

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

A Quiet Moment

POSITIVE MINDS
POSITIVE LIVES™



BROUGHT TO YOU BY



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

MADE POSSIBLE
THROUGH
FUNDING BY

SAMHSA



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communitydirector@savinglivescamarillo.net

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Dear Teacher,

In these especially challenging times we present a simple yet powerful, research-based tool called “A Quiet Moment” to help your students mentally and emotionally, empowering them to make healthy life choices, succeed in your classroom, and in life.

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.



A photograph of five diverse young adults (three boys and two girls) smiling and holding up a large white rectangular sign. They are standing against a plain white background. The sign has the title "Why A Quiet Moment?" printed on it in a large, serif font.

Why A Quiet Moment?

Schools have reported that students 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 use.

"Helping teens to be healthier mentally and emotionally certainly has a strong effect in giving them the strength to make healthier choices in life such as staying off drugs."

—Yaakov Cahnman, drug prevention coordinator



Common reported Quiet Moment results from students

- more calm and peaceful
- better self esteem and social connection
- more joyful and grateful
- increased parent child connection
- faster brain processing and higher grades
- better behavior at home and school



Common reasons teens engage in drugs and alcohol

- an escape from anxiety
- desire for social acceptance
- pleasure seeking
- weak connection to emotional support system



Common effects of drugs on teens

- lifelong addiction
- memory loss
- kills brain cells
- mental illness
- depression
- suicidal thoughts

"One of the main reasons people take drugs is to get away from the stress of life. A Quiet moment does what drugs are 'supposed to do' without the negative side effects."

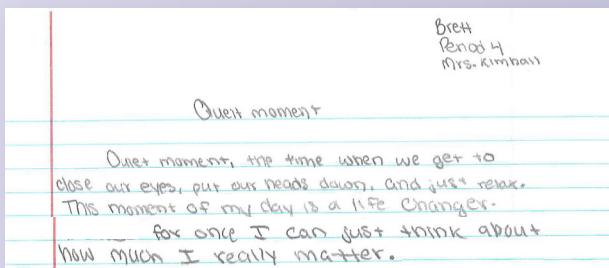
—Eitai, 14



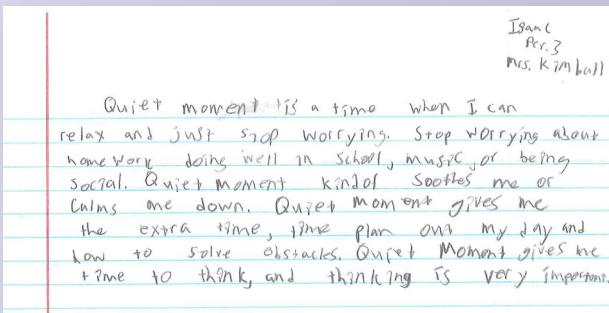
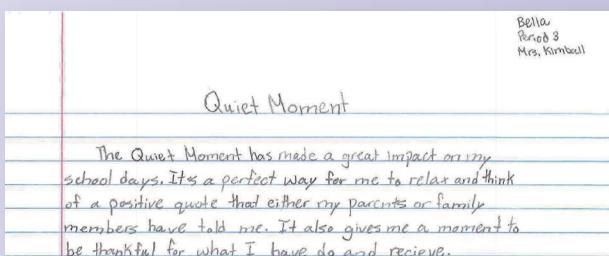
Testimony of the Quiet Moment's effect on the lives of our Youth from real Middle Schoolers

Scan code with your phone or visit aquietmoment.org/testimonials

Testimonials



“My students have been far more able to deal with all emotions and to better manage stress and anxiety after practicing A Quiet Moment. I think every classroom would benefit from it.” —**3RD GRADE TEACHER**





NIKKI
PER 1
12/21

Reflection Paragraph

In the morning, you may wake up aggravated, anxious, or maybe stressed. Your mind might wander in class and you get less work done, but having the ability to take a moment in the morning and think about your feelings and about why your feeling that way it can improve your mood and calm you down which improves your entire attitude. Personally, I have anxiety so I might wake up very shaky and jittery and very nervous but when I take a quiet moment I realize there is nothing to be worried about, which improves my entire day.



"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

Makayla
Period 2

QUIET MOMENT

To me a quiet moment is time where we can clear our mind and have a fresh start to our day. It allows us to get the negative things that may have happened earlier or in the past and focus on the positive things. When we clear our minds it lets us focus more in school which results in higher test scores and kids doing better in school.

Las Colinas, a Camarillo middle school, has piloted this nationally acclaimed program in Ventura County. Their initiative demonstrated its effectiveness in two seventh-grade classrooms during the 2018-19 school year.



