

2017-2018 Parent Teacher Discussion Series:

# Mindful in the Middle

"Mindfulness" - what does it really mean? We know it is a-buzz, but do we actually know what it is in practice and how it can really impact our lives?

As parents and teachers we are in a constant state of movement, juggling time and tasks. It is such a challenge to pause and be fully present where we are. Mindfulness practice is a very simple and accessible tool to support balance and is scientifically proven to reduce stress and increase calm and happiness. Through mindfulness practice in schools, teachers have found results to enliven their teaching and increase success for their students.

There will be three discussion events this year and the topics of the discussion events will be as follows:

**November 8th: How do we become mindful as individuals?**

**February 8th: How can we help our children and students to be mindful?**

**March 9th: How can we create a mindful community at JJMS?**

During our first event on November 8th, together, we will learn what the practice of being mindful is and spend some time exploring where it can support us by promoting awareness, presence, compassion, reflection, and inspiration – the inner resources we all need to help ourselves and our kids flourish, socially, emotionally, and academically.

*Please join us to support our growth and development as a JJMS community.*