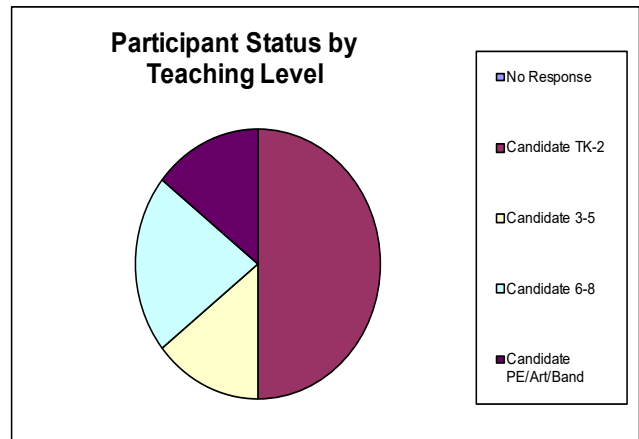


**HANFORD ELEMENTARY SCHOOL DISTRICT  
NEW TEACHER INDUCTION PROGRAM  
FEEDBACK REPORT**

Tracking ID	Goal	Name	Date
MW-19		Strategies to Develop Mindfulness at Work	11-7-19

**Demographic Information**

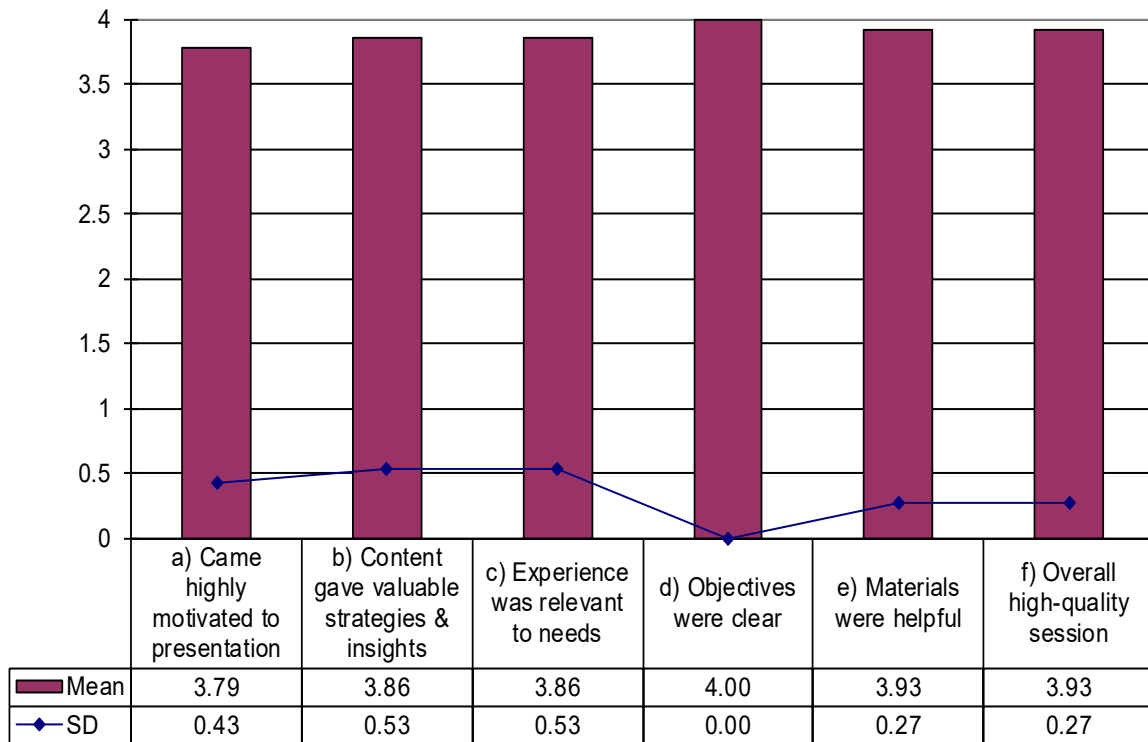
Participant Status by Teaching Level	Number	Percentage
All Participants	14	
Multiple Responses	0	0.00%
No Response	0	0.00%
Candidate TK-2	7	50.00%
Candidate 3-5	2	14.29%
Candidate 6-8	3	21.43%
Candidate PE/Art/Band	2	14.29%



