

Governor Newsletter

SIR JOHN BARROW SCHOOL

May 2019

Mindful Play

At the start of this year SJB introduced Mindful Play as a lunchtime club for Key Stage 1 and 2. It has been very popular and many of the children have benefited from attending and learning new skills in which they can use in their everyday life.

Why Mindfulness?

Stress is a healthy and regular part of life and this includes childhood. However our children's lives are often full with doing afterschool clubs, homework, stress from exams, using technology frequently...when bed time arrives we then expect them to relax and go to sleep. However with so much going on this can be hard for children to do.

Introducing children to mindfulness is a way of teaching them how to relax and find calm in such jam packed days. The benefits of mindfulness can help children to:

- Relax their bodies
- Regulate their feelings
- Calm their minds
- Sleep better
- Develop self-esteem
- Learn to handle difficult situations better
- Develop kindness and compassion to others and themselves
- Learn ways to let go of worries and emotions



The children are introduced to the key ideas of mindfulness through play, which is a perfect combination of fun whilst learning.



New Parent Governor

We are pleased to announce and welcome aboard Louise Slee to the Governing Body. Louise is local to Ulverston and her son attends SJB. Louise has worked as a scientist and in Healthcare Management for 14 years. She is very keen to see the children achieve the very best they can and will be a fantastic asset to the SJB team to assist and support the school.

