

1 Date 2015

Dear Parents and Caregivers,

A new school initiative

This letter is to inform you about our new school initiative and seek your permission to undertake research on the benefits of the new initiative. Our school is going to be implementing a mindfulness trial throughout our school to better support educational growth. This will include short guided mindfulness activities at school to help with emotional regulation and academic performance.

What is mindfulness?

Mindfulness is the mental skill of attention. To be mindful means to pay attention, or to focus, or to hold something in mind. Mindfulness is a shift from automatic, reactive thought to conscious, directed thought. It implies seeing things clearly and accurately, which usually leads to a better outcome.

The proven benefits from participating in mindfulness includes:

Decreased

- Anxiety;
- Stress;
- Depression;
- Exhaustion; and irritability.

Studies also show:

- Memory improves;
- Reaction times become faster; and
- Mental & physical stamina increase.

SCHOOL NAME will be participating in mindfulness training with a not-for-profit, non-religious organisation called Mindful Meditation Australia (MMA) to learn how mindfulness can support our school culture.

You can find out about MMA at: www.mindfulmeditationaustralia.org.au

MMA will evaluate the success of this new initiative. Please return the attached form authorising **SCHOOL NAME** to administer surveys that will be collected by MMA for evaluation. All student information is confidential. MMA follows the strict guidelines of the Australian Privacy Act.

If you have any questions please contact **SCHOOL NAME** or MMA for more information, info@mindfulmeditationaustralia.org.au

Warm regards,

YOUR NAME

