

A Quiet Moment

A 60-second silent reflection to enhance the mental and emotional wellbeing of students.



Saving Lives Camarillo Coalition is committed to reducing drug and alcohol use by youth. A Quiet Moment can help students make healthier and safer decisions, leading to decreased drug and alcohol abuse.

Made possible
through funding from
SAMHSA and ONDCP



Learn more at aQuietMoment.org | (805) 322-4753

WHAT IS A QUIET MOMENT?

A Quiet Moment is a 60-second period, preferably at the outset of the school day, for students to silently reflect on a positive value—preferably one shared with them by a parent or guardian.



WHY THE QUIET MOMENT?

Schools have reported that children who participate in Quiet Moments have displayed improved grades in school, better behavior at home and in school, and increased respect for teachers and parents. It has decreased anxiety, bullying, disrespect, depression, crime, and drug abuse.

HOW DO I PREPARE MY CHILD FOR THE QUIET MOMENT?

Sit down with your child. Share with them the values you cherish.

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“We have seen our daughter find the strength to overcome common teen behavioral issues as they arise by partaking in A Quiet Moment.”

— Las Colinas Middle School Parent

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Quiet moment, the time when we get to close our eyes, put our heads down, and just relax. This moment of my day is a life changer. For once I can just think about how much I really matter.

— Brett, Period 4, Mrs. Kimball



Inspired by
The Rebbe and
Education Day USA



One
minute of
reflection...
a lifetime of
meaning.

Dear Parent or guardian,

Education that involves the home and family has become far more common across, the U.S., and much of the world. As your children's school, we are participating in a nationally acclaimed initiative¹ to help start the day in a calm and meaningful way. Your involvement will enhance this opportunity.

'A Quiet Moment' is a daily one-minute period of silence at the beginning of the school day for the students to think, relax and prepare the mind for the day with positive thoughts.

Your child is free to think about what he or she likes during this minute. We encourage you, as parents, to give a positive message over to your child to focus on during A Quiet Moment. The message you choose and when you give it over is entirely your choice.

This is an opportunity for you as a parent or guardian to instill your personal family values into your children's educational experience.

When parents choose to take an active part in connecting and caringly giving over a positive thought for their child to reflect on during A Quiet Moment, it strengthens the parent-child connection. This is significant as research finds that the existence of a strong parent-child connection is one of the greatest protective factors in preventing risky adolescent behaviors including alcohol and drug abuse.

During this time, when many are experiencing stress and uncertainty, a moment of focused, positive thinking each day can have tremendous emotional benefits for your children. Studies show that this short duration can have a powerful, long-lasting impact on the student's emotional wellbeing and critical thinking skills throughout the day. It is an opportunity to give the children strength by connecting to their emotional support system and family values which can help them resist resorting to drugs and alcohol.

Please feel free to contact the school or the Saving Lives Camarillo team at any time. To learn more about a Quiet Moment visit www.aquietmoment.org and like us on facebook @aQuietMomentInSchools.

¹) Also known as A Moment of Silence in schools.