



Stamford Green Primary School



19 September 2018

Dear Parents/Carers,

MindUP – 8.55am Brain Break

As mentioned in last week's newsletter the whole school has been learning about how the brain works as part of MindUP. The core practice of this, is that the children will be taking part in a brain break three times a day, to help them to stay calm, make good choices and be good learners.

During a brain break the children will learn to concentrate on their breathing in order to calm their body by slowing the heart rate, lowering blood pressure and sharpening focus. This will help them to manage times when they may feel stressed, anxious, worried or upset as they will be able to think first with their prefrontal cortex (owl) and plan a mindful response. The brain break will involve focusing on the sound of a chime and then their breathing.

As brain cells make stronger connections when we practise a skill again and again, the children will be doing the brain breaks three times a day: straight after the morning register, after lunchtime play and just before home time.

The brain breaks will be a quiet time in each classroom as we need to ensure the children can remain focused. In order for this to happen, any children who arrives at school after 8.50am, when the gates close, will do their morning brain break with a member of staff who is on gate duty. They will then join their class afterwards. As a quick reminder both the West and East Gates are open from 8.40am to 8.50am.

We are looking forward to starting this tomorrow so thank you for your support in ensuring your child arrives to school in plenty of time to join in this special start to the day.

Best wishes,

Miss Bidwell
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