DATE

Dear parents and Caregivers

**A new school initiative**

We are excited to inform you that our school will be initiating a whole-school approach to the implementation of mindfulness and meditation, through staff training provided by Mindful Meditation Australia. This training is designed for our staff to be best equipped to deal with the mental and emotional challenges our children are facing, and to teach skills of self-regulation, breathing and stress management.

[**What is mindfulness?**](https://www.youtube.com/watch?v=UtzRcpKrg4M)

Mindfulness is the mental skill of attention and how we choose to use our attention. When we get better at managing attention, we can use our attention to focus on schoolwork, meaningful experiences, and self-regulating unhelpful thoughts and emotional over reactions, like losing our temper.

[**What is meditation?**](https://www.youtube.com/watch?v=lmWfmWwcTNE)

Meditation is the active practice of learning to calm and train attention. Meditation can be practised in a variety of ways suitable for teachers and students. Meditation is an important skill for both adults and children because it teaches better self-regulation. Meditation leads to mindfulness.

[**Who are Mindful Meditation Australia?**](https://www.mindfulmeditationaustralia.org.au/)

MMA is a not-for-profit organisation focused on helping improve the mental, emotional and physical wellbeing of all, through evidence-based programs and courses. In addition to offering training for our staff and teachers, MMA also offer a Mindful Families course, designed to further the practice of mindfulness and meditation in the homes of our school community.

***The proven benefits from participating in meditation include decreased:***

* Anxiety
* Stress
* Depression
* Exhaustion
* Irritability

***Studies also show:***

* Memory improves;
* Reaction times become faster
* Mental and physical stamina increase

*For academic citations,* [*please visit MMA’s online hub.*](https://www.mindfulmeditationaustralia.org.au/online-hub/hub)

MMA’s research indicates that the outcomes of mindfulness and meditation are improved when they are present in the home environment, as well as the school.

**Here are some tips to get started:**

* Download Headspace or Waking Up and complete the free 10 day challenge
* Practice mindful listening at the dinner table
* Implement a “no phone” or “no technology” rule at the dinner table, or after a certain time in the evening
* Practice breathing techniques and self-regulation when your child is feeling overwhelmed
* Talk to your child about how they are finding mindfulness and meditation at school.

*This initiative is designed to compliment your existing strategies in and outside the home, to improve the happiness and wellbeing of both our staff and students.*

[Mindful Meditation Australia and Gwynne Park Primary](https://www.youtube.com/watch?v=k1aFgarKzxw&t=2s)

If you have any questions please contact School contact or Brayden Zeer, MMA Manager at, [inof@mindfulmeditationaustralia.org.au](mailto:inof@mindfulmeditationaustralia.org.au)

You can find out about MMA at: [www.mindfulmeditationaustralia.org.au](http://www.mindfulmeditationaustralia.org.au)

*Warm regards,*

YOUR NAME