



Date: **January 30, 2024**  
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Subject: **MindUP**

## **Background**

MindUP is a social emotional learning classroom program that helps students focus their attention, improve coping skills, build resilience to stress, and develop a positive mindset in school and in life. MindUP creates a positive classroom environment and builds kindness, resilience, and compassion in students, enabling them to develop lifelong skills enabling them to better regulate emotions in the face of social and academic challenges. The program uses the evidence-based CASEL competencies, which include social awareness, responsible decision making, relationship skills, self-management and self-awareness.

## **Particulars**

The MindUP Program has been delivered and evaluated in St. Clair Catholic District School Board for the past six years and has been showing promising results in the development of social emotional learning skills. There has been a consistent increase in knowledge among students about gratitude, optimism, self awareness, self regulation, and the link between the brain and mental health. There has also been notable behaviour change with over 70% of students stating they practice daily the skills they have learned in MindUP, thus supporting their mental health and wellbeing beginning at a young age.

This year, both Ursuline College Chatham and St. Patrick's Catholic High School will be piloting the new secondary school curriculum focused on adolescent brain development and neuroplasticity. The pilot is the first in any Canadian school. The purpose of the pilot is to provide brain breaks and golden moments, which allow students to focus when learning the curriculum content.

## **Recommendations**

**That the St. Clair Catholic District School Board receive the report: *MindUP*, for information.**