



FOR IMMEDIATE RELEASE:

Mindfulness Matters



Our first graders have been training and practicing mindfulness. Mindfulness is a scientifically-based approach to developing focused attention and emotional regulation. Mrs. Kate Kret and Mrs. Maura Bradley, trainers certified from Mindful Schools, have been working with the students and their teachers to bring this important practice into the classrooms.

Mindfulness helps student to be in the present moment. Students focus on thoughts, feelings, bodily sensations and the surrounding environment. When students are in the present moment stress and anxiety are reduced, self-regulation increases, and students are able to make better decisions. Consequently, it increases student focus, empathy and understanding of others, and social skills. Thoughtful responses can replace impulsive reactions. These life skills, with continued practice, can carry with them throughout their life.

On March 20th Deane-Porter held two Parent Academies with presenters Mrs. Kate Kret and Mrs. Maura Bradley. The presentation focused on Mindfulness and the reasons for teaching students these strategies. Additionally, those in attendance practiced a few of the strategies the students have been taught.

The Deane-Porter School principal, school counselor, teachers, and students see great success with the Mindfulness program. Students are using the skills taught and commented on the benefits they are feeling. “ It lets you think”, “It helps me be calm”, “ It gives me time to relax after recess”, “ I do some of the things at home when I get mad and I can calm down”. The goal is that the students can use A Mindful Minute, Mindful Breathing, etc. in their daily lives in and out of school.



The program has been such a positive, powerful experience that we would like to continue the program in other grade levels. Our goal is to have the entire district practicing Mindfulness in years to come. Our district recognizes the importance of educating the whole child, imperative in this is Social Emotional Learning. Mindfulness joins other district initiatives; Responsive Classroom, and Restorative Discipline. Combined these practices create a strong Social Emotional Learning climate.