My colleague and I were the first teachers to implement Quiet Moment into our district 3 years ago. We piloted the program in our middle school science classes. Dr. Safron came

into our classes and explained how, and why, the program was designed. The students seemed skeptical at first but within the first week talk about Quiet Moment spread through our school. Teachers were messaging me to find out what we were doing because their students had heard from my students and they wanted to do it also. If on a particular day I forgot to do Quiet Moment the kids would quickly remind me. When I had a substitute the students taught the sub about Quiet Moment. A month or two later I started getting notes from my students about how Quiet Moment was helping them. They felt it helped calm them down and helped them to focus. One of my students with mental health issues told me that she was feeling less depressed and more confident.

—LINDA KIMBALL

As the months passed I noticed changes in some of my most challenging students—more focus, less disruptive behavior and higher test scores. The students had managed to implement Quiet Moment on their own before tests and I was seeing legitimate changes in their test scores. I taught summer school at the high school level and those students also felt they benefitted from it. The daily time commitment is 2-3 minutes and I have witnessed the students calm down, relax, and focus. I highly recommend Quiet Moment for any classroom.

Today, science is recognizing more and more benefits of silent meditation in the school setting both mentally and emotionally.



In her book, *Silence in Schools*, Dr. Helen E. Lees of the University of Stirling, Scotland, explores through extensive case studies, how intentional silence as a pedagogical tool can be used to change school cultures for the better as well as promote focused learning.

According to the research of Dr. Jennifer Lachs, Ph.D., silent self reflection encourages creative, out-of-the-box thinking, creates new brain cells and speeds up mental processing.

[www.opencolleges.edu.au/informed/
features/silence-good-brain/](http://www.opencolleges.edu.au/informed/features/silence-good-brain/) (obtained September 2020)

To sit and self reflect is the greatest gift we can give our children.

According to Clinical health psychologist Amy Sullivan, PsyD, ABPP and the Cleveland Clinic, "*Learning to sit in stillness and self-reflect is one of the greatest gifts we can give ourselves and our kids.* When we look internally and delve deeper into our value system and wants and needs, we can communicate at a

deeper level.

The silence helps us develop the skills to have

- More profound thoughts,
- Stronger relationships,
- Increased creativity,
- Improved communication skills and more."

health.clevelandclinic.org/why-you-need-more-silence-in-your-life (obtained September 2020).

The Parent-Child connection

Not only does A Quiet Moment provide the benefits that meditation and silence have on the mind but, in addition, by encouraging the parents to connect to their child in offering them something meaningful and positive to reflect upon, the parent-child connection (PCC) levels can be greatly strengthened. This is significant as science is becoming more aware of a higher PCC level is one of the strongest protective factors in preventing risky adolescent behaviors such as alcohol and drug abuse.

Lezin, N., Roller, L., Bean, S. & Taylor, J. (2004). Parent-child connectedness: Implications for research, interventions and positive impacts on adolescent health. Santa Cruz, CA: ETR Associate.



See this powerful video demonstrating the effect of parental involvement.

Scan code with your phone or visit aquietmoment.org



Teachers' Guide

STEP 1—TEACHER

- At the beginning of the day an announcement is made over the school loudspeaker or by the teacher that there will be one minute of silence, A Quiet Moment, to silently reflect.
- Visit aquietmoment.org/hourglass, scan the QR code, or search the web for “Quiet Moment Hourglass” to play our digital hourglass that starts and ends with calming music.
- Let students know that they can think about whatever they choose but that they are encouraged to reflect on values and thoughts shared with them by their parents or guardians.
- This is a non-sectarian program therefore content for the Quiet Moment is only given over by parents or guardians.



