

## **EXCITING ACTION RESEARCH OPPORTUNITY BROUGHT TO YOU BY YOUR RTA**

### **WHAT?**

RTA: Action Research - Mindfulness to Improve Teacher Well-being, and Student Outcomes  
New research is helping to clarify how teachers become chronically stressed, and how it can affect their students' well-being and achievement. Recent polls and surveys indicate that many educators are feeling stressed and disengaged, which puts at risk not only their teaching, but also students' performance. According to State of America's Schools: The Path to Winning Again in Education, nearly 70 percent of teachers report not feeling engaged in their work. Nearly half report experiencing job-related stress daily. Programs for workplace wellness, social emotional learning, and mindfulness are all proven to improve teacher well-being and student outcomes.

### **WHO CAN PARTICIPATE?**

Any RTA member – You must have at least 2 people in your action research group. So, you can do this work with one other colleague, or you can invite your entire department or staff to take part in this work together!

### **WHAT IS THE TIME COMMITMENT?**

You will receive 16 hours of PD credit for the collaborative work with your group. **YOU** make your own schedule, set the agenda, and complete a sign-in sheet and minutes from each meeting.

### **I'VE NEVER DONE ACTION RESEARCH BEFORE!**

There will be a **2 hour informational** meeting on July 31<sup>st</sup> for anyone who is serious about this work. Should you decide to continue with the 16 hour commitment, this additional 2 hours of PD credit will be added on to give you a **total of 18 hours** of PD credit. In addition, we will have a "check-in" dinner meeting in January where all groups that attend will earn another 2 hours, bringing the **total possible number of PD credit hours for this project to 20.**

### **I'VE DONE AR BEFORE. DO I STILL NEED TO ATTEND THE INTRODUCTORY MEETING?**

NO! If you have your group in mind, and would like to begin this work in the fall, simply go to the RTA website, scroll down the page, and click on the Action Research box. You will then see a **PROPOSAL** form with which to begin your work. Fill out this form with your group, and email it to

[Annamaria.Manso@rcsdk12.org](mailto:Annamaria.Manso@rcsdk12.org). **Once your proposal is approved, you will receive a copy of the workbook: *The Mindful Education Workbook: Lessons for Teaching Mindfulness to Students*, by Daniel Rechtschaffen** **Note\* We will have an anchor text in Spanish as well.**

**This workbook will be purchased by the RTA for each participating member, and will be used as the anchor text for your work. FYI: There is also a video on the RTA website below the Action Research box that illustrates the work done with a group of teachers who began this work last spring. Our hope is that this work will continue throughout the district bringing us in step with many other districts throughout the country who have seen tremendous outcomes socially, emotionally, and academically at all developmental levels.**

### **WHAT RCSD TEACHERS ARE SAYING!**

*"I learned that it is not the end of the world to slow down and not rush into the day's lesson. Taking five minutes to breathe with my students just might be the difference between a good day and a stressful day...for all of us!"*

*"I feel more energized after a school day!"*

*"It gave me patience, compassion, the ability to listen closely, and much more."*

*"As our own agility in self-compassion strengthened, we understood the need to reserve judgement of our students, and more importantly help them to learn self-compassion and revisit their own negative self-perceptions."*

*"Allowing myself to become more aware, and take time to reflect on how I handled a situation naturally made me more effective with my interactions, and ultimately the outcome of those interactions."*

### **ADDITIONAL RESOURCE!**

All staff that take part in this work will also be connected to a professionally certified Yoga instructor through Yoga Ed. Yoga Ed. is an educational organization whose mission is to empower school communities with yoga to cultivate health and wellness in children and teens.

If you have any questions, concerns, or need further clarification, please feel free to email Annamaria Manso.

