

Dear Parent or Guardian,

I am pleased to inform you that **[Name of school]** will be introducing a 6 week Mindfulness Programme for **[name of class]** beginning on **[Insert date and time].** The course has been approved by [**name and position]** and is aimed to reduce student’s stress and enhance their performance as well as improve their overall well-being. The curriculum based programme will be delivered by [**Insert name]**  who has been trained and certified as a **Trainer of Mindfulness in Education** by the accredited **EFT & Mindfulness Centre (**[**www.eftandmindfulness.com**](http://www.eftandmindfulness.com)**).** Training is ongoing to reach accreditation.

Well over 250 Educators and many children and young adults have already received personal training in the 6 week Mindfulness for Educators programme and feedback has been very positive.

Mindfulness is not therapy and will be presented as a secular (non-religious) practice. It is evidence based (validated by scientific research) and used in schools around the world. Growing evidence shows improvements with children in the following areas:

• greater sense well-being (feeling happier, calmer, more fulfilled, sleep better)

• more likely to fulfil their potential and pursue their own goals (through more creativity, relaxation, improved focus and concentration); in classes; exams and tests; sports etc)

 • increasing ability to work with difficult mental states such as depressive, ruminative and anxious thoughts and low moods.

Your child will be given 6 weekly lessons of approximately **[duration]**. Lessons are age appropriate and typically include a presentation with the help of lively, pupil-friendly powerpoint slides, film and sound images, and practical exercises with demonstrations to make the ideas vivid and relevant to their lives. Lesson objectives and clear explanations create a lively environment. Children and young adults will learn to sit and watch their breath, pay attention to their thoughts and emotions. They will also learn how to be more aware of how the body feels under stress and how to manage this.

Home practice will be given as the exercises are more important than the learning in class. Your co-operation in this regard would be appreciated and will benefit your child and enhance their enjoyment and understanding. Please join in with the meditation too!!

To raise awareness on the benefits of this in schools, some photography and filming may take place. Please contact the school if you have any objection.

We also offer training to teachers. Research shows that when teachers learn mindfulness, they not only reap personal benefits such as reduced stress and burnout, but their schools do well too. In randomized controlled trials, teachers who learned mindfulness reported greater efficacy in doing their jobs and had more emotionally supportive classrooms.

**For more details of the course, research papers or about mindfulness, please visit** [www.mindulnessineducation.com](http://www.mindulnessineducation.com) . If you have any questions, please direct them to **[Name of school contact and/or telephone number]**