THE WAY

TERM 4 : FRIDAY 14 DECEMBER 2018



- Mindfulness

MINDFULNESS

Mindfulness can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity.

Over the last decade, mindfulness has been slowly rising in popularity with many individuals practising it on a regular basis. Evidence based research has found that there are many benefits to mindfulness which has prompted schools across the nation to implement this practice into their daily routines.

Mindfulness can be described as attention training for your brain, enabling you to focus on something without judgement and to stimulate curiosity. Mindfulness can be practised in a number of ways and is something that can be done by everyone - no matter what your age! It has been practised by many cultures around the world, but it is not exclusively affiliated to any particular philosophy or religion.

Mindfulness helps improve memory, engagement and performance. Its positive effect on the brain can improve immunity, mental wellbeing, learning ability, emotional health and even, time management. It is especially important in this era of information overload as our attention is constantly being pulled in many directions making us more distracted.

In this edition of SchoolTV, parents can learn the best way to introduce mindfulness to their children, implementing it into their daily lives to have an overall positive impact on family relationships. We hope you take time to reflect on the information offered in this month’s edition

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and we always welcome your feedback.

If you have any concerns about your child, please contact the school counsellor for further information.

Here is the link to this month’s edition http://thac.nsw.schooltv.me/newsletter/mindfulness

Mrs Jacoline Peterson
Director of Student Counselling

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