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LEGISLATIVE EDUCATION STUDY COMMITTEE
BILL ANALYSIS
54th Legislature, 1st Session, 2019

Bill Number HB144 **Sponsor** Trujillo, C./Lopez, L.
Tracking Number .211465.1 **Committee Referrals** HEC/HAFC
Short Title School Brain Education Program
Analyst Stiles **Original Date** 1/24/19
Last Updated _____

BILL SUMMARY

Synopsis of Bill

House Bill 144 (HB144) would appropriate \$200 thousand dollars from the general fund to the Public Education Department (PED) for expenditure in FY20 to train public school teachers statewide within a program for brain education to foster student focus, mindfulness and emotional wellness.

FISCAL IMPACT

The bill would appropriate \$200 thousand dollars from the general fund to PED for expenditure in FY20. Any unexpended or unencumbered balance remaining at the end of FY20 would revert to the general fund.

SUBSTANTIVE ISSUES

Brain education programs are designed to train teachers and school staff in the principles and implementation of best practices to foster student focus, mindfulness, and emotional wellness. Brain education programs consist of content including physical, emotional, and cognitive exercises designed to improve focus, creativity, memory, confidence, stress management, and physical health. Brain education techniques aim to improve learning efficiency, motivation, self-esteem, peer relationships, anxiety, self-regulation, stress management, and levels of positive behavior in the school and community.

ADMINISTRATIVE IMPLICATIONS

HB144 appropriates funds from the general fund to PED for expenditure in FY20 for teacher training in the brain education program.

OTHER SIGNIFICANT ISSUES

In FY17 the House of Representatives signed House Memorial 63 (HM63) declaring February 27, 2017 “Brain Education Day”. HM63 requested the Higher Education Department and PED to

consider the implementation of brain education into professional development programs for teachers and curriculum for education students, though it is unclear if this happened.

There is a significant amount of research showing the benefits of mindfulness, neuroplasticity and social-emotional wellness, though research specifically related to “brain education” appears limited.

PED notes collaboration with mental health professionals and other state experts and advocates would be needed to identify age appropriate evidence-based curricula and methods of delivery of brain education. It further notes PED would need to develop and promote online e-learning modules for district and charter school use and develop an evaluation as to the efficacy of the e-learning opportunities utilizing existing staff or through an identified contractor.

SOURCES OF INFORMATION

- LESC Files
- PED

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