



EXAMPLE
SCHOOL

Dear Parent/Carer,

Re: Introduction of Mindfulness Sessions in School

We are pleased to share that our school will be introducing a series of mindfulness sessions for our students.

These sessions are based on the **.b (dot-be) mindfulness course**, which is designed specifically for young people. The programme supports students in developing practical skills to help them manage stress, improve focus, and build emotional resilience.

Mindfulness is a simple, evidence-informed approach that helps individuals to:

- become more aware of their thoughts and feelings
- respond to challenges with greater calm and clarity
- develop focus and attention
- support overall wellbeing

The sessions will be delivered by **Peace of Mindfulness**, an experienced mindfulness practitioner working with schools, young people, and organisations.



What will the sessions involve?

Students will take part in short, engaging activities that introduce mindfulness in an accessible and age-appropriate way. This may include:

- brief guided practices
- reflection activities
- discussions around thoughts, emotions, and wellbeing

There is no expectation for students to share personal experiences, and all activities are designed to be inclusive and supportive.



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info@exampleschool.com



Example School
Example Street

When will this take place?

- **Dates:** [Insert dates]
- **Time:** [Insert times]
- **Location:** [Insert location]

Why are we offering this?

We believe that these skills are not only valuable during school, but can support young people throughout their lives. These sessions aim to provide students with a practical toolkit they can draw upon to support their wellbeing, learning, and everyday life.

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If you have any questions or would like further information, please do not hesitate to contact the school.

Kind regards,

[Name]

[Role]

[School Name]