

Happy October, Yoga in the Schools administrators, building ambassadors, & teachers!

I have interacted with quite a few of you, but would like to introduce myself, as I will be your contact in all things Peace Out Portal and Compass program this year. My name is Amy Jenkins and I am the Curriculum Director for Challenge to Change. Within this role, I oversee the development and implementation of the wide variety of curricula the organization develops, including: Yoga in the Schools, Continuing Education, Peace Out Portal and a variety of Yoga Teacher Trainings. I also teach continuing education courses for Challenge to Change and represent the organization at conferences across the US.

I will be sending a monthly email that will contain Yoga in the Schools program tips, our most recent additions to the Peace Out Portal (POP), and professional development opportunities. I encourage you to pass these emails along to staff members so they can receive the full benefit of the program. I would also love staff feedback about what is working, tips you would like to share with other teachers, and what additions/changes you would like to see from us. We want to serve YOU, your colleagues, and your students in order to help yoga/mindfulness/SEL education flow as smoothly as possible within your school.

Stepping Outside Your Comfort Zone

I hope that your staff and students are benefiting from our yoga in the schools curriculum, during these unusual times. As Autumn arrives, we are reminded of the natural process of change and inspired to shed our old, limiting layers of self-judgement and fear; just as the trees have begun to do.

This year has been full of changes and learning how to adapt to ever changing circumstances, which naturally creates a fear response within everyone involved. But along with change and fear, comes growth. I have attached a graphic that demonstrates the journey from the comfort zone to the growth zone. This may be helpful to share with staff and students, as it normalizes the fear that many of us are naturally feeling right now. But it also provides hope that we won't stay stuck in the fear zone forever. Sometimes it just takes a growth mindset to move into and through the learning zone towards the growth zone. This graphic is located on the POP along with many other growth mindset resources. The latest of which has been added to the Elementary and Catholic SEL Centers and can also be accessed [here](#).

Professional Development Courses

Challenge to Change employees will be offering a variety of classes across Iowa this school year, many of which begin next month. We will be starting all courses via Zoom and most will transition to in person once it is safe to meet. Please reach out to me if you have any questions regarding commuting to classes, etc. Attached is a course list with additional course details. The registration deadline is only a couple of weeks away, so be sure to register ASAP!

Year 1: Using Yoga and Mindfulness All Year in Your Classroom- Northwest AEA

Year 2: Using Yoga and Mindfulness All Year in Your Classroom- Mississippi Bend AEA

Social Emotional Learning Through Mindfulness- Keystone AEA & Mississippi Bend AEA

Best Practices for Students and Educators: What Current Research Says: Keystone AEA

New Resource Feature: iPOP

A teacher from one of our yoga schools approached us last spring with an idea that she had successfully implemented within her own classroom. She had noticed that students moving from their seats to a calm down/safe space wasn't always possible. So she created a resource that included her favorite mudras, mantras, and breathing techniques that benefited all of her students. In order to help even more students self-regulate, in a time when it is nearly impossible to leave their desks to take a break, she worked with us to develop the Individual Peace Out Pack. This resource is now available for purchase individually, in classroom sets, and in full school sets. A printable version of this resource is also available to print from the POP. Thank you for your vision, Jessica DuBord!

October Content

Please check for our new, October content on the POP, which involves lesson 2 extension activities, Observing October activity calendar, and additional video and printable resources.

POP Tips

Each month I will add a tips section to help teachers utilize the POP content more effectively. This month, I would like to highlight the format of the POP because it has been updated since last year. You may notice that the sections look a little different because all of the video content has been consolidated into folders. Be sure to explore the folders for quite a bit of content! Additionally, the layout has changed from a yoga instructor view to a parts of practice section. These folders have been divided up into the five parts of practice we follow during each of our yoga in the schools lessons. These are short videos that work well for intentional brain breaks.

YouTube Lessons

If your school has online learners who need the lessons delivered virtually and have not yet received an email with October's link, please reach out to me to be added to my YouTube mailing list.

Lastly, we are so excited to announce that we are serving over 100 yoga schools this school year and more are signing up daily! We are currently working with the Central Iowa Community Services region (Boone, Franklin, Greene, Hamilton, Hardin, Jasper, Madison, Marshall, Poweshiek, Story, Warren counties) and the South Central Behavioral Health Region (Appanoose, Davis, Mahaska, Wapello) to potentially provide schools in their regions with our program through the CARES act. If you have seen a benefit from this program, please reach out to administrators and teachers within those regions who may be interested. Feel free to connect them with me anytime this week. We'd love to spread the gifts of yoga, mindfulness, and SEL skills to students across our state!

Have a wonderful month and please don't hesitate to reach out!

Amy