**Derbyshire and Derby City Mindfulness Project**

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**Information for parents and carers**

The school that your child attends has been chosen to take part in an exciting project which aims to introduce children, young people and school staff to mindfulness. The project which hopes to reach 4,000 pupils in Derbyshire and Derby City over the next 18 months has been commissioned by the NHS and is being managed by Derbyshire Educational Psychology Service.

Mindfulness involves paying more attention to what is happening right *now* with an attitude of curiosity and kindness. By learning to focus a little more on what is happeningnow and how we are feeling, we can learn to manage day to day difficulties and enjoy ourselves more.

The project will train teaching staff to deliver mindfulness to Year 5 and 6 pupils. Children will be taught by their own teacher or another teacher within the school. This is a universal intervention designed to support the emotional wellbeing of all pupils. The school will be using the Mindful Attention Programme (MAP) as a basis to introduce children to the practice of mindfulness. The programme has a good evidence base and parents can find out more about MAP and about the benefits of mindfulness from the website [www.psychologyforchildren.com](http://www.psychologyforchildren.com)

The programme consists of nine short sessions which are fun and designed to support children in developing skills which enable them to pay attention more effectively, cope with day to day stresses and strains, and get on better with each other. Children will also take part in short daily breathing practices of 3-5 minutes.

It is anticipated that the programme will start the week beginning 25th September 2017.

As part of the project the Educational Psychology Service has been asked to carry out research to look at the impact of the programme on children’s wellbeing, resilience and academic progress. For Year 5 and Year 6 pupils a member of the research team will visit the school to seek information from staff and children before the project starts, and once the mindfulness programme has been delivered.

Year 5 pupils will be asked to complete two brief questionnaires:

* The Sterling Scale
* The Resiliency Profile

Year 6 pupils will be asked to complete one brief questionnaire:

* The Sterling Scale

We will also seek information from the school about attendance. All information will be anonymised and no one will know the name of your child or school. Data will be used to report on the effectiveness of the project and to contribute to a research article.

It is up to you whether you want your child to take part in the research project. **We ask that you complete the enclosed consent form and return this to the school by the 11th September**. Your child will still be able to access the curriculum even if you decide that you do not want them to take part in the research.

The form only covers the research element of the project. If you do not want your child to access the mindfulness programme alongside their peers then please let the school know directly and alternative arrangements will be made for them.

If you would like more information about the project then please contact:

Dawn Davies Hull, Senior Educational Psychologist on 01629 533535

or

Katie Roots, Assistant Educational Psychologist on 01629 533815.

**Derbyshire Mindfulness Project parental consent form**

This is to certify that I/we:

* Understand the purpose for which my/our consent is being sought for my child to take part in the research element of the project.
* Agree that my child can work with a researcher (Educational Psychologist or Assistant Educational Psychologist) in a small group to complete The Sterling Scale and, if they are in Year 5, the Resiliency Profile. Data collection will take place in school.
* Understand that The Sterling Scale will be repeated at the end of the 9 week intervention for both Year 5 and Year 6 pupils. Pupils will also be invited to complete a questionnaire and to comment on whether or not they found the sessions helpful and enjoyable.
* Understand that the Resiliency Scale profile will be repeated for Year 5 pupils approximately six months after the initial administration.
* Understand that additional data will be sought from the school for Year 5 and Year 6 pupils in terms of attendance.
* Understand that all data will be anonymised and stored in a secure location, subject to data protection guidance.
* Am/are aware that the data will be used to report back to the local authority and may be used to contribute to a journal article.
* Am/are aware that I/we may withdraw consent at any time by contacting the research team on 01629 533535.

School:

Parent/carer’s Name(s) and Signature(s):

Child’s Name: