

# PLC Share Out 2016

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*Filled Wednesday, June 01, 2016*

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## PLANNING

Sharing what we have learned in our 2015-2016 professional learning collaborations with colleagues helps us all...• improve student learning for all students,• identify valuable resources and tools now available to help educators• reflect upon and enhance our collaborative practices• celebrate and share our learning and our students’ growth and successes.Please take some time with your team over the next few weeks to complete this PLC Share out template. The deadline is JUNE 8, 2016. Responses will again be posted on Learn71 PLC sorted by “Themes” and “Schools”

### 1. In which school is this PLC team based?

École Robb Road Elementary

### 2. Who is/was in your group? Please provide names of your team members for the purpose of finding peer contacts for future projects. If possible, please include grade or subject each member teaches, separated by commas: (i.e Chris Brown, Gr 8 math, Sue White, LST)

Variable

Response

2. Who is/was in your group? Please provide names of your team members for the purpose of finding peer contacts for future projects. If possible, please include grade or subject each member teaches, separated by commas: (i.e Chris Brown, Gr 8 math, Sue White, LST) | 1

Lili Zsoldos, Mark Glenwright, Adrienne Moore, Dona Brotherston

**3. If possible, please provide a key contact person(s) who would be willing to answer questions about your project in the event that another educator or group wants to pursue a similar inquiry.**

Variable

Response

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Lili Zsolds

#### **4. Planning: What is/was your Inquiry Question?**

Does Yoga, meditation, and mindfulness reduce anxiety and improve self-regulation?

#### **5. To what student need are/were you responding? What student learning issue did your team focus upon or seek to improve?**

Self regulation, availability to learn, reducing anxiety

### **ACTING**

#### **6. What actions/interventions/strategies did you or will you implement or explore?**

I taught breathing exercises, yoga postures to help calm, focus and reduce anxiety and deep relaxation with guided visualizations.

#### **7. What resources, materials, links, tools, experts, or research did you use?**

Please provide details so others may easily access those same resources in their similiar inquiries.

Previous knowledge from Yoga teacher training (I am a certified instructor) and information from various online free sites.

#### **7a. Did your team or school co-create any new tools, assessments, learning resources or materials as a result of your inquiry?**

Yes, I used a Student Self Evaluation on Self Regulation.

#### **7b. If yes, for what grade level or subject area are they best suited?**

I created lesson plans for both the primary and intermediate aged groups

**7c. If these tools, assessments, rubrics or materials could/will be made accessible for other educators, where will they be located? (i.e. LRC, online links, at your school?)**

At Robb Rd

## **OBSERVING**

**8. What are/were the results of your inquiry/implementation/project on student learning? What changes, if any, did you see in student learning, behavior or engagement that correlates to your team's interventions?**

Results varied depending on attendance, continuity and the individual student. Some were immediately calmer after class, others had a hard time settling and following along as expected.

**9. What types of information/observations/data did you monitor or collect to confirm whether or not your intervention is/was working? (i.e. qualitative, anecdotal, quantitative sources: surveys, student journaling or student work, changes in attendance or behavioral incidents, before/after videos, test scores, DART, observational checklists, student self-evaluations, interviews, completions rates.)**

A spreadsheet was created to record what the lesson was and observations of their responses were made after each class.

**10. What were some of the student learning highlights that your team shared that could be shared with others? What student successes/stories stood out for you?**

Some of the intermediate students would fall asleep during the deep relaxation and would be surprised at how relaxed they were (especially when starting out quite elevated). One student really liked the self esteem affirmations during a guided visualization and asked for a copy to do at home.

**11. If you feel your initiative did not improve student learning at this point in time, why do you think that might be? Can you identify any impeding factors? What advice would you give peers who are exploring similar issues to help them avoid these impediments?**

I taught the class once a week. Because our student population changes throughout the year, continuity was a challenge. I think for better success the classes would have to be more frequent and attended more regularly.

## **REFLECTING**

**12. What are/were some of the highlights experienced in your Professional Learning Community journey so far? What worked well?**

We enjoyed brainstorming and collaborating to try to improve student regulation. We benefitted from seeing and learning how the kids responded.

**13. What are/were some of the challenges experienced in your collaborative learning community? (By sharing this information, we are better able to identify needed resources or solutions.)**

The resources we ordered from the LRC never arrived. Sometimes our venue was needed for other special events in the school.

**14. What do you believe would be helpful to have/know/do next time in order to improve results or help you or your learners move forward?**

Access to more resources, proper yoga mats, props and quieter space to have class in.

**15. What are your next steps, moving forward?**

Not sure

**Thank you for your time and for sharing your insights, resources and learning with your colleagues and the educational community.**

The results of these Share Out templates will be sorted and posted on the Learn71 website by July 2016, so all educators will have access to the information in time for fall 2016 planning. If you have any questions or concerns about the questions in this template, email [SD71PLC@gmail.com](mailto:SD71PLC@gmail.com). If you have technical difficulties, please contact the IT help desk. Thank you