#### VINE TREE PRIMARY SCHOOL

DANE BANK AVENUE

CREWE

CHESHIRE

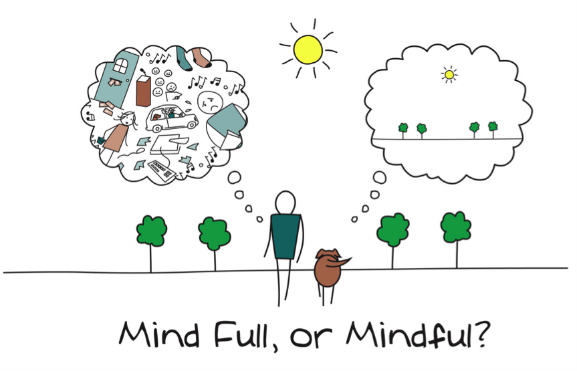
CW2 8AD

Headteacher

Mr Darren Locke Tel: 01270 661526

e-mail [head@vinetree.cheshire.sch.uk](mailto:head@vinetree.school.cheshire.org.uk) Fax: 01270 650367

or [admin@vinetree.cheshire.sch.uk](mailto:admin@vinetree.cheshire.sch.uk) (office)



**Mindful Mornings**

Dear Parents,

Yesterday we began a new and exciting initiative at Vine Tree that we are calling ‘Mindful Mornings’. Starting at 8:45am until 9:00am each class will take part in activities that have a mindfulness aim / theme.

***Mindfulness guides us in learning how to calm our minds so that we can live more in the present moment. By taking a few moments each day to tune into our bodies, breath, and mind, we are learning to stay present in the moment and to feel less stressed. The techniques and ideas we are utilising are scientifically proven to improve mental well-being and enhance learning.***

Additionally, at the same time as ensuring that all children have a calm start to the day that is centred on building and maintaining relationships, staff will be weaving in opportunities for maths problem solving skills, fine motor skills (which are essential for writing) and games that recap prior learning.

We would encourage all children to be in school promptly at 8:40am (the official start to our school day) each morning ready for the start to our ‘Mindful Morning’ at 8:45am.



Mr Darren Locke

Headteacher