

Logic Model: DC Teacher Leadership Summit

Title: Closing the Achievement Gap with Daily Mindfulness Practices

Problem Statement: Students and teachers are walking into Reach Academy and Oakland Unified District with trauma induced experiences and environmental stressors that inhibit readiness to learn and readiness to teach.

Goal: Students and teachers effectively practice the daily use of mindful awareness to reduce the barriers to learning and teaching

<p><u>Rationale:</u></p> <p>Research shows that practicing mindful awareness strengthens one's ability to focus attention, self-regulate behavior, make better choices, increase working memory, cognitive flexibility,</p>	<p><u>Inputs:</u></p> <p>Mindfulness- Inner Explorer program Practices, tools, lessons</p> <p>TTL Oakland Teachers Edgar Rodriguez, 3rd Grade Chasmin Moses, 4th Grade</p> <p>Inner Explorer Team L. Grossman, L. Bakosh J. Houlihan, K. Bonanno</p> <p>School gatherings (ex: staff mtgs, culture meetings, PD Wed, School Site Council)</p> <p>TTL DC Team-Dept of Ed</p>	<p><u>Activities:</u></p> <p>✓ Use program for classroom practice & Staff Meetings</p> <p>✓ Recruit and establish Mindfulness Core Team</p> <p>✓ Train teachers on Inner Explorer, Mindfulness, and the project</p> <p>✓ Create video to highlight outcomes</p> <p>✓ Set up weekly video calls with team to track progress</p> <p>✓ Send Mindfulness book to</p>	<p><u>Outputs:</u></p> <p>1 month:</p> <p>✓ Mindful minute for all students at start of first day 8/24 (students, staff and parents)</p> <p>✓ Program launch 1st week of school -8/24</p> <p>✓ Tracking of program usage-fidelity</p> <p>✓ Teacher training- 2 ½ hour-PD 8/18</p> <p>✓ Weekly Video calls with TTL team (8/4, 8/11, 8/18, 8/25,.....)</p> <p>✓ Logic Model updated each week- used to motivate team and stay on task</p>	<p><u>Outcomes:</u></p> <p>Short Term: 1-3 months</p> <p><u>Teacher Leadership</u></p> <p>✓ Reach principal--with no mindfulness experience--follows TTL team's (Edgar and Chas) lead to use mindfulness as Tier 1 intervention</p> <p>✓ Entire teaching staff is following TTL Team lead, energy is palpable</p> <p><u>School Climate</u></p> <p>✓ TTL Team helped to restructure school-wide expectations to include mindfulness ("be safe, be caring, be mindful, be a scholar")</p> <p>✓ Principal asked TTL Team to put on a</p>
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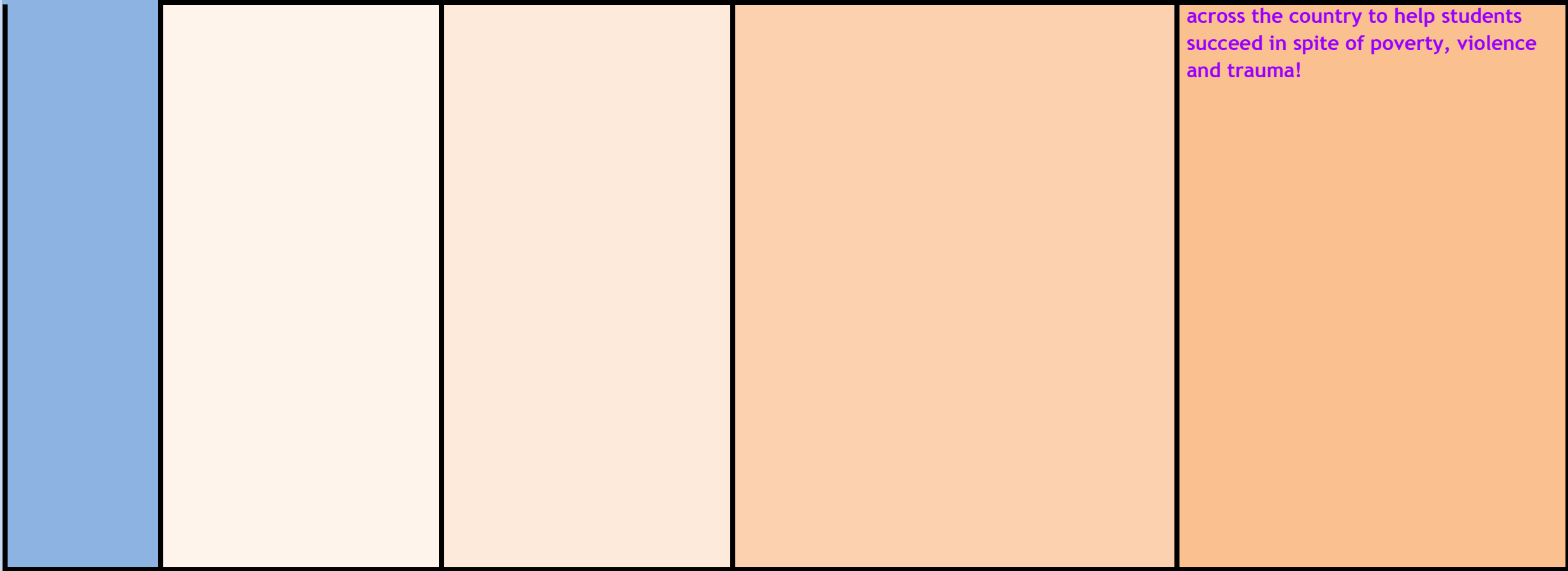
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<p>and reduce stress.</p> <p>In addition, mindfulness in schools improves student academic achievement and teacher satisfaction, while reducing students misbehavior.</p>	<p>and critical friend</p>	<p>DC TTL Team</p> <ul style="list-style-type: none"> ✓ Capture data from prior school year/s ✓ Morning Mindfulness practice with staff for five minutes Parent Night (Back to School Night) will include introduction to mindfulness with practice Create 5 teacher tracks for staff meetings each 2-5 min Teacher Training (level 2) regarding culture of mindfulness- go deeper Master of Mindfulness book (written by 5th grade Reach students) released at community night with TTL DC Team School-wide mindful minute 	<ul style="list-style-type: none"> ✓ Teachers understand benefits and use of program ✓ Core Team formed/support group of participating teachers formed ✓ Completed TTL Summit survey ✓ Data analysis from