



August 1, 2025

Dear Parents and Caregivers,

We are excited to announce we will be implementing an evidence-based social and emotional learning (SEL) program at The Children's House and Compass Montessori Junior High that can help our students better engage in learning, learn to self-regulate their behavior, and improve their attention skills and well-being.

MindUP™ is a classroom-based program that teaches children strategies guided by the fields of neuroscience, mindful awareness training, social and emotional learning, and positive psychology to support success in the classroom and in life.

MindUP™ was created collaboratively by university scientists and school-based educators. The program helps children understand the ways brains work and how their thoughts and feelings affect their behavior.

It has five goals:

1. To foster a cohesive, caring classroom climate
2. To foster focus and mindful awareness
3. To build emotional literacy
4. To increase positive qualities such as perspective-taking, empathy, gratitude, and kindness
5. To increase optimism, well-being, and resiliency

A core practice of the program is the "Brain Break." The Brain Break is a simple mindful breathing and listening activity that is practiced three times per day. This activity can help foster attention and self-regulation.

As part of MindUP™, parents and caregivers will have the opportunity to learn about what children are practicing in the classroom through a short online course designed specifically for families to bring MindUP strategies home. The course is designed to complement the school program and can be paced along with children's learning in the classroom. You can access this course for free at [home.mindup.org](https://home.mindup.org).

The MindUP™ curriculum for Kindergarten and Elementary students will be co-facilitated by Jen Superson, Children's House parent and MindUP™ Specialist, and Steve Maas, PE

Guide. Trisha Short, Mental Health Consultant, will provide the lessons at Compass Junior High.

If you would like to learn more about the research around social and emotional learning, please visit [www.casel.org](http://www.casel.org). For further details about MindUP™, please visit [www.MindUP.org](http://www.MindUP.org). If you have further questions about the program or would like more information, please feel free to contact me.

We are excited about the potential this program holds for helping our classrooms become communities of better-engaged, more focused, and more optimistic learners!

Sincerely,

A handwritten signature in black ink that reads "Michele Shane". The script is fluid and cursive, with the first name "Michele" and last name "Shane" clearly distinguishable.

Michele Shane  
Head of School