**Table of Responses**

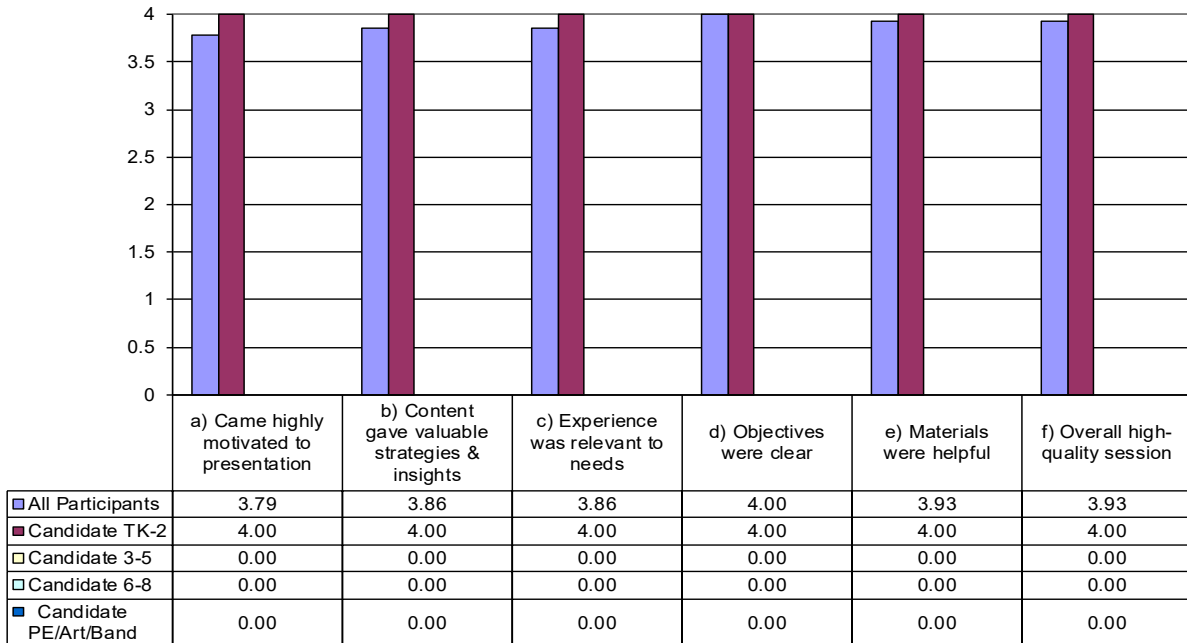
Questions	Frequency				Mean	SD
	1	2	3	4		
a) Came highly motivated to presentation	0.00%	0.00%	21.43%	78.57%	3.79	0.43
b) Content gave valuable strategies & insights	0.00%	7.14%	0.00%	92.86%	3.86	0.53
c) Experience was relevant to needs	0.00%	7.14%	0.00%	92.86%	3.86	0.53
d) Objectives were clear	0.00%	0.00%	0.00%	100.00%	4.00	0.00
e) Materials were helpful	0.00%	0.00%	7.14%	92.86%	3.93	0.27
f) Overall high-quality session	0.00%	0.00%	7.14%	92.86%	3.93	0.27

### Overall Rating of Session



### Disaggregated Responses

#### Mean Scores by Teaching Level



## Qualitative Question Results

### Ideas I most want to remember...

- Being mindful of my body's physical and mental needs
- I loved the breathing exercises and stretches to help release stress.
- I most want to remember the breathing techniques to reduce stress and anxiety and help with mindfulness.
- I really liked the breathing and stretching techniques we practiced.
- I want to remember that breathing and relaxing techniques. I love the idea of focusing on the tension in our body to become mindful about our body positions.
- I want to remember that self awareness / mindfulness will be the key to accomplishing self wellness. Little movements can lead to big injuries. I also want to remember the open heart pose to help relax.
- It is important to invest in one's health. We were made aware of how negligent we can be in our health and taking care of our bodies/mind. The posture and breathing exercise will be most helpful for myself and my students.
- Loved the entire session. I thought the breathing work was great for mindfulness. I have used it both nights following the session so far!
- Take time for ourselves as teachers and to be mindful of our bodies, we need this so we can continue to be great teachers for our students.
- taking care of myself Breathe!!
- The different breathing strategies
- 3-4-5 breathing technique
- 3-4-5 breathing technique

