Using Calm Classroom to Improve School Behavior in Chicago Public Schools*

Year 1 Behavioral Data Scores Interim Report K-8th Grade

Calm Classroom is currently the program of focus in the second year of a 3 year Department of Education i3 research grant. The principal investigator is the Erikson Institute and the lead researcher is Chapin Hall at the University of Chicago. The study is entitled, Calm Classroom K-2: Mindfulness and other Replenishment Practices to Improve Young Children's Stress Levels, Self-Regulation, and Productive Engagement in School.

The randomized control study is one of the largest studies on mindfulness in schools in the United States. It is measuring results on 12,000 Chicago Public School students in 32 Chicago Public Schools. The results are being measured across kindergarten through 8th grade with a special emphasis on K-2nd grade. Program launch was September 2015. K-2 initial results are expected from Chapin Hall in late 2017

- i3 Grant 1st year overview video: Click Here
  - DOE: Complete Research Proposal: Click Here
  - DOE: Academic Improvement report: Click Here
  - Year one school wide K-8th behavioral data (preliminary) Click Here
  - Teacher surveys i3 Grant End of Year 1 (June 2017) Click Here
- Measurement Tools Overview Click Here

<u>Year one school wide K-8th behavioral data interim report</u>

<u>Calm Classroom:</u>
To estimate the improvement (if any) in school behavioral outcomes after receiving Calm Classroom (CC), we examined school-wide Chicago Public School's (CPS) behavioral records for changes in all 3rd through 8th grade students at six CPS K-8th grade neighborhood public schools. These schools had been selected for research by the University of Chicago's Chapin Hall (CH) as part of a DOE i3 three year randomized control research study entitled Mindfulness and other Replenishment Practices to Improve Young Children's Stress Levels, Self-Regulation, and Productive Engagement in School (CCK2). The results are being measured across kindergarten through 8th grade with a special emphasis and additional student level measurements and interventions on K-2nd grade. Research project launch was September 2015.

Calm Classroom Test Schools (CC – Test)
For this analysis, we selected six test schools (CC-Test) based on receiving Calm Classroom Training during school year 2015-2016 of the CCK2 Study (cohort 1) on Calm Classroom that had been matched by academic standing, income and racial demographics.

Control Group 1 (CA-1)
Nine control schools (CA-1) were selected based on receiving Calm Classroom Training during year two of the CCK2 Study (cohort2) on Calm Classroom and not having any existing social and emotional learning programs in place during 2014-2015 and 2015-2016. These nine schools did receive calm classroom training as part of the CCK2 study in the 2016-2017 school year. The control schools (cohort2) were matched by the same academic standing, income and racial demographics as the cohort 1 test schools.

This resulted in a sample of school-wide behavioral data for the six test schools (CC-Test) with approximately 2,400 3rd-8th grade students and nine control schools (CA-1) with approximately 4,800 3rd-8th grade students.

Starting 2014 (CC-Test) pre-test behavioral misconducts per 100 student's scores were also closely matched between the cohort 1 test group and cohort 2 control group CA-1.

During this time frame (2014-2015 vs. 2015-2016):
- The (CC-Test) pre-test behavioral misconducts per 100 student's scores (12.50 vs 9.70) declined approximately -23% while the control group only (CA-1) declined by -2.4% (11.91 vs.11.63).

Control Group 2 (CB-2)
In addition we reviewed data on matched K-8th grade schools across the entire CPS district. This control group of 148 K-8th grade schools (CB-2) out of the 664 district wide CPS schools was matched based on the following criteria that closely matched to the CC-Test schools (cohort 1): Schools were eliminated if they:
- Participated in the CCK2 (Calm Classroom K-2 and 3rd-8th grade) i3 study schools (16 schools)
- CPS schools that had been independently trained in Calm Classroom since fall of 2008
- High Schools, Charter schools standalone middle schools, military schools, specialized Schools (Montessori, alternative, special education. Options schools)
- Schools with less than 70% of students on free or reduced lunch which matches the range of the test group.
- School with less than 85% total of African American or Hispanic students which matches the test group.
- Schools with 20th day enrollment less than 260 students and more than 800 students which matches the test group.
- Schools with incomplete behavior data during school year 2014-2015 and 2015-2016.

This resulted in a sample of school-wide behavioral data for the original six test schools (CA-1) with approximately 2,400 3rd-8th grade students and 148 control schools (CB-2) with approximately 68,000 3rd-8th grade students.

Summary Reflections and Conclusions
Whereas the smaller nine school control group (CA-1) definitively had no operational social and emotional learning programs in operation during 2014-2015 or 2015-2016. We were unable to ascertain

if the larger control group of 148 schools (CB-2) did or did not have any SEL programing during 2014-2015 or 2015 - 2016 which may have impacted the scores for decreases or increases in behavioral changes.

