

Dear parents and guardians,

We would like to inform you that as part of their regular classroom program, your child’s class is one of four that will be participating in ongoing activities involving ‘Mindfulness’ to enhance student well-being. Students in classes 6C (Ms. Moschella), 6D (Ms. Garcia-Yee), 6G (Mr. Davé), and 8D (Ms. Lugo) will have the opportunity to take part in various lessons this term on how to cultivate strategies that promote mindful living, including practices such as calm breathing techniques, mental focus and awareness, as well as how to manage stress and challenges on a daily basis. They will also have an opportunity to share their responses on how these strategies and tools may be helping them.

As outlined in the curriculum, students will be taught how to:

* explain how stress affects mental health and emotional well-being, and demonstrate an understanding of how to use a variety of strategies for relieving stress and caring for their mental health *(e.g., engaging in physical activity, listening to music, resting, meditating, talking with a trusted individual, practising smudging) (Grade 8)*
* apply personal skills and interpersonal skills *(e.g., self-awareness and self-management skills, including anger management; communication skills, including listening skills and assertiveness skills)* to promote positive interaction and avoid or manage conflict in social situations *(e.g., class­room groups, groups of friends, sports teams, school clubs) (Grade 6)*

At David Leeder, we believe that a healthy mind can lead to healthy habits and lifestyles and in alignment with the Peel District School Board’s action plan on Mental Health, we hope to support our students’ sense of well-being and resilience by providing them the right tools to ensure that they not only succeed academically, but also socially and emotionally as they develop along their educational and career pathways. Please know that their photo/video may be taken for the purpose of professional reporting, but all student information will be kept confidential. We thank you for supporting our program and your child’s well-being as they take part in this rich learning opportunity.

As always, please feel free to contact us at the school should you have any questions.

Sincerely,

Mr. Davé (ext. 304), Ms. Garcia-Yee (ext. 303), Ms. Moschella (ext. 302), and Ms. Lugo (ext. 501)