

# Collegial Circle Final Report

Please complete all information on this form. After it is complete, send it to the Teacher Center along with other supporting documentation. Electronic copies are preferred whenever possible.

## COLLEGIAL CIRCLE INFORMATION

Title of Circle: Mindfulness for Educators Standards Area: \_\_\_\_\_  
Facilitator: Ellen Stenzel & Cheryl Piccirillo School(s): SHS  
Beginning Date: \_\_\_\_\_ Ending Date: 5/12/16 # of Hours: \_\_\_\_\_  
*Please submit copies of the following to this report:*

- ✓ Collegial Circle Attendance Log
- ✓ Collegial Circle Meeting Log
- ✓ Samples of strategies implemented, materials created, or student work samples where applicable
- ✓ Collegial Circle Reflection Sheets - completed by each participant

## COLLEGIAL CIRCLE DESCRIPTION

### What was the anticipated goal(s) of this Collegial Circle?

To introduce mindfulness as an idea in education and through practice learn the value of mindfulness to be used at a personal level so that they can use for later practice in the classroom.

### What grade level(s) and or subject area(s) will benefit from this Circle?

Grade levels – K-12, all students and educators

## FINAL REFLECTIONS

### Was the goal of your Collegial Circle met? Please explain.

Yes participants were very interested in learning and implementing strategies in the classroom for student benefit.

### How did the members of this Collegial Circle assess whether the outcome was met? What evidence was utilized to assess your progress?

We had a lot of group discussion on how this would look in a classroom.

### How did your work impact teaching and learning? [include student work samples, lesson plans, peer reviews, etc.]

Teachers were able to successfully implement the skills learned during our collegial circle within the walls or their own classrooms.

### Did your work align with the Level of Evaluation you identified in your proposal? Please explain. [Refer to the document, *5 Levels of Professional Development Evaluation*, on the TC webpage.

Yes our collegial circle complied with the 5 levels of professional development and teachers stated in a reflection that they were in fact to apply this new learning in the classroom.

### Please include any additional comments you would like to share with the Collegial Circle Committee. This may include unanticipated outcomes, next steps, new learning, etc.

We would love to continue this focus next year with another collegial circle that focuses on the Social Emotional learner. Several people have expressed an interest in gaining a better understanding of how stress impacts students and performance. We would also like to discuss how mindfulness can build resiliency in our ever demanding world.