



Clayton County Public Schools

Building A Better Tomorrow, Today!

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ADVISORY

FOR IMMEDIATE RELEASE

Division of Communications, Public Relations, Marketing & Strategic Improvement

November 3, 2023

CCPS Offers Inner Explorer to Students, Teachers & Families

Clayton County Public Schools is the first Metro Atlanta area school to offer Inner Explorer to students, teachers, and families through the GreenLight Fund Atlanta Grant

JONESBORO - Clayton County Public Schools (CCPS) is committed to the overall personal health and well-being of its students, employees, and families. In fact, since taking the helm as Superintendent/CEO of Schools, Dr. Anthony W. Smith has emphasized that his first priority is Cultivating a School Safety Culture and Promoting a Positive Working Environment.

To support the District's number one priority, the Division of Student Support Services, under the leadership of Dr. April C. Crawford, Deputy Superintendent of Student Support Services, has developed a comprehensive system of wellness supports and resources, to include a platform called Inner Explorer that focuses on [mindfulness](#). Clayton County Public Schools is the first Metro Atlanta area school to offer Inner Explorer to students, teachers, and families through the GreenLight Fund Atlanta grant, which affords a mindfulness platform of exercises to the district at no cost.

On November 1, 2023, Superintendent Smith joined other distinguished panelists at the Inner Explorer Conference to discuss the state of mental wellness among our youth. The theme was *Elevating Youth Potential Through Mindful Awareness*. The panel included thought leaders from the fields of medicine, clinical psychology, higher education, K-12 education, and notable nonprofit organizations.

“When I became Superintendent of Schools for Clayton County, I established 5 priorities, and my #1 priority emphasizes a **culture** of safety and **well-being**. Learning, teaching, and supporting cannot occur at the highest level when individuals do not feel safe or when they are stressed and anxious. I view mindful awareness as a proactive measure to help our students feel safe opening up to their peers or adults when they feel their safety or well-being is at risk,” said Superintendent Smith.

“Most people would agree that social-emotional learning and mindfulness are important skills for life; however, many people may not know how to use these skills on their own. What excites me about an expert partner like Inner Explorer is that it gives our staff and students opportunities to engage in these exercises regularly to manage and reduce stress and anxiety and have better focus so that teaching and learning can occur. I am elated that Inner Explorer selected Clayton County as its first district to implement this life-enhancing resource,” concluded Superintendent Smith.

About Mindfulness and Inner Explorer

At its core, mindfulness ensures individuals know how to be present in their current thoughts and emotions and how to self-regulate to focus and engage in responsible decision-making and productivity. Inner Explorer includes a variety of mindfulness exercises. Inner Explorer is web-based and is a 5-10

minute-a-day audio-guided series of mindfulness practices (180 sequenced practices per age level from PK-12). There are additional resources for staff and families. The resource is free to all of the Clayton County School community. The benefits of the program include:

- ❖ Reduction of staff and student stress
- ❖ Improvement of emotional regulation (mental well-being) and behavior
- ❖ Boost in academic performance
- ❖ Increase in student and staff attendance
- ❖ Increase in student self-awareness

Employees and students can access Inner Explorer using the directions below:

- ❖ Log In to **RapidIdentity** > Click on **Clever** > Click on **Inner Explorer**
- ❖ If it is a user's first time logging in, he/she must follow the prompts.

Families and the community can access Inner Explorer using the directions below:

- ❖ Step 1: Visit [CCPS Wellness Walk](#)
- ❖ Step 2: Select [Click this link to log in.](#) (To the right of the Inner Explorer logo)
- ❖ Click **Register Now**

To learn more about Inner Explorer, please click on the following link:

<https://innerexplorer.org/>

To learn more about the practice of mindfulness, please click on the following link:

<https://www.apa.org/topics/mindfulness>

To view the photo gallery of the conference, please click on the following link:

<https://ccpscommunications.client-gallery.com/gallery/inner-explorer-conference-2023>

-An official document from the Clayton County Public School System-

About Clayton County Public Schools: Clayton County Public Schools (CCPS) is fully accredited by Cognia. The district offers a focused world-class program based on a challenging curriculum which is taught from pre-kindergarten through 12th grade. Serving over 50,000 students, Clayton County Public Schools is ranked among the 100 largest school districts in the U.S. and is the sixth-largest school system in Georgia.

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