

Social Emotional Physical Well Being Sub Committee Meeting - January 28, 2019

Attendees: Tara Murphy Beardsley and Rob McCarthy.

Start time: 6:08 pm

Agenda

**Mindfulness presentation by Brown University Mindfulness Center:**

Brenda Fingold generously came to this meeting to talk to us about the programs they run at their center. There were resources (Brown.edu/MindfulnessCenter) given out explaining Mindfulness in education and how it benefits schools, students, educators and caregivers. We talked about studies connected to mindfulness and how it has had positive effects on schools and families. We are going to explore what educators would like (PD, training, curriculum) and try and find financial resources from there.

**Boston vs. Bullies**

The Sports Museum presented a powerpoint going over their FREE program, Boston vs. Bullies. They have curriculum, materials and trainers FREE of charge who come out to schools. They can be contacted and services/materials requested at [www.bostonvsbullies.org](http://www.bostonvsbullies.org).

**Recess Survey**

The recess survey is complete and ready to be distributed to schools to see what the response is. We need to know how to do this and when to roll it out. We also talked about having focus groups at each school (possibly joining another already scheduled event).

End time 7:54 pm

Submitted by Tara Beardsley