



October 2018

Dear Parents/Carers,

This term your child will have an opportunity to learn about mindfulness once a week as part of a 10 week classroom-based curriculum called **.b** (pronounced 'dot-be').

The session will be after school on a **Thursday, starting on 8th November 2018**, and will last for approx. 45 minutes.

Mindfulness involves training our attention to experience the present moment with greater curiosity and kindness. This helps us to not only appreciate what is going well but to respond more skilfully to life's inevitable challenges.

You may have heard of mindfulness or read some of the recent media coverage about it. A great deal of this media interest has arisen as a result of the growing body of rigorous research evidence regarding the potential benefits of mindfulness for young people. These include randomised control trials and neuroscientific studies.

As Professor Katherine We are observed in her award-winning research summary: *Evidence for the Impact of Mindfulness on Children and Young People*, 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.**'

At its most simple **.b** is an awareness-raising exercise to give all students a taste of mindfulness so that they know about it and can return to it later in life if they choose to do so.

.b aims to help young people:

- To improve their concentration and focus, in classes, in exams and tests, on the sports field, when playing games, when paying attention and listening to others.
- To fulfil their potential and pursue their own goals e.g. be more creative, more relaxed, both academically and personally.
- To experience greater well-being (e.g. feel happier, calmer, more fulfilled).
- To work with difficult mental states such as anxious thoughts and low moods.
- To cope with the everyday stresses and strains of adolescent life such as exams, relationships, sleep problems, family issues.

The feedback from students who take part in **.b** is very positive. I would encourage you to follow the link to the [testimonials](#) page of the Mindfulness in Schools Project website where you where you can hear students speaking movingly about their experiences of developing mindfulness skills having taken part in the **.b** programme.

Should you be interested in reading further about the body of research evidence around the potential benefits of mindfulness for young people, please do have a look at the following document by Professor Katherine Weare: <http://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

Further research studies regarding the benefits of mindfulness for young people can be found on the Mindfulness in Schools Project Website: mindfulnessinschools.org - Research

Finally, if you are interested in learning more about mindfulness yourself then please let me know, as greater parental involvement is one of the things we wish to explore in the future.

Yours Sincerely,

Jane Barlow, School Based Counselling Service.

