



Tuesday, 6<sup>th</sup> March 2018

Dear Parents and Carers,

### **Year 6 Health, Mindfulness and Well-being day**

I am writing to inform you about a forthcoming Health, Mindfulness and Well-being day for year 6 pupils on Monday, 12<sup>th</sup> March 2018. The aim of this mindfulness day, which will be held at school, is to support the pupils well-being in the lead up to SATS.

The workshop will aim to teach the pupils tools that can be used every day in order to create a calm space in their minds, helping them to control anxiety and deal with personal issues, which could be creating a barrier against learning effectively. The workshop will endeavour to support the pupils in how to be more mindful, recognise and control their emotions in an appropriate way, boost confidence and build resilience. This positive and fun-filled workshop will leave the pupils feeling motivated, focussed and with tools that they can use going forward. The workshop will be delivered by a fully qualified teacher and will feature a range of activities, meditations and discussion.

Scientific research illustrating the effects of mindfulness on health and well-being, shows it reduces stress and results in increased empathy. Mindfulness has also been shown to contribute directly to the development of cognitive and performance skills in the young. When pupils learn to be more 'present' and less anxious, they often find they can improve the quality of their performance, whether this be academically in the classroom, during sports or participating in the performing arts. They often become more able to approach situations from a fresh perspective and focus their attention easier. It can help pupils think in more innovative ways, use existing knowledge more effectively, improve working memory, and enhance planning, problem solving, and reasoning skills.

This Health, Mindfulness and Well-being day will be funded fully by the school for all year 6 pupils. There will be no additional cost to parents. The session will involve children handling raisins, rice and pearl barley; they will have the option to eat the raisins if they wish to do so. Please notify your child's form teacher if you foresee this being a problem.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'J. Courtney'.

A handwritten signature in black ink, appearing to read 'L. Cookson'.

Mrs S Courtney and Miss L Cookson

Year 6 Form Teachers

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