco community.

Please see the attached **Parent Welcome Letter** and **My Mindful Brain** family resource for additional information and activities you can try at home.

Thank you for your partnership and support as we embark on this exciting journey together.

Warmly,

Jolene Becker

Principal

École Joe Clark School