



Learning, Values, Achievement

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Dear Parents and Carers,

This term your child will be learning about mindfulness once a week as part of a 12-week classroom-based curriculum called Paws b. This will be taught by Will George who is a mindfulness coach who works across the academy trust. Each session lasts half an hour.

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.

The classroom-based mindfulness curriculum being offered - 'Paws b' - is a classroom-based curriculum for children aged 7 -11 and is offered formally as a series of lessons which often sit well alongside National Curriculum subjects and in the children's everyday lives. The Paws b course was created by experienced primary school teachers, mindfulness experts and research scientists.

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, recognise 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 themselves and others.

The feedback from children who have previously taken part in Paws b 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.

You can see a summary of feedback about Paws b from over 1500 students here:

<https://mindfulnessinschools.org/wp-content/uploads/2017/09/Website-Feedback-for-Paws-b-NP-1.pdf>

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You can read an overview of the course here: <https://mindfulnessinschools.org/teach-paws-b/paws-b-curriculum/>

Should you be interested in reading further about the body of research evidence around mindfulness for both young people and school staff, you may find more information here: <https://mindfulnessinschools.org/the-evidence-base/>

In session 4, the children will take part in a mindful eating exercise in which they may eat fruit, grapes, raisins or small pieces of chocolate. PLEASE let your class teacher know of any allergies or problems your child may have with this activity.

Please speak with your class teacher if you have any questions about these sessions.

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