

Dear Parent/Guardian-

We are excited to share with you that Rincon Valley Charter School has chosen to partner with MyLife for Schools, an award winning mindfulness program that supports the core competencies of Social Emotional Learning. MyLife for Schools is a web-based mindfulness application for classroom and student at-home use. Students check-in regularly with how they're feeling and MyLife recommends short mindfulness activities tuned to their emotions. We're thrilled to use this program to provide students with a personalized experience that will help create a more calm, focused and kind school environment.

Students Reported Significant Impact After Four Month Use of MyLife Activities



We are excited about the new implementation of MyLife for Schools to better support your child's academic achievement and emotional well-being.

Any questions can be directed to Hannah Bates (Principal, RVCS) at hbates@rvusd.org, or Erin Conrad (Assistant Principal, Sequoia) at econrad@rvusd.org, Harmony Harvell (Assistant Principal, Matanzas) at harvell@rvusd.org.

Sincerely,

The RVCS Staff