

Our school implements the MindUP™ program. MindUP™ is a research-based training program for educators and children. This program is composed of 15 lessons based in neuroscience. Students learn to self-regulate behavior and mindfully engage in focused concentration required for academic success. MindUP™ lessons align with all state standards including Common Core and support improved academic performance while enhancing perspective taking, empathy and kindness as well as fostering complex problem solving skills.