



Oxford Road Community School

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To whom it may concern

Since September 2013 Mike Sarson has been coming into our school to provide meditation sessions for our key stage 2 children. The impact of these sessions has been significant for both children and staff. Many of our children live in home environments that are disorganised and stressful and arrive at school anxious and lacking concentration. As a school we recognised we needed to provide opportunities for children to focus on their own feelings and well being and to have quiet, reflective moments.

Through the meditation techniques Mike has introduced, staff have recognised that they have helped their children to relax and focus better and have also helped them relax and focus better for the rest of the school day. They also feel the children are able to concentrate more effectively for the rest of the day. Through our behaviour tracking system we have also identified that on the days meditation has taken place far fewer children have demonstrated poor behaviour.

As a result of the positive impact meditation has had on our children, it is my intention next term to open up the meditation sessions for parents to come and observe. I hope that as a result of this they will begin to see how the meditation is benefitting their children. We may then be in a position where we can organise after school sessions for parents and children to attend together so that they may use this technique as a family.

With ever increasing difficulties of managing a healthy work life balance, I am acutely aware of my own staff well being and want to ensure that they have strategies to manage the daily pressures they face. As a result I would like Mike to introduce meditation to members of staff during an inset this term.

In a world of sensory overload as well as family and internal pressures, children need meditation as much as adults. They need to develop focus, manage their emotions and learn how to pay attention to their inside as well as their outside. I would like to express my thanks to Mike for his commitment and support for our children and school and look forward to continuing working alongside him to improve the well being of our children and families.

Yours sincerely

Claire Hurst
Headteacher

