



# Mindful Moments: A Newsletter from Your Mindfulness Club

Dear Parents and Guardians,

At Winona, students in the Mindfulness Club are discovering the power of mindfulness—a practice that helps them manage stress, build emotional awareness, and improve focus. They will be sharing these tips and tricks throughout the school community, with weekly announcements, assemblies, contests and more. The goal is to help others learn to stay present and regulate their emotions.

We're excited to share these practices with families and encourage you to try simple activities at home like mindful mealtime, bedtime breathing, and gratitude circles. Together, we can learn to be a more mindful, present community.



## What Is Mindfulness?

Mindfulness means paying attention to the present moment with kindness and curiosity. It helps children:

- Recognize and regulate their emotions
- Improve concentration and self-control
- Build empathy and resilience



## What We Have Been Practicing

Our mindfulness leaders ran a draw this past month. Students were encouraged to answer one of the following questions:

- 1): What does Mental Health mean to you?**
- 2): Who is someone you go to for support?**
- 3): How do you help others when they are struggling?**

These are some examples of the students' answers:

- Talking to a friend, parent, teacher, or caring adult
- Have someone just be there, be told "I am ok/will be ok."
- Do something you like, learn and be positive to yourself and others.
- Tell others "You can do it," "are you feeling ok? Do you want to talk about it?"

- I can help by listening to them and getting support for them from an adult.
- Ask if they want a hug or making them laugh.
- It means to take care of your body, your mind and being kind to yourself.
- Mental health means taking deep breaths.
- Mental Health means taking care of yourself and others, having a healthy mind.

Our grade 8 mindful leaders, Alexia, Brooke, Jennifer, and Natalija ran a school wide virtual assembly and Mindfulness Kahoot game. They were such great hosts who created a fun and interactive experience for everyone. Special congrats to our winners:

1<sup>st</sup> Place..... Mrs. Beaton and her grade 3 class

2<sup>nd</sup> Place..... Mrs. Felice and her grade 3 class

3<sup>rd</sup> Place..... Mrs. Grochot and her grade 6 class



## Mindfulness at Home

You can support your child's mindfulness journey with a simple activity like:

### Five Senses Walk (Indoor or Outdoors)

As you walk together, pause and name the following:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste (or imagine tasting)

This allows everyone to anchor in the present moment, encourages curiosity, and sparks conversations.



## Student Reflections

Mar from 8C has said the following about mindfulness:

Mindfulness is more than thinking before you act, there's much much much more. This is what the mindfulness club is about.

Zoya from 5/6B recommends using the following strategies when you are feeling upset:

- Drawing and going on walks



## Stay Connected

We'll continue to explore mindfulness throughout the year. If you have questions or want to learn more, feel free to reach out to our Mindfulness Team:

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