

Email 1: Pre-training survey

Dear Colleague,

You are receiving this email because your school is participating in mindfulness training. This is the first of three short surveys you will be asked to complete over the course of the mindfulness project at your school this year. This survey assesses attitudes and practices related to mindfulness, and your responses will help us to improve mindfulness training in the future.

Please click the link at the bottom of this email to learn more and to complete the survey.

Participation is completely voluntary and deciding not to participate will not affect your training in any way.

Thank you in advance for your time,

INSERT CONTACT INFORMATION

Email 2: Post-training survey

Dear Colleague,

You are receiving this email because you recently completed mindfulness training through your school.

Please click on the link at the bottom of this email to participate in the mindfulness post-training survey. This survey assesses attitudes and practices related to mindfulness, and your responses will help us to improve mindfulness training in the future. Remember, participation in this survey is completely voluntary.

Thank you in advance for your time,

INSERT CONTACT INFORMATION

Email 3: Follow-up survey

Dear Colleague,

You are receiving this email because you participated in mindfulness training at your school. **Please click on the link at the bottom of this email to participate in the last of three surveys to assess attitudes and practices related to mindfulness.** Your responses will help us to improve mindfulness training in the future. Remember, participation in this survey is completely voluntary.

Thank you in advance for your time,

INSERT CONTACT INFORMATION

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