



Dear Parents and Caregivers

This term Greytown School will be launching the Pause, Breathe, Smile programme schoolwide. This programme is supported by the Mental Health Foundation of New Zealand and Southern Cross Health. Our teaching team took part in the one day training earlier in Term 1 in preparation and we are excited to get it up and running and see the positive impact it will have on our children and school.

Pause Breathe Smile is designed to teach kids the importance of emotion regulation skills, develop self-awareness and demonstrate kindness to others. It builds emotional literacy and resilience and helps our kids to develop a positive sense of connection to themselves, others and the natural world.

Research of the programme has shown improvements in calmness, reduced stress, increased focus and attention, increase in positive behaviour and compassion for self and others. This mindfulness programme will further strengthen our Hauora Summit value, our S.H.A.R.P Positive Behaviour Values and other initiatives we have in place school wide.

Pause, Breathe, Smile - Overview.

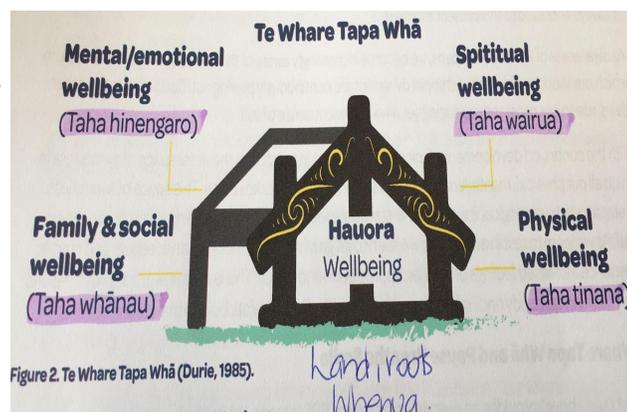
At the start of this programme in Week 1 every class will introduce Te Whare Tapa Whā and have this displayed in their classroom to refer to on a daily basis. This will help everyone to understand the connection between all aspects of Hauora/Well Being and the essential understanding and skills of being healthy and mindful.

Hauora - Te Whare Tapa Whā and Mindfulness

“Mindfulness practices for healing and wellbeing are associated with spiritual dimensions (Te Ao Wairua), the natural environment and elements (Te Ao Turoa) and drawn from Te Ao Kohatu (early time).

They allow us to remain in Te Ao Marama - the world of light and enlightenment, while coping with the stresses and strains of Te Ao Hurihuri - the ever - changing world. These practices need to be part of everyday life”.

- Hine Ora, Whai Ora, Mental Health Foundation NZ.



Pause, Breathe, Smile <https://pausebreathesmile.nz>

This programme will initially be launched in every class across the school for the next 7 weeks with more in depth lessons being taught. From here we will embed these practices into our daily learning routines on an ongoing basis.

Lessons we will be covering and putting into practice:

- 1) Practise mindfulness, what this is and how we can use it in our everyday lives.
- 2) Introduce the notion of two types of happiness. Explore what science says about happiness.
- 3) To foster the qualities of curiosity, appreciation, and engagement, which are essential attributes of mindfulness practise.
- 4) How to be attentive to what you are feeling and to recognise that everything we experience has a natural time course. Emotions - that they change and that mindfulness helps us to let them change.
- 5) Understand how the brain works. Recognise how our thinking changes just like our emotions and breathing do. To provide students with an understanding that thoughts are just thoughts and that they may not be an accurate reflection of reality.
- 6) Understand how kindness makes us healthier and happier. Be kind to ourselves and others.
- 7) Understand that mindfulness is about relationships. See how we are connected to the earth and to many other things.
- 8) Last lesson - students to complete the circle and draw everything back to the core practise of mindful breathing and to recognise the journey that we have all taken together.

In conjunction with this programme we are pleased to announce two important parent evenings that are free for all our families to attend. Please get behind these events by inviting your friends and family. They are too good to miss out and they are free!

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WHAT'S GOING ON?

Navigating the Adolescent Years

The adolescent years are an incredible time for change. So much is going on for our youth as they transition from children to adults. This session will outline the main changes that are physically happening in their brains and in their bodies. You will be amazed at what is going on, and it will make so much sense!

Understanding the changes, and how they affect our adolescents, will give you and increased ability to deal with the behaviour that results from them. Adolescence is an important time for increasing resilience, so this information will help you support them in this area too. The beauty of this session is that you can take the information and immediately apply it to your world. Reports of 'you have changed our household' and 'I get it now' are very common feedbacks from those who attend this session. Come along and hear how it can help you too.

Kathryn is a mother of two adolescents, with a Masters in Educational Psychology. She will explain what is going on in simple, real language. You will leave her session with practical tips you can use IMMEDIATELY.

Kathryn has been working in this area and training international audiences for over twenty years; working with groups such as Police, Teachers, Parents, Social Workers, NZ Rugby and many more. She also has a TEDx talk online - "Neuroscience of Device Zombies"

Come along to this unique, local opportunity to hear what might be the most useful information of your life!

LEARN WHAT TO DO IN THAT MOMENT OF CONFLICT

REAL 'TAKE HOME' STRATEGIES

IDEAL FOR THOSE WITH AGES 10+

EASY TO UNDERSTAND EXAMPLES

Thursday 20 May
7.00pm

ANZAC Hall
Featherston

Free Entry

Excellent presentation, loved the examples, easy to understand. Have heard some of the info many times before however the way you explained things CLICKED for me!
Parent (Whangarei)

The next event for **Raising Resilient Children** will be held on **Tuesday 15th June at 7pm** (Kuranui College Auditorium)

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Raising Resilient Children

What we can do – as parents and community – to help!

We use the word *resilience* all the time, we want it for ourselves and for our children. But what does it actually look like? And how do we develop it?

Understanding the neuroscience of how resilience develops, will help us recognise what we can do in our everyday lives and interactions, to increase resilience in our communities. This session will help you understand, in a simple yet sufficient way, how we can build resilience.

The beauty of this session is that you can take the information and immediately apply it to your world. Reports of 'you have changed our household' and 'I get it now' are very common feedbacks from those who attend this session. Come along and hear how it can help you too.

Kathryn is a mother of two adolescents, with a Masters in Educational Psychology. Kathryn has been learning and working in this area for over twenty years, training national and international audiences, including Police, Teachers, Parents, Social Workers, NZ Rugby and many more.

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