

MINDFULNESS in TERM 3

8-Jun-17

<p>INCURSION DETAILS:</p>	<p>In Term 3, our students and teachers will be taking part in a five week, mindfulness program run by an accredited leader from Peninsula Mindfulness.</p> <p>Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity, kindness and acceptance.</p> <p>Many schools, universities and organisations have implemented regular mindfulness practices with some pleasing outcomes. Mindfulness aims to strengthen attention and concentration in class, reduce stress and anxiety, improve wellbeing, improve classroom participation and behaviour and enhance social and emotional learning.</p> <div data-bbox="651 667 1125 958" data-label="Image"> <p>Mind Full, or Mindful?</p> </div>
<p>INCURSION DATE:</p>	<p>Term 3, Weeks 1 – 5</p> <p>Wednesdays 19/7, 26/6, 2/8, 9/8 & 16/8</p> <p>Please note: A make-up session will take place for the Senior School due to camp</p>
<p>COST & CLOSING DATE:</p>	<p>\$ 10.00 per student, (\$2 per session) which is due in full by Wednesday, 28th June, 2017.</p> <p>NO LATE PAYMENTS WILL BE ACCEPTED AFTER THIS DATE. Please complete the attached envelope (ensuring you sign the back) with correct money.</p>
<p>LOCATION:</p>	<p>Mindfulness sessions will take place in student classrooms</p>
<p>STAFF ATTENDING:</p>	<p>Classroom teachers and teacher aides</p>
<p>EXCURSION CO ORDINATOR FOR THIS ACTIVITY:</p>	<p>Di Wheeler Positive Education and Respectful Relationships Coordinator</p>