



October 2021

Dear Parent/Guardian,

As a St. Brigid school community your child's class will be taking part in a social-emotional learning and mindfulness curriculum program called MindUP™ during this school year. MindUP™ is an evidence-based curriculum that fosters mindful awareness and self-regulation; enhances empathy, optimism and well-being; and promotes kindness and positive relationships. (see <https://mindup.org/>).

Over the past few years, the MindUP™ program has been implemented in 133 classrooms (in Kindergarten up to Grade 8) throughout the Halton Catholic District School Board (HCDSB) and will continue in several classes and schools this year. We are very excited to have MindUP™ at St. Brigid this year.

Please be sure to ask your child about what they are learning and how it is impacting their ability to focus and be in the present moment. We also encourage you to try the 'Core Practice' breathing exercise with your child (see enclosed information sheet for the script).

If you have any questions or concerns, please don't hesitate to contact Mrs. Raymond, Child and Youth Counsellor or your child's classroom teacher at 905-877-1779.

For more information about MindUP™ visit <https://mindup.org/>

Sincerely,

Ms. Odo

Principal

Mrs. Raymond

Child and Youth Counsellor