

Dear BUGS Families, Parents, and Caregivers,

In order to educate the “whole child” and equip our young adolescents with the tools to self-regulate, **Quiet Time (QT) has been part of the fabric of BUGS since our opening 10 years ago.** Staff, students, alumni and families have found it to be a powerful part of their BUGS experience that they carry forward in their lives.

Now that we are back in full swing at BUGS with in-person instruction, we are bringing back Quiet Time (“QT2.0”) to fuller effect and fidelity in 22-23. We know that now, more than ever, our students need to learn and practice tools to help them manage **the anxieties and challenges they have experienced through the pandemic.** During QT, students are invited to practice mindfulness techniques which include using the breath during “brain breaks,” “body scans” of self awareness, and mindful use of the senses to become more present, settled, open, and ready for learning.

Twice per day the whole school engages in BUGS Quiet Time:

- from 8:45- 9:58 am after the Advisory Lesson and before Period 1, and
- a quick reset from 12:47- 12:50 to transition from lunchtime excitement to Period 4 learning.

We are using resources provided by the **Goldie Hawn Foundation’s “MindUP” program** which provides techniques and mindfulness lessons to students. MindUP is an exciting, evidence-based social and emotional learning (SEL) program that teaches children strategies guided by the fields of neuroscience, mindful awareness training, social and emotional learning, and positive psychology to support success in the classroom and in life. The program helps children understand the ways brains work and how their thoughts and feelings affect their behavior. It has five goals:

- 1) To foster a cohesive, caring classroom climate
- 2) To foster focus and mindful awareness
- 3) To build emotional literacy
- 4) To increase positive qualities such as perspective-taking, empathy, gratitude, and kindness
- 5) To increase optimism, well-being, and resiliency

As part of BUGS partnering with MindUP™ as a resource, **parents and caregivers have the opportunity to learn about what children are practicing in the classroom through a short online course designed specifically for families to bring MindUP strategies home.** The course is designed to complement the school program and provide more resources to families. **You can access this course for free at home.mindup.org.**

If you would like to learn more about the research around social and emotional learning, please visit www.casel.org. For further details about MindUP™, please visit www.MindUP.org. If you have further questions about the Quiet Time 2.0 program at BUGS or would like more information, please feel free to contact BUGS Director of Culture Dameon.Muhammad@BUGSbrooklyn.org.

In Partnership,
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