

Mindful Memo

Week 9 - October 4th-October 8th, 2021 – RCMA Wimauma Community Academy

Using Mindfulness to Cultivate Relationships

Research shows a direct link between student achievement and strong teacher-student relationships. This week's challenge is to reflect on current relationships with scholars, and look for opportunities to develop and deepen those connections.

Use the 4:1 Rule – To maintain a positive relationships, aim to have four positive interactions with a scholar for every negative interaction that takes place.

Reflect and Take Action – As teachers, often times “the squeaky wheel gets the grease.” This means the limited time we have is usually directed towards those scholars who are the most vocal or participatory. Take a look around each class this week, and ask yourself “when was the last time I made a true connection with that scholar?” Then take action to build that relationship.

Be Mindful of Words – Imagine if every day we came to work, we were told “be quiet!” or “get to work!” We'd probably think the environment was extremely volatile or toxic, yet those words often escape our mouths when directing scholars. Pause before speaking and choose kind words that show they are a respected member of our school community.

Take an Interest – Show an interest not only in scholar's personal lives, but also in their opinions and preferences. Create an environment where all have a voice will instill leadership and confidence.



“Relationships teachers build with their students have the power to foster success or failure.” – Robert J. Marzano