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Dear Parent/Carer & Student

You might have heard about mindfulness in the news recently. Mindfulness has been gaining increasing recognition over recent years, mainly as a result of increasing amounts of evidence demonstrating its effectiveness. Most notably, it has recently been approved by the NHS for use with certain populations. There are also sports stars and musicians who use mindfulness to improve performance. For several years the Mindfulness in School Project, which began in Tonbridge School and has links to Oxford University, has been giving students in schools the chance to experience mindfulness through a ten week course especially designed for young people. Many independent schools offer mindfulness courses and at Sackville we are excited to now be able to offer this to small groups of our students.

The key aims of the course are to help young people:

- to fulfil their potential and pursue their own goals eg be more creative, more relaxed, both academically and personally
- to improve their concentration and focus, in classes, in exams and tests, on the sports field, when playing games, when paying attention and listening to others
- to experience greater well-being eg feel happier, calmer, more fulfilled
- to work with difficult mental states such as depressive, ruminative and anxious thoughts and low moods
- to cope with the everyday stresses and strains of adolescent life such as exams, relationships, sleep problems and family issues

Year 11 students have an opportunity to gain a place on the first course. I would like to invite you to attend an introductory session for parent/carer and students at 3.30pm on Wednesday 7th October so that you can find out more about mindfulness and how it might be beneficial. Students are welcome to come alone or with their parent/carer.

Sessions will be free of charge and will run from 3.15pm-4.15pm weekly on Wednesdays. A commitment to attend all, or most of the sessions will be a prerequisite for securing a place.

If you are interested in attending the taster session please confirm this via email to schallis@wsqfl.org.uk no later than Monday 5th October. Only ten places are available for the first course, which will be given on a first come, first served basis. If you would like to find out more online www.mindfulnessinschools.org is a rich source of information about mindfulness.

Yours sincerely

Mr S Challis

Joint Leader of Beliefs & Values, Teacher of Politics, Teacher of Mindfulness

