

Mindfulness program at Lafayette Elementary

Have You Heard About our Mindfulness Program?

Mindfulness has been getting quite a lot of buzz in the media of late and Lafayette is right on the cutting edge of this trend. We have joined into a wonderful partnership with Minds Incorporated, a new non-profit dedicated to implementing mindfulness programs in DC area schools.

Since our mindfulness program has been part of Teaching Peace for the past two years we've been asked to serve as a model program for other schools. People interested in teaching mindfulness in schools have been coming to observe Peace classes to see how we do mindfulness at Lafayette. All of our visitors are astounded that we are able to devote so much time to mindfulness and peace education, that the children are so skilled at the practice, even the tiniest ones, and that the kids seem to enjoy it so much. They are envious of the vision of our principal and teachers to make time for mindfulness and peace education, and they are floored when I tell them that the Lafayette parent community makes this program possible through its generous financial support.

All of the students at Lafayette are practicing mindfulness either with me in their weekly Peace class or with Ms. Diesner in their twice a month peace class. Many of the classroom teachers have begun leading daily mindful breathing sessions with their classes, and several teachers have begun meeting on Friday mornings before school to practice mindfulness together.

We are very excited about mindfulness here at Lafayette! If you want to know more about this aspect of our peace education program, want to learn more about how you can practice mindfulness with your own child, or have any other questions please feel free to contact [me](#) or [Jillian Diesner](#).

Attached is a very brief article highlighting the amazing effects of a mindfulness program on a very low-income, high risk school in California.

<http://www.sfgate.com/opinion/openforum/article/Meditation-transforms-roughest-San-Francisco-5136942.php>

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