

If you don't implement a research based improvement strategy with full fidelity, don't waste your time or money. It will not get results!

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In schools, as opposed to labs or other controlled environments, every day is different – field trips, assemblies, fire drills and personal events influence the way students enter each class. Our focus on fidelity looks at Pure Edge programs within this context to inform program improvement, support research rigor, and help prevent findings, desirable or otherwise, from erroneously being attributed to versions of our programs that from a fidelity standpoint, are not our programs.

Studying fidelity dates back to program evaluation work in the 1970's^{1,2} and has been carried forward into education^{3,4,5} and mental health⁶. It is increasingly being tied to rigor in the social and emotional learning and mindful schools movements^{7,8,9} as the field recognizes programs that think about fidelity yield better outcomes^{6,10}. Clearly, implementing programs with fidelity has implications for program quality and outcomes. Both of which are at the heart of a call for "genuine collaboration"¹¹ between program providers and researchers.

As we work to achieve and maintain a "genuine collaboration" we are committed to a focus on fidelity and have presented our research findings in papers^{12,13,14}. and at several conferences:

- International Association of Yoga Therapists Annual Meeting (June 2013, September 2015)
- Kripalu Yoga in the Schools Research Summit (April 2014, February 2015, March 2016)
- National Kids Yoga Conference (November 2015, October 2016)

This history of thought work, trial and refinement has led to the development of our fidelity resources which include: session (lesson) plans from our curriculum, pacing guides, our Fidelity Observation Form (FOF), instructor surveys, a white paper on fidelity, and a dataset that includes actual classroom observations from our programs. Each is designed to address one or more aspects of program fidelity and contribute to our overall understanding of what actually happens in *Pure Power* classrooms.

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