

You are invited to our Mindfulness Parent Information Sessions



As part of a school-wide initiative to tackle the growing anxiety and suicide rates in New Zealand's youth, Tokomaru School use a classroom programme to build skills in practising mindfulness and in having a growth mindset.

The Pause, Breathe, Smile programme has proven, NZ backed, scientific research in reducing anxiety and depression. It is endorsed and supported by the Mental Health Foundation and the Ministry of Education.

Carol Dweck's work on Growth Mindset is also internationally recognised.

The combination of the PBS programme, promoting a growth mindset, disposition and, reflective inquiry are all factors of what you may have heard the children calling our Mana Rail.

Want to find out more?

We are running two information sessions on Wednesday 31st March 2021 at 3.30pm and Thursday, 1st April 6pm. Each session will run for approximately one hour. We will take you through the 'what and the why' of these programmes and to answer any questions you may have about our Mana Rail.

There will be a cup of tea and biscuits available.

Here are what some other parents have said after attending the session:

What an awesome initiative being implemented @ [Tokomaru School](#) ☐

To build skills in practising mindfulness and having a growth mindset is great value for Tamariki to acknowledge their feelings/also those around them, that it is ok and to form coping strategies when dealing with stress/anxiety in school, at home and through life.

Being a parent and sitting through this presentation this afternoon held at Tokomaru school highlighted my responsibilities and obligations I have and the awareness in gaining understanding for my tamariki.

The acknowledgement of the Te whare tapa wha model being utilised in this kaupapa in supporting mana enhancing practices for tamariki through their learning environment is a massive step in the right direction in having those conversations and empowering their thinking. [Fit2Live Group Fitness](#)

Just been to an amazing mindfulness presentation at the kids school that they are practicing in school daily....absolutely awesome.....I know I am going to personally use some of the techniques used and have already seen how it is helping our kiddies....strongly recommend you look into it for your kids school or even your family ☐☐ Lyndsay Fletcher

Please let us know which Mana Rail/Mindfulness session you would like to attend:

I would like to attend the session on Wednesday, 31st March 2021 at 3.30pm.

I would like to attend the session on Thursday, 1st April 2021 at 6pm.

Please return this slip to the school office by Tuesday 30th March 2021.