



Dear Families

Student mindfulness is something that is very important to us at the Burton Borough School and we have a number of things in place to ensure that your child is happy and feels well supported in school.

We like to begin to look at ways to help students with mindfulness right from Year 7, so that as they move through the school they will already be acquiring the skills they need to equip them for the challenges they may face and the inevitable examinations in Year 11.

We are aware that many primary schools are already practising meditation with their students during the school day and that this is proving very beneficial. We will be introducing meditation into CLL from September for 10 minutes every morning so that students have a calm and focussed start to their day. The skills your child learns in CLL through meditation are skills that they will be able to transfer to other areas of their lives so that it becomes a way they can manage the challenges they face throughout their education.

From September year 7 students will have a session of yoga built into the PE curriculum as another way to promote a lifestyle that includes mindfulness as a way to manage the challenges they face.

As part of our transition programme all students will have a session with Amy Hatfield from Balance Holistic Therapy. She will be looking at meditation and mindfulness and giving the students techniques they can use if they find they are nervous or unsure about the transition between primary and secondary school over the summer.

Other things that we offer students are a wellbeing mentor programme, we have a group of students trained in wellbeing and a group of staff that are also trained to mentor students and staff. If your child is feeling overwhelmed and wants some support within school they can meet one of our mentors who will be able to offer advice and guide them in the right direction to get the help and support they need. Sometimes all students need is some reassurance, especially as they begin at a new school. They can choose to see a teacher or student mentor, whoever they feel more comfortable with.

If you feel your child would benefit from this programme but you are unsure they will want to access a mentor themselves then you can email the school at BBS.WellBeing@taw.org.uk and I will make sure that they are given the opportunity to meet with a mentor.

We are here to ensure that your child has a positive start to their time at Burton Borough and that they continue to thrive whilst they are here. We feel that these measures will support them to be the best they can be.