



Peace of Mind Parent Survey School year 2017- 2018

Executive Summary

Peace of Mind Inc., with the support of the HSA, administered a voluntary survey to Lafayette parents in May 2018 about Peace Class, a weekly special at Lafayette for all grades. The survey was intended to assess parents' familiarity with Peace Class, their perceptions of the benefits of Peace Class for their children, and their views on the importance of having Peace Class at Lafayette. It also asked parents about the types of information and resources they would like to receive related to Peace Class.

The large majority (89%) of parents say Peace Class helps their children, and 62% of parents say Peace Class helps their children “A lot” or “A great deal.” Showing strong support, the majority (83%) of parents say that it is extremely or very important to have Peace Class at Lafayette.

The majority of parents have observed their children using skills taught in Peace Class to manage big emotions and conflicts and to practice kindness toward themselves and others.

Parents are interested in learning more about the Peace Program and its role at Lafayette. The majority would like at-home links to Peace Class and more information on The Peace of Mind Curriculum. The majority of parents would appreciate receiving this information through an online newsletter or other online resources. Fewer are interested in print resources, contact through social media and parent gatherings.

Sample Quotes

“Thank you so much. I think it is a fabulous program. It is very hard to convince adults that peace and conflict resolution are learned processes. Peace is built upon moment-to-moment decisions. It is best to introduce these techniques to children early. I’m very impressed by the Lafayette Peace Program (and grateful.)”

“We are beyond grateful to have this program. Thank you so much. Keep it going!”

“This program is so crucial to Lafayette’s culture and its students’ successes, in school and in life.”

“Thanks. It’s been very useful for our daughter. She has found a place to be and some good tools to use when her temper runs off with her!”

“This program has made a big difference in my son’s life by giving him tools to use to calm himself and respond to stress and conflict. This has helped him academically and socially.”

“Peace class has given us as a family a way to talk about mindfulness in a common language.”