

Pause, Breathe, Smile - Raekura

Tuesday 18th May, 2021

Kia ora Parents/Whānau,

Pause, Breathe, Smile

During the holidays, our teachers participated in Professional Development on a programme called Pause, Breathe, Smile funded by Southern Cross. Pause, Breathe, Smile is an 8 week programme based around Mindfulness. It supports the wellbeing of our students and provides them with mental skills that they can utilise throughout their lives. Many schools in the Horowhenua are participating in this programme and this is supported by the Horowhenua Kahui Ako.

Results show that participation in Pause, Breathe, Smile:

- Improves focus and attention for better learning outcomes
- Increases calm and student wellbeing
- Enhances self-awareness and pro-social behaviour
- Reduces test anxiety and boosts resilience

This is a programme that we are excited to implement in the Raekura Team. This fits inside our inquiry focus for the term of 'hauora'. We will be taking part in Pause, Breathe, Smile for the rest of the term. A lesson will be completed on a Wednesday afternoon, as well as regular mindfulness exercises during the week.

More information can be found at: <https://mindfulnesseducation.nz/pause-breathe-smile/> If you have any questions, please contact your child's classroom teacher and they will be happy to discuss these with you.

Yours Sincerely

Jennifer Nicholls, Beth Duff, Jim Culley, Caroline Rainham & Gemma Barker