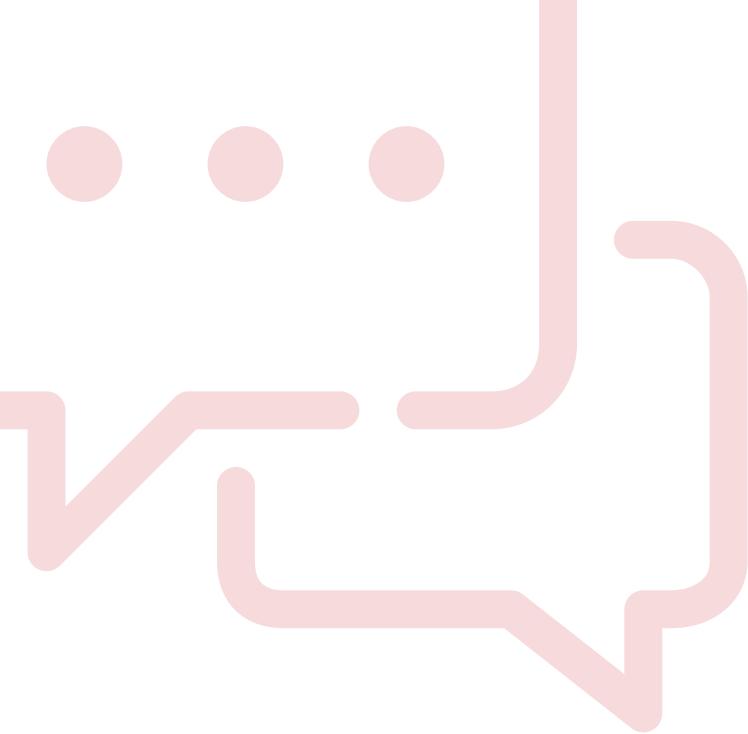
STEP 2—PARENT

Send a letter to inform the parents that you are beginning this program and would like their participation. (A sample parent letter/pamphlet is available — to receive visit aquietmoment.org).

Parents are encouraged to discuss with their child what's important to them and what values they would like their child to think about during this time.

STEP 3—STUDENT

All the students need to do is remain quiet for this set minute. It may take a few times till they get used to it but for many this becomes their favorite time is the day.



Sample Script to Introduce A Quiet Moment

"Good morning students. We will be starting a new daily routine each morning called "A Quiet Moment" when we will set aside one minute for each of you to silently reflect on something positive and meaningful. It's up to you to think about whatever you would like, but you are encouraged to ask your parents or guardian what you might think about at this time. Please put away any distractions and take this time to reflect.

"The music at the beginning and end of this sand timer video will indicate the start and ending of A Quiet Moment."

Proposed Timeline

RETURN FROM BREAK

1. Introduce and implement A Quiet Moment as a daily routine.
2. Send parents informational letter (to receive visit aquietmoment.org)
3. (Optional) pre-assessment survey: This is to be completed before students are introduced to the daily Quiet Moment. See below for more information.

FEBRUARY

Inform students about the Reflection contest.

- Students can express how A Quiet Moment has helped them, through essay, poem, video, art, or song. Winners will receive great prizes and be recognized by the city council. (see flyer below)

FEBRUARY 26TH

1. Submissions due for the Reflection Contest.

MARCH

Essay winners recognized by City Council during council meeting and receive their prizes.

FOR UPDATES

Follow us at facebook.com/aquietmomentinschools

THIS JANUARY!

Encourage your students to join this year's contest

For Camarillo Middle - High School Youth



Reflection CONTEST

HOW TO ENTER:

1 Practice a Quiet Moment for 1 week with your child/student

2 Have your child express what A Quiet Moment means to them through any artistic medium (essay, poem, video, painting, song)

3 Submit online to win great prizes!
aquietmoment.org
Due by February 26, 2020



1st Prize
CAMERA DRONE



2nd Prize
HEADPHONES
Bluetooth | Active Noise-Cancellation



3rd Prize
SMARTWATCH
Compatible with iOS and Android



All submissions receive a free
Bubble Timer
While supplies last

aQuietMoment.org

Advocate for a Quiet Moment in your school this year!



1) A Quiet Moment is a 60 second period at the onset of the day for students to silently focus and reflect on a positive value shared by their parent or guardian.
2) Lezin, N., Roller, L., Bean, S. & Taylor, J. (2004). Parent-child connectedness: Implications for research, interventions, and positive impacts on adolescent health. Santa Cruz, CA: ETR Associates
Please note that photos are for illustration purposes only.

The Optional Survey

Have your class or school be part of continuing research and data collection about the effectiveness of A Quiet Moment for our students in reducing drug abuse and improving the overall well being of students.

If you are interested in being part of this special PRIDE survey please contact Saving Lives Camarillo communitydirector@savinglivescamarillo.net or the superintendent of the Pleasant Valley School district, Dr. Ramsey.

Two ways to ensure that the assessment is accurate

1. Ensure students complete *both* the pre-assessment and the post assessment survey:
 - a. A pre-assessment survey should be done before implementing the daily Quiet Moment.
 - b. The post assessment survey will be done next year.
2. Ensure it be a double blind test:
 - a. Within the same school and age group there should be one class who participates in doing a QM each day and another other class which refrains from doing it. That is, at least until they complete both surveys. Both classes must take the pre-assessment and post-assessment surveys.
 - b. The classes should not be tracked according to students' level of academics or otherwise.
 - c. Someone should be in charge of making sure that both classes do the surveys and turn them in to us. This can be the teacher, principal or superintendent.
3. To take part in the survey please contact
communitydirector@savinglivescamarillo.net

Frequently Asked Questions

What are the primary goals that A Quiet Moment sets out to achieve?

