



What's the point of Mindfulness?

There is a growing body of increasingly robust evidence, showing Mindfulness training can significantly improve our health and welfare. Specific Mindfulness courses are now recommended by the **National Institute of Clinical Excellence** and GPs are referring adults onto eight-week courses to help to reduce stress and to prevent recurring depression. Nowadays, it is increasingly being used in the work place to improve staff well-being and job satisfaction. In January this year, I started teaching the 'b Foundation Mindfulness Course' (also known as Paws.b) at Highwood which is specifically designed for school staff. It was welcomed with positive feedback and wonderful insights from the participants completing the 8-week programme.

Alongside the impact Mindfulness training can have on adults, research is also showing its ability to enhance the well-being, learning and behaviour of children and young people too. An evaluation of the Mindfulness in Schools programme which I am presently teaching at Highwood found that:

“Mindfulness interventions can improve the mental, emotional, social and physical health and well-being of young people who take part. It was shown to reduce stress, anxiety, reactivity, bad behaviour, improve sleep and self-esteem, and bring about greater calmness and relaxation “ (Mental Health Foundation, 2016).

Paws.b Curriculum

I have been delivering the Paws.b programme to the Year 5 children over 12 weeks. It is a leading curriculum with flexible and varied lessons for primary school children, developed by the Mindfulness in Schools Project. Each session has been carefully crafted by classroom teachers and Mindfulness experts to engage young children with striking visuals, film clips and activities. The course brings the concepts to life, without losing the expertise and integrity of classic Mindfulness teaching. Also, it fully supports Highwood's ethos of '*Promoting Resilience, Achieving Potential*' for the children.

What are the Paws.b Objectives?

The aim of the Paws b is to give students Mindfulness as a life skill they can use to:

- ✓ Feel happier, calmer and more fulfilled
- ✓ Get on better with others
- ✓ Help them concentrate and learn better
- ✓ Cope with stress and anxiety
- ✓ Support performance such as music and sport



My Experience

It is a wonderful privilege to teach Mindfulness to the children and staff of Highwood Primary School. Mindfulness became part of my life over 10yrs ago to support me in my personal life and professional life as a nurse. I trained to become a Mindfulness teacher in 2015 at the Sussex Mindfulness Centre and I am registered on the UK listings of Mindfulness Teachers and Mindfulness in Schools website, to teach staff, young people and children.

I have extensive experience teaching courses, giving presentations and running workshops with my work with City and Hackney Mind and joint research with London City University. In the spring of 2018, I trained and facilitated, the 8-week Mindfulness based Cognitive therapy for life course for two school teacher groups as part of the 10-year Myriad Research Project being carried out by Oxford University looking at young people's well-being and resilience.

I am passionate about bringing Mindfulness to schools to support the staff and children's health and well-being. In particular, I am excited about the potential impact in the future this may have in our school, our communities and our planet.

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