



HERRICKS PUBLIC SCHOOLS

Education Today
Knowledge Forever

Center Street Elementary School

Brennen Bierwiler, Principal
bbierwiler@herricks.org



October 26, 2016

Dear Parents,

We are excited to share with you that Center Street School has started to integrate more mindfulness into our daily activities. *Mindfulness* guides us in learning how to calm our minds so that we can live more in the present moment. By taking a few moments each day to tune into our bodies, breath, and mind, we are learning to stay present in the moment and to feel less stressed. The techniques we are utilizing are scientifically proven to improve mental well-being and enhance learning. It is our goal to help our students feel happier, more focused and calmer as they possibly encounter social and academic challenges in school.

We are starting each day with specific meditations and affirmations led by our students during the morning announcements. Primarily we use the breath as a focus point in the meditations. Our purpose is to strengthen powers of attention; focusing on the “here and now” of breathing is a vehicle for this. The affirmations that accompany the meditations are positive reflections intended to remind students of this place of stillness. The first one of the year was, “*I can choose to feel relaxed and calm, just as I am right here and right now.*” In addition to this morning routine, we are also gathering resources and activities to be used in the classrooms, practicing “mindful movements” in our physical education classes, establishing a meditation room in the school, and creating Buddy Day activities/experiences focused on mindfulness.

I would invite you to join us and cultivate this practice at home with your child. Find a comfortable place to sit together for a few minutes; your child can show you the way! In the coming days look to our school website for a “Mindfulness” link; we will make resources available to support your practice at home.

Sincerely,

Brennen Bierwiler