



JUDSON INDEPENDENT SCHOOL DISTRICT

Meeting Date: June 26, 2025

Submitted By: Dr. Lacey Gosch
Title: Assistant Superintendent

Agenda Item: Consider and take action regarding approving the Mindful Practices - Class Catalyst agreement for the 2025-2026 school year.

CONSENT ITEM

RECOMMENDATION:

To approve the 2025-2026 agreement with Mindful Practices - Class Catalyst to provide social emotional support and improve school well-being and connectedness for Judson ISD students.

IMPACT/RATIONALE:

This agreement will allow Judson ISD to partner with Mindful Practices - Class Catalyst to offer a social emotional online platform that uses live feedback from students to help increase self-awareness, improve self-regulation, and better connect teachers with their students. Mindful Practices - Class Catalyst offers student check-ins and mindfulness activities to monitor students' emotions and gain insight into any behavior or life changes. The program also offers SEL assessments for students and a SEL On Demand video library. Programing will be supported by Local State Compensatory Education funding for elementary schools, middle schools, and JECA. Due to our six year commitment to utilizing the curriculum platform for student mental health, Mindful Practices is providing support for Judson High School, Veterans Memorial High School and Karen Wagner High School at no charge to the district. The total cost to support the 20 elementary campuses, 5 middle school campuses and JECA is \$135,200.00. This product is our online preventive check-in tool for students. The platform allows students to complete mindful practice techniques to assist them in preparation for learning. Through the platform, students are able to write notes to their teacher or counselor. This allows counselors to review information for students and determine if additional services are needed. This past year, the district had over 536,000 check-ins by students.

BOARD ACTION REQUESTED:

Approval/Disapproval

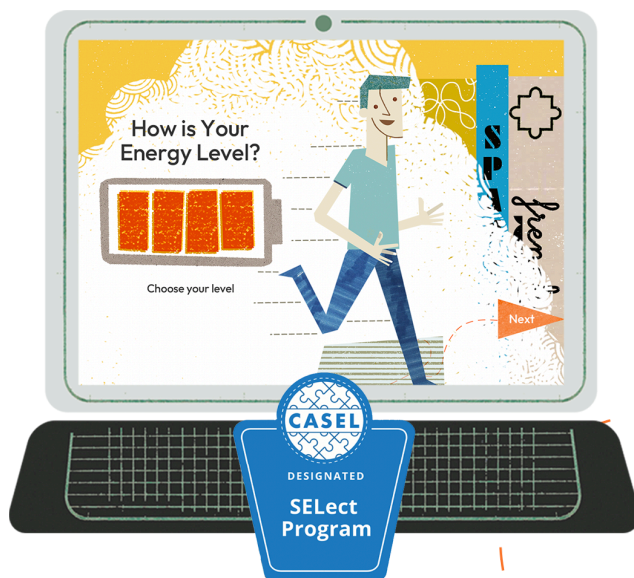


SEL for Judson ISD | 2025-26

Mindful Practices - Class Catalyst provides comprehensive support designed to increase Social Emotional Competence (SEC), school well-being and connectedness. We provide resources that give you the agency to meet your unique needs.

SEL for Students and Staff

Class Catalyst is an easy-to-use, light touch intervention tool that helps you know all of your students better in real time. The online platform provides students with a daily check-in designed to strengthen their self-awareness, self-regulation and social skills. Class Catalyst has been shown to:



Improve student outcomes:

Our evidence-based SEL practices improve student academic achievement, behavior and socioemotional well-being.

Increase teaching time:

With Class Catalyst, teachers spend less time managing behaviors and more time teaching.

Provide a holistic view:

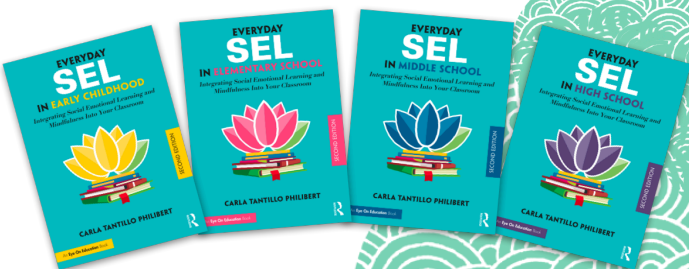
Real-time data dashboards give an overview of individual students and classrooms so that you can track whole-school well-being.

Enable immediate support:

Designed to connect you to students in a safe and effective way, Class Catalyst lets you triage at the first sign of concern.

Who is Mindful Practices?

Class Catalyst is an SEL platform that connects you to your students. It was developed from years of **Mindful Practices**’ research and expertise. Mindful Practices has been a leading provider of SEL solutions since 2006. With a team of SEL specialists, trauma therapists, educators, and EdTech innovators, they create and curate content designed to improve the overall well-being of staff, students, and families. Class Catalyst works alongside Mindful Practices while seamlessly integrating SEL into classrooms, helping you know your students better.



2025-26 Quote

	Qty	Rate	Cost
Class Catalyst for K-8th grade students + JECA students	26 schools	\$5,200 per school	\$135,200
*Includes In-kind support for: Judson HS, Veterans Memorial HS, and Karen Wagner HS	3 schools	\$5,200 per school	*\$15,600
Real-time progress monitoring data dashboards for all staff			Included
SEL Assessment for students with real-time data dashboards for staff			Included
Access to the engaging SEL On Demand video library and weekly calendars of suggested activities			Included
Live staff training session (virtual)			Included
Tech setup and maintenance			Included
Weekly Office Hours for continuous customer support			Included
Monthly communication with staff highlighting tool tips, updates, and educator well-being strategies			Included
Customer support email			Included
TOTAL PROGRAM COST			\$135,200

Milton R. Fields III, Judson ISD Superintendent

Date

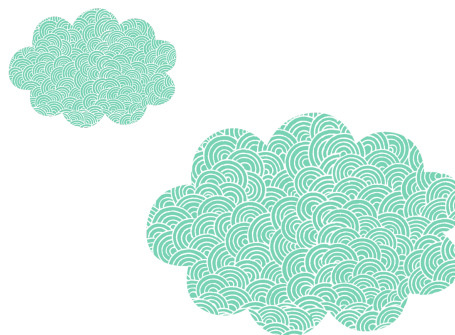
What are the Projected Outcomes?

For the past 9 years, Mindful Practices has worked with Chapin Hall at the University of Chicago to refine our efficacy and approach. Through this partnership and research led by Dr. Kiljoong Kim, we are able to use diagnostics to drive our work with teachers and students. Outcomes we expect to achieve:

- Educators report significant improvement in their ability to deliver SEL instruction using diagnostic-approach
- Educators gain opportunities to monitor and connect with students based on advanced technology

Additional Supporting Research by Dr. Kiljoong Kim at Chapin Hall:

- [MP Framework Evaluation Brief \(PDF\)](#)
- [MP Implementation Framework Evaluation and Research - Teacher Competency](#)



What are Our Partners Saying?

"Class Catalyst has been wonderful in regards to allowing students an outlet to share their thoughts and feelings."

— Jennifer, School Counselor

"Shout out to Mindful Practices for their awesome work. I'm looking forward to working with Mindful Practices in the years to come and see how much my students grow! I am genuinely grateful for this amazing team."

— Danielle, 4th Grade Teacher

"Class Catalyst and SEL On Demand- both very user-friendly and so helpful in meeting our school-wide SEL goals."

— Jill, Director of Curriculum