



## St Mary's Primary School

Reilly Park, Banbridge,

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**Principal: Mr. D. O'Hagan**

**B.Ed., NPQH., M.Ed.**

28 March 2018

Dear Parents/Carers

I am pleased to advise you that with financial help from our PTA we are able to fund 'The Paws.b' Mindfulness Programme in P4 next term.

Please see the information about the Mindfulness program overleaf or check out the website at [www.mindfulkidsireland.com](http://www.mindfulkidsireland.com).

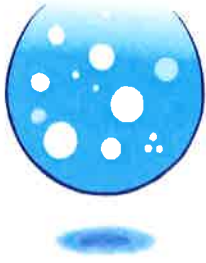
We intend to start the 12-week programme, with both P4 classes, from Wednesday 11 April. To help cover the costs we ask for a weekly contribution of £1 per child while the programme is running. This will cover about half the cost and our PTA is willing to cover the other half. I am sure you will find this agreeable.

We will review the impact and success of the project at the end the term and, if successful, we hope to extend the programme to other year groups next year.

Please return the reply slip overleaf.

Yours Sincerely

D. O'Hagan  
Principal



# Mindful Kids Ireland

Teaching Children Mindfulness

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[www.mindfulkidsireland.com](http://www.mindfulkidsireland.com)



Dear Parents,

Your school is participating in the 'paws.b' mindfulness curriculum programme. This programme runs during school operating hours @ one class per week for 10 to 12 weeks.

### What is Mindfulness?

Mindfulness is an education. It is part of coming to terms with your own mind, instead of being controlled by your senses and desires. Mindfulness involves teaching our children to direct their attention to each experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what has happened in the past, or what may happen in the future, it trains our children to respond skilfully to whatever is happening right now, be it bad or good. The technique draws on the breathing exercises commonly used in meditation and yoga, but there the comparison ends. The aim is for our children to become more aware of thoughts and feelings, in a non-judgmental way, so that instead of being overwhelmed by them, they can manage them better.

### What is 'paws.b'?

Paws.b is a mindfulness course for primary school-aged children. It is based on six themes. It was carefully crafted by classroom teachers and mindfulness experts to engage young children. It is taught using striking visuals, film clips and activities that bring mindfulness to life.



**About Julieanne Reel:** Julieanne has 20 years experience of working with children of all ages in school settings and out-of-school settings. Julieanne's formal qualifications are in Montessori Teaching and Childcare and she is a Childcare Tutor. She also ran her own preschool and afterschool for many years. Julieanne trained in 'paws.b' in The Centre for Mindfulness Research and Practice, Bangor University, Wales and was the **first paws.b teacher in Ireland.**



**The Benefits of Mindfulness for Children : better focus and concentration, increased calm, decreased stress and anxiety, improved impulse control, skilful ways to respond to difficult emotion, increased self-awareness, increased empathy and understanding of others, greater overall well being.**

**What paws.b ISN'T: boring, hippy dippy, yoga, religious or therapy.**



## PARENTS



**Please complete and return to your school /group ASAP**

*CONFIDENTIAL - this information will only be used by the school/group and Mindful Kids Ireland.*

Please cross out which does not apply: I give OR do not give permission for my child to be photographed /video recorded under the supervision of the school staff for use on the Mindful Kids Ireland website, facebook page, newspapers, & other promotional materials. **No child's name will be used.**

Child's Full Name: \_\_\_\_\_ Age: \_\_\_\_\_

Any medical conditions or additional needs: \_\_\_\_\_

Class in School: \_\_\_\_\_ Teacher's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Phone No: \_\_\_\_\_