

DATE

Dear **SCHOOL NAME** Students,

Mindfulness and meditation opportunity

SCHOOL NAME is always working to bring you the best possible support. We have decided to start a new initiative to support with your focus, emotions and readiness to learn, this is called mindfulness. Every day during [...] we will take part in a mindfulness activity to help you relax, focus and learn more about yourselves.

Researchers have studied mindfulness practices and have proven that taking time out to focus on your breathing, body or how you feel helps to decrease:

- Anxiety
- Stress
- Depression
- Exhaustion and irritability

Studies also show your:

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

Together we are working to become a more mindful school, we hope you enjoy this new tool that you can take with you everywhere you go.

The survey attached that will help us determine how this new initiative is helping you.

Warm regards,

NAME

POSITION

