

COFFEE MORNING FEEDBACK

On 22nd November, we held a Coffee Morning about 'MINDFULNESS', so parents could learn more about the Curriculum Week. The feedback was overwhelmingly positive and I have collated some of your comments.

'Bousfield teaches children not only academics but VERY important and life-changing methods and techniques.'

'Thank you! Please keep using mindfulness.'

'This workshop was really interesting to discover how the school is concerned and I loved all the examples shared.'

'Fantastic, useful and well-presented. Congratulations for putting this initiative into the children's curriculum and for giving a session to parents.'

'I now have strategies and methods to practice mindfulness at home.'

'I learned how to establish what zone my child is in, how to make her aware and how to assist with getting her in to the green zone.'

'It is very important to be calm before we make an important decision.'

'My child loved this week and talked at home about yoga and breathing a lot!'

'Just a big thank you for helping our children.'

Ideas for future coffee mornings:

'What do children need most from their parents (if time is short)?'

'Mindfulness 2, then 3...more of it!'

'Maths'