



Milford Haven Community Primary School

Newsletter 2, May 2021

Health and Wellbeing

A priority of Milford Haven Community Primary School over the past two academic years has been the health and wellbeing of its pupils and staff. All the teachers and some of our learning support assistants have trained in the 'Mindfulness in School Programme' in order to embed mindfulness into our approach to education and since returning from lockdown to introduce mindful moments into our school day. We are now regularly holding MMM (Milford Mindfulness Moments) with our classes.

We have been very fortunate to be supported in this whole-school strategy by Rachel Dean. Rachel is a senior teacher at Ysgol Bro Gwaun who is currently seconded to support schools throughout Pembrokeshire in developing Mindfulness.

During Mental Health Awareness Week and as part of our whole-school strategy we are delighted that Rachel is now able to extend her work to you as parents / carers and offer some Mindfulness sessions for you. Please see her invitation and poster below:

Calling all MHCPs parents and carers, you are warmly invited to attend a free mindfulness taster session at 7pm on Tuesday the 25th of May. During the hour-long session, we will explore the basics of mindfulness and you will be guided through a practice so that you can experience the benefits of mindfulness for yourselves.

If you would like to attend, please email: racheldean29@hotmail.com (simply saying 'I wish to attend the taster session'). We will then email you an access link in return. We

look forward to seeing you there. 😊



MHCPS Parents & Carers

BE KIND TO YOUR MIND

Learn the skill of mindfulness and how to give your
mind a few minutes of peace and calm each day

**PLEASE JOIN US FOR A FREE
MINDFULNESS TASTER SESSION
AT 7PM TUESDAY 25TH OF MAY**

Register by emailing
racheldean29@hotmail.com