

Calma**class**

Dear Parent/Guardian,

I wish to inform you of an updated strategy we are using to support the growth of pupil positive mental health, together with building on personal academic achievement. All Staff in Newbuildings Primary have received "Calma**class**" training.

This is being used as a whole school approach and aims to:

- ❖ Introduce bite-size mindful awareness exercises to the classroom;
- ❖ Link regular physical and mental stress-relieving exercises;
- ❖ Empower Pupils with a "tool-kit" of techniques to help develop their personal and academic skills e.g. mindful breathing, self-massage, positive affirmations and awareness exercises.

Calmaclass** has been proven to be of benefit to Pupils by:**

- ❖ Reducing individual stress levels;
- ❖ Developing concentration skills;
- ❖ Improving classroom relationships;
- ❖ Promoting a positive learning atmosphere;
- ❖ Extending self-awareness and self-regulation;
- ❖ Boosting confidence and self-esteem.

Please talk to your child about these activities they are doing and encourage them to apply them at home.

Additional information and resources are available for you to access on-line.

Official website: Calmaclass** (in partnership with Relax Kids) Twitter and Facebook**

Kind Regards,

Joan Robb (Pastoral Care Co-ordinator)

