



Visitacion Valley Middle School
450 Raymond Avenue
San Francisco, CA 94134
(415) 469-4590 / (415) 469-4703 (fax)

Dear Parent or Guardian,

We are pleased to inform you that Visitacion Valley Middle School has a “Quiet Time” program to reduce stress and enhance student performance and well-being. Stress is a major cause of behavioral problems and is a barrier to learning. We are pleased, as one of the options in the Quiet Time Program, to be offering an extensively researched meditation program to help our students focus better in the classroom and to create a more orderly school environment. This program has been introduced in schools around the country, and we have had it at our school since spring 2007. Our results have been excellent:

- Suspensions and fights dropped by 50% in the first semester
- Student anxiety decreased and self esteem increased
- 33% of students reported sleeping better at night and 40% reported better ability to focus in class
- Overall, the environment at our school is more peaceful because of this program
- Faculty and Staff have received training in this program and have reported reductions in stress and greater clarity of mind

The Quiet Time Program is a school-wide program for all students which consists of two fifteen minute Quiet Time sessions every day, one at the beginning of the day and the other at the end of the day. During Quiet Time students have the option to sit quietly and rest or to practice the Transcendental Meditation (TM) program.

In order to learn the voluntary meditation program, parent permission is needed. On the back of this letter is a two part form for you to sign and return to school. The top part is permission for your child to learn the meditation program that will be used in Quiet Time; the bottom part is for your child to be in a research study to evaluate the effects of this program. Please sign both and have your child return them to his or her homeroom teacher.

We are very pleased to have this program at our school. Virtually all children and faculty participate. If you have any questions, call me at school.

Sincerely Yours,

James Dierke
Principal