Starting 2014 (CC-Test) pre-test behavioral misconducts per 100 student's scores were also closely matched between the cohort 1 test group and the district wide matched control group (CB-2).

During time frame (2014-2015 vs. 2015-2016):
- The CC-Test groups' pre-test behavioral misconducts per 100 student's scores (12.50 vs 9.70) declined approximately -23% while the district wide matched control group (CB-2) increased 21.0% (12.61 vs.15.19).

Because of limited sample size (six schools) of the CC-Test group neither the CA-1 or CA-2 control group's pre nor post-test comparisons to the six (CC-Test) school test group serves as a definitive proof that Calm Classroom makes a statistically significant impact on scores for serious offenses of behavior violations.

However, the significant results demonstrated a substantive improvement in behavioral scores both independently and relative to both control groups.

*All data was obtained from Chicago Public School databases at: https://cps.edu/SchoolData/Pages/SchoolData.aspx. A list of all test and control group schools is provided in **Appendix A**

Changes In Serious Behavior Scores Per 100 Students
2014 vs 2015
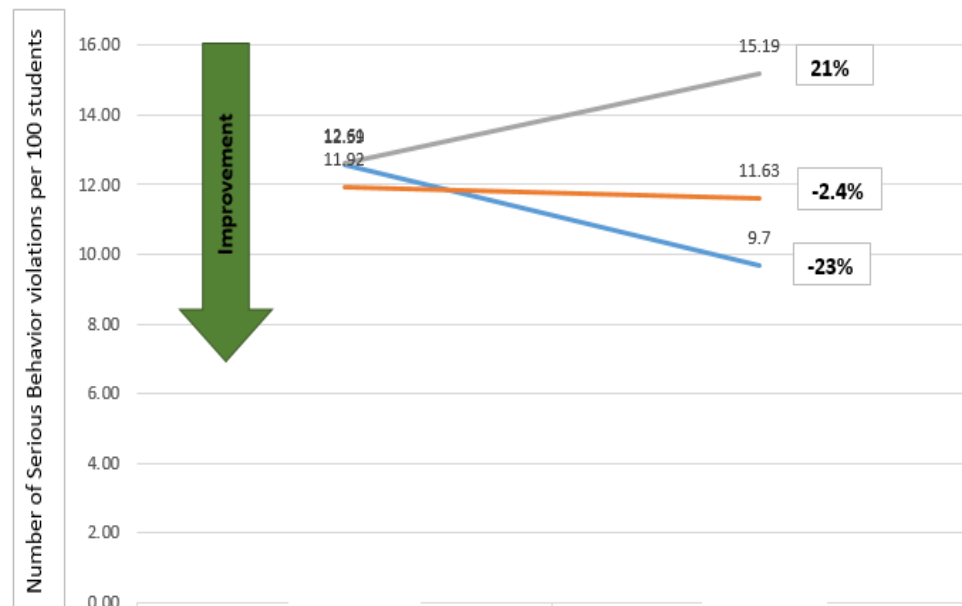
	2014-2015	2015-2016
CC-Test Group - (2600 Students) 6 schools	12.59	9.7
Control Group CA-1 (4,800 Students) 9 Schools)	11.92	11.63
Control Group CA-2 (68,000 Students) 148 Schools	12.61	15.19

Appendix A*

Calm Classroom Test Schools (CC – Test)	Control Group 1 (CA-1)	Control Group 2 (CB-2)
Bond	Cleveland	Adam Clayton Powell Academy ES
Columbus	Corkery	Agustin Lara Elementary Academy
Galileo	Fiske	Alex Haley Elementary Academy
Langford	Foster Park	Alice L Barnard Computer Math & Science
Lozano	Parker	Amos Alonzo Stagg Elementary School
Sabin	Park Manor	Andrew Carnegie Elementary School
	Logandale-avondale	Arnold Mireles Elementary Academy
	Mason	Arthur A Libby Elementary School
	Sumner	Arthur Dixon Elementary School
		Arthur R Ashe Elementary School
		Asa Philip Randolph Elementary School
		Ashburn Community Elementary School
		Avalon Park Elementary School
		Belmont-Cragin Elementary School
		Bernhard Moos Elementary School
		Bret Harte Elementary School
		Brighton Park Elementary School
		Burnham Elementary Inclusive Academy
		Burnside Elementary Scholastic Academy
		Carl von Linne Elementary School
		Charles Evans Hughes Elementary School
		Charles G Hammond Elementary School
		Charles Kozminski Elementary Community
		Charles P Caldwell Academy of Math & Science
		Charles R Darwin Elementary School
		Charles R Henderson Elementary School
		Clara Barton Elementary School
		Claremont Academy Elementary School
		Crown Community Academy of Fine
		Daniel S Wentworth Elementary School
		Daniel Webster Elementary School
		Dewey Elementary Academy of Fine Arts
		Durkin Park Elementary School
		Dvorak Technology Academy
		Edmond Burke Elementary School
		Edward A Bouchet Math & Science Academy ES
		Edward Coles Elementary Language Academy
		Esmond Elementary School
		Fairfield Elementary Academy
		Fernwood Elementary School
		Fort Dearborn Elementary School
		Frank I Bennett Elementary School
		Frank L Gillespie Elementary School
		Frederick Funston Elementary School
		Genevieve Melody Elementary School
		George Manierre Elementary School
		George W Curtis Elementary School
		Harold Washington Elementary School

