

Hello Yoga in the Schools Administrators and Teachers!

In this issue of the Yoga in the Schools Newsletter, you will find:

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You did it, you are almost to summer break! Congratulations on making it through this unprecedented year and thank you for partnering with us! As you begin the transition into the summer months, I invite you to reflect on how the Challenge to Change, Inc. Yoga and Mindfulness Programming has benefited your students and what potential it has in future years. Additionally, keep in mind that Challenge to Change will be applying for CASEL Select to become a certified SEL program this summer!

Throughout this summer, I will be working with our returning and new schools to determine how our program can best support your school-wide initiatives (SEL, PBIS, Zones of Regulation, Leader In Me, etc.). We will also be exploring what structure works best for your setting. Please reach out to schedule a complimentary consultation with me!

2021-2022 School Year Programming

Enrollment for the 2021-2022 school year has begun and we encourage you to consider giving your students the gifts of yoga and mindfulness once again next year. Each level of curriculum builds upon itself, so there will be new content for your students this coming school year! To reserve your spot, if you have not yet done so, please complete [this form](#) for each level of programming your district is seeking. I will be in contact with you within a few days of your submission.

Below are the programs we will be offering for the coming school year. Descriptions of the different delivery options are included in an attached graphic.

- Elementary Years 1-4
- Catholic Elementary Years 1-2
- Middle School Years 1-2
- High School (*Live= Sold out, Online option remaining*)

*Please note that live programming is limited based on location

2021 Funding Assistance

If you are a part of the **updated** County Social Services (CSS) or the County Rural Offices of Social Services (CICS) regions, you are eligible to receive programming for free once again. Please note which region you are a part of on your registration form.

CSS Counties: *Mitchell, Howard, Winneshick, Allamakee, Floyd, Chickasaw, Fayette, Clayton, Butler, Grundy, Black Hawk, Tama*

*Additionally, schools have been awarded stimulus funding. One of the categories this can be used for is mental health, which will cover yoga & mindfulness programming. Please keep this in mind when budgeting.

Yoga & Mindfulness Programming FAQs

- Which year do I select?
 - If you used the programming extensively with the majority of the school this year, please select that you'd like year 2 programming. If you didn't have an opportunity to implement it school-wide, we'd recommend repeating year 1 next year.
 - Please note within the year # notes section if you would like additional guidance from our staff members about strategies to implement this program school-wide. A Challenge to Change staff member will be in touch this summer with scheduling/implementation support.
- Do I fill out the form for my whole district?
 - Please complete a separate form for each school/level of programming you wish to implement. This will ensure you receive the correct login information.
- When will I receive next year's programming?
 - The Yoga and Mindfulness Program virtual resources will be sent to you early August. Please note that this year's subscription expires **June 15**.

Summer Continuing Education Opportunities

Challenge to Change will be offering 20 courses across the state of Iowa through the AEA's, which are filling up quickly! Most AEA's will be offering these courses in person, with the exception of Heartland and Mississippi Bend, which will occur online.

Summer Course Options:

- Yoga for Elementary Teachers
- Yoga for Secondary Teachers
- Mindful Games
- Social-Emotional Learning Through Mindfulness
- Breathing New Life Into Your Classroom Community (*Keystone AEA Only, Sold Out*)

*See attached graphics for dates/locations and course descriptions. Register through the AEA.

New Program Feature: Yoga for Secondary Teachers

The course Yoga for Secondary Teachers is designed to help teachers and educational staff create classroom and school environments that encourage social-emotional wellbeing, as well as physical movement, through the practice of yoga and mindfulness. Participants will develop an understanding of how yoga and mindfulness can be used with middle and high school students in a way that helps them develop socially, emotionally, and physically. This will be achieved through a series of breathing exercises, yoga poses, games/activities, and

discussions. Lastly, when teachers prioritize their own self-care, they can bring the best versions of themselves to the classroom. Because of this, teacher self-care will be highlighted throughout this course.

*Please note that Yoga for Elementary Teachers is the same as the previously named, Yoga for Teachers.

This worked for me: Stories from partner schools

"The students have always said they felt more calm, relaxed and even defined these as "sleepy or tired". However, the elementary students were able to focus their attention even after coming in super wiggly and unfocused and ask questions by raising their hands. Middle School students were also more focused and attentive."

Kayla Reetz / Music Teacher / New Hampton Elementary & MS / New Hampton, IA

"When I use yoga naps daily after recess, my students seem more focused and ready to learn during our next lesson."

Jill Leibold / Fourth Grade Teacher / Peosta Elementary / Peosta, IA

"Since beginning programming, coping skills & student relationships have improved. Anxiety and the noise level in my classroom have decreased. Students also report a positive feeling after mindfulness activities. Thank you SO much for everything you do for the youth in our schools! I truly believe in this lifestyle and these skills are crucial to the success and happiness of our students."

Hannah Jahn/4th Grade Teacher/Delhi Elementary/Delhi, IA

Do you have any statistics or feedback that you have gathered since beginning Yoga and Mindfulness Programming? We would love to hear about it!

Good luck with the remainder of the school year. I look forward to continuing to work with your school, and as always, don't hesitate to contact me!

Amy

***Programming option Graphic

***Continuing Ed Graphic