To create a framework for positive thought at the start of each day. To promote the parent-child connection—a key drug prevention asset—by encouraging parents and guardians to share their family values with their children. To help students live healthier, more purposeful lives unhindered by negative thoughts and feelings that can lead to drug abuse.

Why now?

With the rise of drug use, anxiety, depression, suicide, and violence in our schools, empowering our students is more important than ever. Especially at this very intense period of history, stress levels may be higher than ever, and so taking this minute to focus on bringing calm and meaning can be invaluable to the students stability and helping them rise above the challenges.

What is the background of A Quiet Moment?

A more common name for this program is “A Moment Of Silence in Schools,” a campaign which was inspired by the Rebbe, Rabbi

Menachem Schneerson, whose immense efforts in the realm of education have been recognized by every U.S. president since Jimmy Carter, as they annually proclaim his birthday as “Education Day, U.S.A.” He recognized that education should not only focus on intellectual subject matters but rather should also include developing the child as a whole: fostering positive character traits and ethics to make this world a better place. Having the parents give over these messages allows this to happen without making others feel imposed upon or uncomfortable and all the while strengthening the parent-child connection. For these reasons, the Rebbe greatly encouraged schools to implement a daily Moment Of Silence in schools where it has already positively affected so many for over thirty years.

Is there a difference between “A Quiet Moment?” and “A Moment of Silence in school?”

There are no practical differences. Our mission is focused on A Quiet Moment as a drug-prevention tool but the concept is the same. In contexts outside of “A Moment of Silence in school”, a typical “Moment of Silence” can have the connotation of mournful meditation after a tragedy, so the term “A Quiet Moment” is used here to avoid that implication. A Quiet Moment is a daily positive silent-thought mediation in schools.

How has "A Moment of Silence" been addressed in legislation?

A Moment of Silence in public schools has been legally implemented in America since 1976. Thirty-four states address A Moment of Silence in legislation. Some require it and others permit and encourage it. According to the Supreme Court it is legal in all states as long as it is truly neutral and does not encourage prayer over any other quiet, contemplative activity. (See Brown v. Gwinnett County School Dist., 11th Cir. 1997). For a listing of state legislation recordings visit our website at www.aquietmoment.org

What differentiates A Quiet Moment from other programs such as Mindfulness?

- a. A Quiet Moment is unique in that it seeks not only to bring calm but to focus the mind on positive thinking and positive values. These can nurture the students to develop a more positive mindset and positive character that will enable them to make the world a more wholesome place. Positive minds make positive lives.
- b. Encouraging the parents to give over these messages can also create a stronger bond to the child which is an important support to a child's overall emotional well being and ethical development which, in turn, will help them make choices to benefit society.

How can I, as a teacher, keep the parents engaged to

remember throughout the year to give over these messages to their children?

Having a daily or weekly reminder in the class newsletters or where you mark the homework assignments can help get parents into the routine.

What if there is no parent that is able to provide a positive message or value to the student for A Quiet Moment?

In this situation, the child will still strongly benefit from either discussing what to reflect upon with a guardian, mentor, or counselor. It is also fine for them to come up with their own ideas of what to reflect upon.

What should I do if A Quiet Moment brings up some bottled-up emotions for the student?

This can be a great opportunity for the child to get the help he or she needs from a school counselor.

How will I be able to keep the students quiet for the whole minute?

Some teachers have reported that for the first few times of doing A Quiet Moment some students were uncomfortable with the silence and found it hard to be quiet. After 4-5 times the students were able to quiet themselves and focus on their reflections. For so many children this becomes the most meaningful time of their day.

A photograph of a person's hands reaching upwards against a backdrop of a sunset or sunrise. Several birds are flying in the sky above the hands.

Start practicing A Quiet Moment in your classroom

A Quiet Moment takes only 60 seconds, is cost-free and can improve students' mental, emotional and behavioral development. Give it a try and see how it affects your students.

Acknowledgments

Saving Lives Camarillo would like to acknowledge the following people and organizations for their contributions, efforts and support in producing the material and resources for A Quiet Moment.



The concept of this unique program is inspired by the visionary world educator, The Rebbe, who seeks to create world peace where each person is empowered and educated to live a life inspired to be his best and bring goodness and kindness to our world.

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



[aQuietMoment.org](http://aquietmoment.org)