Henry Clay Elementary School
Henry H Nash Elementary School
Henry O Tanner Elementary School
Horace Greeley Elementary School
Horace Mann Elementary School
Ida B Wells Preparatory Elementary Academy
Inter-American Elementary Magnet School
Isabelle C O'Keeffe Elementary School
Jacob Beidler Elementary School
James Hedges Elementary School
James Otis Elementary School
James R Doolittle Jr Elementary School
James Russell Lowell Elementary School
James Weldon Johnson Elementary School
Jane A Neil Elementary School
Jesse Sherwood Elementary School
John A Walsh Elementary School
John C Burroughs Elementary School
John Foster Dulles Elementary School
John Greenleaf Whittier Elementary School
John H Hamline Elementary School
John H Vanderpoel Elementary Magnet School
John Harvard Elementary School of Excellence
John Hay Elementary Community Academy
John J Pershing Elementary Humanities Magnet
John M Smyth Elementary School
John Milton Gregory Elementary School
John Spry Elementary Community School
John W Cook Elementary School
John Whistler Elementary School
Johnnie Colemon Elementary Academy
Joseph Brennemann Elementary School
Joseph Jungman Elementary School
Joseph Lovett Elementary School
Joseph Warren Elementary School
Joshua D Kershaw Elementary School
Josiah Pickard Elementary School
Julia Ward Howe Elementary School
Laura S Ward Elementary School
Lawndale Elementary Community Academy
Leif Ericson Elementary Scholastic Academy
Lionel Hampton Fine & Performing Arts ES
Lorenz Brentano Math & Science Academy ES
Luke O'Toole Elementary School
Mahalia Jackson Elementary School
Mancel Talcott Elementary School
Manuel Perez Elementary School
Marcus Moziah Garvey Elementary School
Martha Ruggles Elementary School
Medgar Evers Elementary School
Melville W Fuller Elementary School

Michael Faraday Elementary School
Mildred I Lavizzo Elementary School
Milton Brunson Math & Science Specialty ES
Morton School of Excellence
Myra Bradwell Communications Arts & Sciences
National Teachers Elementary Academy
Nicholson Technology Academy
Ninos Heroes Elementary Academic Center
North River Elementary School
Orozco Fine Arts & Sciences Elementary School
Orville T Bright Elementary School
Oscar DePriest Elementary School
Pablo Casals Elementary School
Parkside Elementary Community Academy
Paul Cuffe Math-Science Technology Academy
Paul Revere Elementary School
Phillip Murray Elementary Language Academy
Phobe Apperson Hearst Elementary School
Pilsen Elementary Community Academy
Ralph H Metcalfe Elementary Community
Richard J Daley Elementary Academy
Robert Fulton Elementary School
Robert L Grimes Elementary School
Robert Nathaniel Dett Elementary School
Ronald E McNair Elementary School
Rueben Salazar Elementary Bilingual Center
Salmon P Chase Elementary School
Scott Joplin Elementary School
Sharon Christa McAuliffe Elementary School
Sir Miles Davis Magnet Elementary Academy
South Shore Fine Arts Academy
Talman Elementary School
Telpochcalli Elementary School
Theodore Herzl Elementary School
Thomas A Hendricks Elementary Community
Thomas Chalmers Specialty Elementary School
Thomas J Higgins Elementary Community
Turner-Drew Elementary Language Academy
Walter Q Gresham Elementary School
Walter S Christopher Elementary School
Washington Irving Elementary School
Wendell E Green Elementary School
Willa Cather Elementary School
William F Finkl Elementary School
William H Ryder Math & Science Specialty ES
William K New Sullivan Elementary School
William T Sherman Elementary School
William W Carter Elementary School
Wolfgang A Mozart Elementary School