



Battle Primary Academy

Cranbury Road

Reading

RG30 2TD

10th November 2015

“Meditation has now been rolled out across the whole school from Nursery to Year 6. The impact has been substantial both in the children’s approach to situations and in creating a calmer atmosphere throughout the school. The children are now starting to use the approaches that Mike has taught them in their everyday lives and situations so that they pause and reflect rather than acting in an impulsive manner. The benefits of mediation and mindfulness are vast and it is something that we highly recommend.”

Louise Vymetal

SENCo at Battle Primary Academy