



**John B. Drake Elementary School**  
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Ms. Sydney J. Golliday  
Principal

Mrs. Willona Abner-Adkins  
Assistant Principal

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**Friday, December 1, 2017**

Dear Drake Parent/Guardian,

We are happy to inform you that our school is beginning a new program called “Calm Classroom” to reduce student and teacher stress and support student performance and well-being. Stress is a major cause of behavioral, academic and interpersonal issues that can be a barrier to learning and thriving in school, so we are happy to provide this set of skills to our school community.

The practices within the “Calm Classroom” program have been extensively researched and demonstrate consistent positive outcomes like:

- 23-50% decreases in school-wide misconducts in the first year of the program
- An overall school culture and climate that is more peaceful and respectful
- Teachers and students report being able to sleep better and feeling less stressed in and outside of the classroom
- Students learn to talk about their feelings more easily and more accurately
- More focused students who are ready to learn

Calm Classroom is a school-wide program composed of 3-minute scripted breathing, relaxation, focusing and stretching techniques that are led by both teachers and students in the classroom between 1-3 times per day. Students have the option to practice the Calm Classroom program or sit quietly.

Calm Classroom has reached over 650,000 students across the U.S. over the last 10 years. Teaching the crucial Social Emotional Learning skills of self-awareness, mental focus and emotional resilience will help our students find calm in the midst of chaos, peace in times of unease, and clarity to focus on academic success.

For more information on the Calm Classroom program, visit: [www.calmclassroom.com](http://www.calmclassroom.com)

If you have any questions please contact the school at 773-534-9129.

Sincerely,

*Sydney J. Golliday*  
Ms. Sydney J. Golliday