



Invites all Primary 1–7 parents/guardians to:

Mindful Kids



Informing parents on simple, yet effective techniques being taught in school to help children (and adults) build coping strategies and develop resilience.

Wednesday 13th February – 7 to 8 pm

Joey Dunlop Centre, Ballymoney



MINDFULNESS



RESILIENCE

Mindfulness is being fully present in the moment; having a non-judgemental awareness of our experiences as they are occurring rather than being lost in thoughts of the past or planning the future. Mindfulness can help children and parents feel more calm and less stressed.

Mindfulness training has been shown to reduce the severity of depression, anxiety and ADHD in children. Mindfulness builds resilience by giving children skills to help them cope better with stress, adapt and bounce back when things get tough, as well as engage more fully in their academic learning.



Be Mindful, Be Healthy, Be Happy

Dear Parent/Guardian,

A new initiative for our schools within Shared Education 2018/19 was becoming part of a cluster of 6 local primary schools – St.Patrick's Rasharkin, Rasharkin Primary, St. Columba's Kilrea, Kilrea Primary, Knockahollet Primary and St.Anne's Corkey. Part of this initiative is to develop programmes across the 6 schools for staff, pupils and parents. After completing a recent questionnaire with all children across the 6 schools, a common need was highlighted that children don't naturally have coping strategies when faced with day to day problems. In response to this need, teachers are being up skilled with the help of Mini Explorers NI to deliver a mindfulness programme as part of the PDMU curriculum. We hope that children will become more resilient and mindful through a process of such activities as Breathing, Self Care and Gratitude.

Why resilience?

Improving children's resilience helps them to deal with the adversities they experience during childhood. It provides a foundation for developing skills and habits (e.g. coping skills, healthy thinking habits) that enable them to deal with later adversities during adolescence and adulthood.

Some of the benefits to becoming more resilient are:

- Improved learning and academic achievement
- Lower absences from work or study due to sickness
- Reduced use of risk taking behaviours such as excess drinking, smoking or use of drugs
- Increased involvement in community or family activities
- A lower rate of mortality and increased physical health

Everybody has resilience. It's just a question of how much and how well you put it to good use in your life. Resilience doesn't mean the person doesn't feel the intensity of the event or problem. Instead, it just means that they've found a pretty good way of dealing with it more quickly than others. Everyone can learn to increase their resilience abilities. Like any human skill, learning greater resilience is something that you can do at any age, from any background, no matter your education or family relationships. All you need to do in order to increase your resilience is have the willingness to do so.

83% of experts agreed that "increasing resilience among children aged 0-12 could potentially prevent mental health issues during childhood and/or later in life". (Beyondblue)

On **Wednesday 13th February** Mini Explorers NI will talk to parents about the strategies that they can use at home to build upon those that your children will be exposed to in school.

Due to the large number of parents across the 6 schools it is essential that we have the number of parents attending the event in order to assist with the organisation of the evening. **We ask parents to please complete the return form set home with children and return to your child's teacher no later than Friday 1st February.**

We hope that you will support our information evening and get an opportunity to meet parents from the other schools in our local/surrounding area, enjoy a cup of tea and gain knowledge to support you and your family.

Yours faithfully

Eimhear McGarry, Henry Duffin & Sue Anne McKiernan
(Shared Education Cluster Leaders)