### I appreciate...

- All of the different methods of breathing, the demonstration of yoga poses to help relax the mind and body.
- How excited Cheryl was to share her knowledge with us!
- I appreciate Cheryl's practical strategies for being mindful and finding balance in life. Her ideas have encouraged me that when teaching becomes overwhelming there are strategies to help cope and alleviate stress and anxiety.
- I appreciate that Cheryl was honest when stating that these practices were for US. Often times, when a room of teachers are collaborating it's to discuss the best approaches for our students. This gathering was discussing best approaches for ourselves; the individual. I appreciated that this was a reminder that in order to complete our calling we must first have to take care of ourselves and re-center.
- I appreciate the district taking into consideration the mental stress teachers take on. The blocks and the strategies are great for professional development, mental health, and personal growth.
- I appreciate the foam blocks that were given to us. I appreciate the time and effort Cheryl took to come up with strategies that would help us daily with stress.
- I appreciate the opportunity to learn ways to improve myself and to bring the teachings into my class.
- I appreciate the reminder that we need to take care of ourselves and that if we do not we will become unraveled in other parts of our lives.
- I really appreciate the ambiance provided and the time spent.
- The class! It was a wonderful experience focused on body care and I appreciate the time and effort that was put into it.
- The thoughtfulness of the NTN. So much time and effort went into carefully explaining "mindfulness" and how it is beneficial to us as well as our students.

**What additional professional learning would you like in order to build your capacity pertaining to this session's topic?**

- During the NTN, it was discussed meeting again to learn more techniques of relaxation. You can count me in!! Teaching at times is very stressful and anytime that I can learn ways to clear my mind, focus and grow as a person is a plus.
- I feel this is important and should be addressed throughout the year, as teachers we need reminders to take time for ourselves and self care.
- I would be interested in attending sessions that help me to practice these techniques regularly.
- I would love a similar lesson in food, food science, and how important it is to eat certain food groups. I think it would work well right along with this class.
- I would LOVE to be able to have more teacher group opportunities JUST LIKE THIS ONE!
- I would love to have this presentation again throughout the year, for a personal de-stress learning opportunity. I would sign up to attend another session.
- If Cheryl ever does a yoga session for an NTN...I'll be there! :)
- More breathing exercises and more stretches related to lower back stress.
- More sessions on mindfulness and how to regulate the stress that being a teacher brings
- The ergonomic posture and stretching techniques are very helpful for teachers. It would be awesome to see our students involved in these calming exercises.

**Additional comments...**

- I felt that this was a great team building opportunity. The laughter was a wonderful way to relive stress.
- I just appreciated the "lightness" of this NTN and the positive reminder to re-center. Thank you ladies!
- I will use the breathing treatments with my students.
- LOVED IT!
- Overall, this training was awesome. The presentation was excellence, the teachers were all engaged and enjoying themselves. Cheryl did a fantastic job presenting the information while demonstrated the techniques. I appreciate the unconventional training this provided that we don't usually see in our profession. Even though our jobs are not necessarily physically demanding, this physical and mental training is helpful when participants are willing to give it a try!
- Thank you Cheryl, this was a much needed NTN! I left feeling encouraged and motivated to try techniques. This NTN was very applicable to teaching and is beneficial to all areas of life.
- Thank you so much, love this and would love to learn more.
- Thank you, Cheryl! I hope you read this and know that you are appreciated and respected!
- This was a great professional development

**Response List:**

First Name	Last Name
Danielle	Ames
Yolanda	Bernal
Greg	Brown
Jennifer	Carrillo
Catherine	Castaneda
Jacob	Donabedian
Alexis	Farrar
Sophie	Flemion
Megan	Letson
Eileen	Martinez-Bedolla
Laura	McCarty
Ashley	Pond
Claudia	Snead
Cory	Stewart