



We are thrilled to announce an expanded MindUP program to be implemented at J.E. Cosgriff Memorial Catholic School during the 2022 - 2023 school year. Our faculty and staff were initially trained in the MindUP program in 2019, the program was introduced into the school and classrooms with excellent results. With strong faculty, parent and student buy-in we saw many positive results. During the past two years the nature of the pandemic, the inability to have ongoing training, our need to be flexible and socially distanced slowed the growth of our MindUP program. This year with the help of a kind and generous matching funds donation from the Sandor-Pitcher and Pitcher Families of up to \$10,000 we will be implementing an expanded MindUP program. This expansion will include training and tools for all new members of the faculty as well as advanced training for the faculty as a whole. Heading up this training will be Raquel Austin. This summer Raquel went through the application process and was accepted into the MindUP practicum to become a certified MindUP trainer. Raquel will remain the schools literacy coach and will take on the role of an onsite MindUP trainer and coordinator.

MindUP is a program designed for children from Preschool - 8th grade to help children develop the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.

To learn more about the MindUP program [Click Here](#).

Please help us reach our \$10,000 matching funds goal by donating to our [MindUP Tigers Fund](#).