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Dear parents and carers,

The positive mental health and well being of all members of our school community, both children and staff, is really important to us at Hazeldene School.

It is widely recognised that a child's emotional health and well being influences their cognitive development and learning, as well as their physical and social health and their mental well being in adulthood.

Whilst we have always placed high importance on ensuring the positive mental health and well being of all the children and staff at Hazeldene, we realise there is still more that can be done. Therefore, mental health and well being is a whole school initiative this year.

Today is World Mental Health Day and it seems fitting to let you know that we will be beginning to introduce the idea of mindfulness to the children this term. Mindfulness is the idea of focused relaxation to help the children and staff to develop their sense of wellbeing and readiness to experience the everyday. It's amazing how a mindfulness activity of only 2 or 3 minutes can be of real benefit.

After half term, we plan to offer workshop sessions to parents and carers to share how we are using mindfulness with the children. More details will follow after half term.

With kind regards,

Vicky Norman



Leadership & Management Standard