

December 2022

Dear Parents/Guardians

I'm excited to share with you that this school year, your student is learning and practicing **mindfulness**.

Mindfulness is a research-based approach that supports students in building skills for attention regulation (focus and concentration) and emotional regulation. Mindfulness means paying attention in the present moment to our thoughts, feelings, bodily sensations, or surrounding environment. For the sake of simplicity, we can define it as **noticing what's happening right now or paying attention on purpose**. It also includes the intentional nurturing of positive states of mind such as empathy and kindness.

Coach D is our Mindfulness Educator and has been trained to teach mindfulness to students by [Mindful Schools](#). Over the years we've seen that sharing mindfulness with students helps to encourage healthy interactions and a positive classroom climate, and supports students' learning readiness.

Coach D is pushing into your student morning crew about once a month to teach a new MINDFULNESS TOOL

Studies find that learning mindfulness benefits students in terms of improved attention, emotion regulation, behavior in school, empathy and understanding of others, social skills, test anxiety, and stress. Mindfulness helps students learn to take a **pause** when they feel upset or overwhelmed, during which thoughtful responses can replace impulsive reactions.

Some examples of how we will use mindfulness in our class are noticing and naming our emotions, using mindfulness of breathing before test taking to calm anxiety and improve focus, or pausing when feeling frustrated or impatient.

If you have any questions about our mindfulness program this year do not hesitate to contact me. I am happy to be in touch with you.

Warmly,

Tracey Nelsen
Director