

***West Islip School District***  
***Education Committee***  
***2017-2018***

---

***Minutes***

---

***May 10, 2018***

***7:15 p.m.***

***District Office ~ Board Conference Room***

Meeting began 7:15 p.m.

Members present: Steve Gellar, Annmarie LaRosa, Kevin O'Connor, Bernadette Burns, Anne Rullan

Others present: Paul Michaluk

**iTutor**

The Committee reviewed an online homebound tutoring service called iTutor. iTutor provides one to one real-time tutoring to students for those who are unable to attend school. iTutor will enhance the District's offering to students and their families when we are unable to find a homebound instructor through the District.

**Mindfulness Training**

The District will continue the implementation of mindfulness training. All grade levels and departments will have the opportunity to attend to one of the afterschool professional development opportunities. Grade 3 will participate in an 8 week Mindfulness Program with weekly lessons taught by Master's level Mission Be trained educators. Typical lessons include: Mindfulness and the Brain - Understanding neuroscience, Being Present, Mindful Listening, Reacting vs. Responding, Empathy, Compassion, Gratitude and Altruism. Current research indicates that immediate outcomes for the program include:

- Reduced stress: improved ability to manage stress
- Increased focus: improved ability to pay attention, focus and concentrate
- Increased emotional intelligence: reduces impulsiveness
- Increased resilience: increase capacity to overcome challenges

Meeting adjourned: 7:30 p.m.