



September 2020

Dear Parent/Carer

Year 10 Mindfulness in Schools Project

We are very pleased to be able to offer a group of students in Year 10 an opportunity to complete an Introduction to Mindfulness Course this term, accredited by the [Mindfulness in Schools Project \(MiSP\)](#). The course is called **.b** (pronounced 'dot-be').

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what has happened or might happen, it trains us to respond skilfully to whatever is happening right now, be that good or bad.

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 Weare 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 eg be more creative, more relaxed, both academically and personally.
- To experience **greater well-being** (eg 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 page of the Mindfulness in Schools Project website where you can read comments from over 1400 students, having taken part in the **.b** programme: [Pupil and Teacher Comments about .b](#)

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 page on [Why Do It](#).

While mindfulness practice can help with a range of issues such as low levels of stress and anxiety, it is not recommended for anyone who has recently experienced trauma or a difficult major life event such as bereavement or parental separation.

Further information will be given out to Year 10 forms via their tutors this week and interested students will be asked to register interest with Miss Shilliday via their form tutor. The course this term will be **limited to 20 students** and, due to anticipated demand, places will be allocated on a first come, first served basis. We hope to run an introductory session on **Thursday 1 October after school** to find out more and the course will take place every Thursday after school, 3.30pm - 4.30pm.

Yours sincerely

Ms G Mellor
Teacher of Spanish

