

FOR IMMEDIATE RELEASE

January 27, 2021

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**San Tan Charter School's Montessori Program Offers 'Peace Spaces' and a
'Peace Room' Where Students Can Go to Focus and Practice Mindful
Breathing**

*These Calm and Safe Spaces, Which are Part of the School's Emphasis on Peace Education,
are Helping Students of All Ages to Feel More Grounded and Ready to Learn*

GILBERT, Arizona—The teachers and staff at San Tan Charter School know that in order for their students to learn, they have to first feel safe and secure.

To help ensure that students have calm and quiet places to go throughout the day to center themselves, breathe deeply and feel settled, San Tan Charter School has "Peace Spaces" in each of their Montessori classrooms as well as a "Peace Room" in the Montessori Village Building.

As Mary Navarro, the Montessori Upper Elementary Teacher noted, she and other staff members all know how it feels when their "mental plates" are too full and they start to feel overwhelmed.

"Our window of tolerance becomes smaller and smaller; we want to be calm and peaceful but we often do not know how in the moment," Navarro said, adding that for young learners, it can be even more challenging to settle themselves down when feeling stressed.



"The inspiration for the Peace Spaces and the Peace Room comes from the idea that in order to academically learn, students need to feel safe and connected first. The most impactful way to achieve this is to be in the learning part of the brain with mindful breathing."

In the Peace Room, both students and teachers can practice mindfulness, read stories and participate in yoga together.