prior year ✓ School staff familiarity with mindfulness <p>3 month:</p> <p>Student readiness to learn, Teacher readiness to teach</p> <p>Embed practices into systems and structures into school culture (newsletters, meetings)</p> <p>Teachers have access to additional tools to engage students</p> <p>Have Principal, who has no mindfulness background, write a letter regarding her experience with the TTL Team and their efforts as well as how mindfulness can help</p>	<p>short presentation at Back to School Night on Mindfulness.</p> <p><u>Outcomes:</u> Medium Term: 3-6 months</p> <p><u>Teacher Leadership</u></p> <p>TTL Oakland team (which includes 2 Teach for America-TFA teachers) to offer support to any interested OUSD school, as well as to other TFA teachers nationwide</p> <p><u>School Climate</u></p> <p>Higher teacher & student attendance more compassionate interactions</p> <p><u>Academic Success</u></p> <p>Higher Test Scores Fewer discipline events (suspensions, detentions)</p>
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	<p>every day of school with staff, parents, and students</p> <p>Practice of Mindfulness for 2 minutes after transitions</p> <p>Data collection begins in Oct after first grading period.</p> <p>Create data plan/Training, tools and support for daily classroom practices</p> <p>Working session with TTL DC team and OUSD Admin</p>	<p>with school culture and teacher wellbeing.</p> <p>Community awareness grows, more parents get involved</p> <p>6 months:</p> <p>Analyze new data and present results</p> <p>Common mindfulness language schoolwide</p> <p>OUSD develops strategic plan to embed mindfulness practices into the school curriculum</p> <p>1-2 years:</p>	<p>Long Term: 1-2 year</p> <p><u>Teacher Leadership</u></p> <p>Reach Academy students close the achievement gap!</p> <p>Reach Academy TTL model is implemented district-wide</p> <p><u>School Climate</u></p> <p>Less teacher turnover</p> <p>Engaged students and parents</p> <p>Compassionate school culture</p> <p><u>Academic Success</u></p> <p>Higher Grades</p> <p>Higher standardized test scores</p> <p>Long Term: Beyond 2 years</p> <p>Reach Academy TTL model is used</p>
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Student Impact: (If..., then...)

If students and teachers practice mindful awareness daily, then we will reduce the barriers to learning.

Name	Responsibility	Time Frame
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Edgar	Support Teachers w/ IE	first Friday of School- DONE
Chasmin	Core Team (Catalfo K, Summerfield 1st, Perkins 2nd, Rodriguez 3rd, Moses 4th)	First week in August- DONE
Teach Lead Team (Edgar, Chas, Laura, Janice, Laurie & Karen)	1 Year Plan	Mid August (to present to School team)- DONE
Chas	Present 1 year plan to Core Team	first staff meeting - DONE
Core Team	Develops Communication Plan (parents, teachers, admin, community) Develops Expectations for Mindfulness	in process
IE Team	Send Edgar surveys	By last week of August (to administer by first week of school)-in process
Edgar	Implements Surveys/Send back to IE Team	Before school starts (teachers) First week of school (students)
Core Team	Train new teachers/heighten awareness	Mid August, before school begins- DONE
Core Team	Community Outreach	Early September
Teacher Lead	Check In (where are we? next steps?)	Mid-September

Zoom video/conference calls- Aug 4, 11, 18, 25, Sept 1, 8, 15, 22, 29.....