



4th September 2018

Dear Parent/Carer,

Mindfulness and Yoga Sessions

Health and Wellbeing is a major priority for us and we are constantly looking at ways to develop our existing provision. Therefore, your child will be learning about mindfulness and yoga during regular timetabled sessions this year.

It is stated that schools who engage in mindfulness are likely to see 'beneficial results on the emotional wellbeing, mental health, ability to learn and even the physical health of their students.'

During the course they will be learning about many things, including:

- Specific areas of the brain and how these affect our ability to focus, make good choices, recognize when we need to steady ourselves when our body or mind is busy or out of balance.
- Ways that mindfulness can support them in many day-to-day activities, including concentration and memory, behavioural self- management, and in relationships with family and friends.
- Ways to respond rather than react - and therefore make better choices and take best care of ourselves.

The feedback from children who have taken part in Mindfulness sessions is very positive. They report enjoying the lessons and find the learning supports them in a broad range of situations from being able to concentrate and focus more easily in school to helping them feel calmer in exams and competitions. Many have described sharing the learning with other family members and finding it helps them with their relationships with family and friends.

If you have any objection to your child taking part in these sessions, please inform his or her teacher.

C Evans
Head Teacher