



## Mindfulness Program – 2021

The world in which we live is becoming increasingly complex for children. Social, emotional and mental health issues among children are continuing to rise and the importance of equipping children with the skills they need to negotiate these complexities is more important than ever before.

The links between Yoga and Mindfulness and improved wellbeing are well documented. Research indicates that students' participation in Yoga and Mindfulness activities are linked to improved social-emotional wellbeing and mental health, as well as improved focus, concentration and self-regulation. Additionally, there is evidence of a link between mindfulness and student learning outcomes. In fact, The Wellbeing Framework for Schools notes that: 'The concept of wellbeing and its close links with learning are not new.'

In 2021, we are lucky enough to be working in conjunction with the University of Wollongong to implement a Mindfulness program for students at Woonona Public School. As part of this project, the university will be conducting research into the impact on our students socially, emotionally, behaviourally, academically and their attendance. The content of this program links directly with the PDHPE Syllabus, meaning that students will participate in a 10-week Mindfulness Program, which consists of one 45-60 minute lesson per week, that supports learning set by the Department of Education. Follow up content will also be available for implementation by classroom teachers, at other times of the week.

Each session will focus on:

- building strength, flexibility and confidence in the body's movement,
- providing skills to still the mind, improve self-regulation, enhance self-belief and confidence,
- developing strategies to focus attention and improve concentration,
- building a culture of respect and inclusiveness,
- assisting with positive interpersonal relationships and social skills, and
- encouraging fun and creativity at school.

The cost of the program is \$30 per student. This will be added to your child's/children's school account in 2021.

Your child will participate in the program in either Term 1, 2, 3 or 4. Years 5 and 6 will participate first, followed by Years 3 and 4, then Years 1 and 2, and finally Kindergarten. In Term 1, Years 5 and 6 will be asked to pay for the program in the first three weeks.

Further information will be available at the beginning of the 2021 school year. However, should you wish to discuss this program further, please do not hesitate to contact the school via email or call 42844316.

Tim Fisher  
Principal