



**Dear St. Dominic School Families,**

Through the Catholic Schools Center of Excellence's mental health and wellness initiative, [Peace of Mind](#), I'm excited to announce that we've been selected to become a Peace of Mind Partner School!

This fall, we are one of 10 local Catholic schools to begin this three-year initiative that will help us meet the needs of our school community through specific instruction and individualized solutions with support from CSCOE's partner, Dr. Jules Nolan and her team at Phoenix School Counseling. The goal: Children and adults will gain emotional confidence and grow in competence through social emotional learning (SEL) education.

**As a Peace of Mind Partner School, we will benefit from:**

- 1 additional day per week of school counseling services
- A Peace of Mind team that will receive training to help us address unique challenges: Miss Chatelaine, Mrs. Klaers, and Mrs. Peterson will lead our SEL initiative.
- A grant to host a middle school experience (retreat or event) that grows student connections with parents and builds SEL skills

**Our faculty and staff will benefit from:**

- Initial training and on-boarding via a Summer Summit this August
- Strategy-based instruction, practice and coaching in Peace of Mind techniques using established SEL practices; 1:1 consult available for teachers

**Our students and families will benefit from:**

- Parenting hacks and how-tos
- Q&As and resources such as live presentations, recorded webinars, hand-outs and recommended digital apps to build practical skills and learn new strategies

We are grateful for CSCOE's support in providing fresh perspectives and tools to bolster health and balance for everyone in our school community. We know that the implementation of our Sainly Emotional Learning curriculum, along with this initiative, will provide our students and families the opportunity to connect positive mental health and our faith. Thank you for your commitment to the well-being of our school community through this important program.

Blessings,  
Dawn Biren, Principal