

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

# A Quiet Moment

POSITIVE MINDS  
POSITIVE LIVES™



## Dear Parents,

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

Strengthen your parent-child connection with a Quiet Moment. It is one of the greatest protective factors in preventing risky adolescent behaviors including alcohol and drug abuse.

## 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.



## 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 [quietmoment.org/testimonials](https://quietmoment.org/testimonials)**

# Testimonials

Brett  
Period 4  
Mrs. Kimball

Quiet moment

Quiet moment, the time when we get to close our eyes, put our heads down, and just relax. This moment of my day is a life changer. For once I can just think about how much I really matter.

“

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



Bella  
Period 3  
Mrs. Kimball

Quiet Moment

The Quiet Moment has made a great impact on my school days. It's a perfect way for me to relax and think of a positive quote that either my parents or family members have told me. It also gives me a moment to be thankful for what I have done and receive.



Isaac  
Per. 3  
Mrs. Kimball

Quiet moment is a time when I can relax and just stop worrying. Stop worrying about how very doing well in school, music, or being social. Quiet moment kind of soothes me or calms me down. Quiet moment gives me the extra time, time plan out my day and how to solve obstacles. Quiet Moment gives me time to think, and thinking is very important.



## Reflection Paragraph

NICK  
PER 1  
12/21

In the morning, you may wake up aggravated, anxious, or maybe stressed. You 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 <sup>+</sup> can improve your mood and calm<sup>u</sup>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.

“I noticed changes in some of my most challenging students - more focus, less disruptive behavior and higher test scores. One of my students with mental health issues told me that she was feeling less depressed and more confident. I highly recommend A Quiet Moment for any classroom.” —MRS KIMBALL, 7TH GRADE TEACHER IN CAMARILLO



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.

**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](http://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](http://aquietmoment.org)



THIS JANUARY!

# Encourage your children 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](http://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](http://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., Rrolleri, 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.



# 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](http://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.

### **What message should I give my child?**

This is your opportunity to give over

whatever positive values or thoughts you wish your child to receive. The teachers do not have input in this matter. Details of How, when and what to give over are up to you.

### **When should I give it over?**

A suggestion would be to find a good time that is calm in your family routine i.e.at a meal or before bed.

### **How should I give it over?**

You may want to give it over verbally in a conversation, in a written note, in an email, text or written on a dry erase board.

### **Hourglass video teachers use to keep track of the minute of Quiet:**



AIM YOUR  
PHONE'S  
CAMERA  
HERE →



Or visit  
[aquietmoment.org/hourglass](http://aquietmoment.org/hourglass)



Inspired by  
The Rebbe and  
Education Day USA



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.

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from SAMHSA and ONDCP

Thanks to Pleasant Valley  
School District



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



[aQuietMoment.org](https://aQuietMoment.org)

