

Jordan School District  
Anthony Godfrey, Ed.D., Superintendent of Schools  
West Jordan, Utah

# Intradistrict Communication

DATE: Monday, December 5, 2022

TO: Sandra Riesgraf, Director of Communications

FROM: Carolyn Gough, Administrator of Teaching & Learning  
Ben Jameson, Director of Evaluation, Research and Accountability

SUBJECT: Research Project

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The Research Review Committee has reviewed a research project in which your school has been asked to participate.

Project Title: Pilot Study for Examining an Online Introductory Mindfulness Course to Improve Well-Being in K-12 Teachers

Applicant: Katelyn Jackman, Brigham Young University

The project has been approved by the District Research Review Committee. The applicant has been directed to contact you to discuss the extent of the project and to obtain your permission to send out a recruitment flyer via JEM. Participation in the study is at your discretion. If you have questions or concerns relating to participation, please contact Ben Jameson at 801-567-8243.

Thank you for your assistance.