

# DOG KENNEL HILL PRIMARY SCHOOL



**Dog Kennel Hill**  
**East Dulwich**  
**London SE22 8AB**

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Wednesday 7<sup>th</sup> September 2016

Dear Parents/Carers,

As part of our theme of striving for excellence this year we are delighted to inform you that we are adopting the Mind Up curriculum in all classrooms.

MindUP™ is an evidence based programme that teaches social and emotional learning skills for learning. This program is composed of 15 lessons based around the science of the way our brains work. Students learn to self-regulate behaviour and mindfully engage in focused concentration required for academic success. The lessons support improved academic performance while enhancing perspective taking, empathy and kindness as well as fostering complex problem solving skills. MindUP™ nurtures optimism and happiness in the classroom, helps eliminate bullying and aggression, increases empathy and compassion, while resolving peer conflicts in schools.

The lessons will take place during PHSE curriculum time and children will be taught to use what they have learnt in and out of the classroom. We hope that this will have a positive impact on your child and our school community.

There will be a parent workshop held during the Spring Term 2017; details of this will follow later this term. If you have any questions regarding the programme, or want to know more, the project webpage link is below:

<http://thehawnfoundation.org/mindup/>

If you have any questions please speak to your child's class teacher or myself.

Kind Regards,

Ms. Sarah Jowett

Deputy Headteacher

"Where Children Love To Learn"

**Creative**

**Aspirational**

**Resilient**

**Empathic**

**Respectful**