



LATEST NEWS

FEBRUARY 2019



#SCHOOLSSITTOGETHER PROJECT



As part of Children's Mental Health Awareness week (Feb 4th - 8th 2019) we took part in the **#SchoolsSitTogether** initiative promoted by the Mindfulness In Schools Project. All of our upper school students who have been taught the Pawsb curriculum by our School Mindfulness Lead Beth sat together in the hall for a short period of mindfulness practice. Beth reminded them how they could use their practice to help them in everyday situations to help with stress, anxiety or anger. Some students were brave enough to share their stories about how they have used the mindfulness practise in their own lives.