DATE

Dear SCHOOL Teaching Staff,

**A new school initiative**

This letter is to inform you that we will be taking part in mindfulness and meditation training with a not-forprofit, non-religious organisation called Mindful Meditation Australia (MMA) to learn how mindfulness can support our school culture.

[**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.

***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)

Meditation is effectively led in classrooms when the teacher leading the meditation is also participating.

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

* Download Headspace or Waking Up and complete the free 10 day challenge
* Practice “walking meditations” where you leave your phone at home, and tune in to the sounds and sensations around you
* Unwind at the end of the day with self care, free from technology

*This initiative is designed to compliment your existing strategies in and outside the classroom, 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)

**Details**

Our school will be taking part in MMA’s TRAINING TYPE •

From TIME on DATE at LOCATION. • SITE LOGISTICS

**The professional learning areas included are as follows:**

* 1.1Physical, social and intellectual development and characteristics
* 4.1Support student participation
* 4.2Manage classroom activities
* 6.4Apply professional learning and improve student learning

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