

Key Stage 2 Developing Mindfulness in Primary Schools Project *12 places available*

An Invitation to develop Mindfulness within School
Apply by 5pm Monday 16th July 2018 - Extended to Friday 27th July

Bradford and Cravens Self Care and Prevention Programme (SCPP) recognises that investing in the health and wellbeing of children helps create healthy, resilient and independent citizens. This opportunity has evolved from testing a range of mindfulness based workshops with children, over the last two years, as part of a programme of work that the SCPP commissioned RIPEN to facilitate. The project provides an opportunity to develop and sustain mindfulness practice within your school setting.

Project Content

The project is co-ordinated by RIPEN and training is facilitated by the Mindfulness in Schools Project (a national charity). There are two stages to the training:

Stage One

Mindfulness for adults training for teachers / pastoral staff who will teach the mindfulness curriculum to children. (8 weeks x 2 hours online). This will take place between October - December 2018. In order to teach mindfulness to children adults need to practice themselves. To participate in Stage Two teachers/pastoral staff are required to have a personal daily practice on five out of seven days. Therefore, this is a real opportunity to develop your own practice and support children to develop theirs.

Stage Two

3 day Paws B curriculum training. PawsB is a leading mindfulness curriculum for children aged 7-11. Lessons are flexible and varied and can be taught as six one hour lessons or twelve thirty minute lessons. At the end of the course participants receive a six month free membership to the MiSP Teachers Network and all of the materials needed to start teaching the lessons. This will take place between April - May 2019.

Teachers / pastoral staff who already practice and have trained in mindfulness can enter the project at stage two.

Further information about PawsB and Mindfulness in Schools Project can be found here <https://mindfulnessinschools.org>.

Project Requirements

Training is fully funded. In return schools are asked to:

1. Facilitate two PawsB programmes before December 2019;
2. Offer a meeting space on at least one occasion to support training and meetings;
3. Support and participate within the evaluation process co-ordinated by RIPEN.

The Project reserves the right to reclaim the training costs from schools who participate and do not facilitate a PawsB programme before December 2019.

Project Timetable and Process

What	When
Complete application and submit to angela@ripens.co.uk	By Friday 27th July 2018
Applications assessed and decisions made	August 2018
Successful 12 primary schools notified	By 4th September 2018
Introductory session, meet and greet	Week Commencing 25th September
Adult mindfulness course commences (8 week x 2 hours online or face to face)	October - December 2018
Monthly get together supported by RIPEN online and / or in person to discuss and support personal practice and taster session in schools	January - March 2019
School staff complete 3 day PawsB programme	April - May 2019
School staff facilitate 2 PawsB programmes within school	May - December 2019
School staff and participating children, parents and carers evaluate the programme and its impact.	January 2020
RIPEN produces impact report.	March 2020

If you would like to discuss your participation in this programme further please do email angela@ripens.co.uk with times that are convenient to you for a discussion.