



Positive News Term 3 2016

Snippets

The positive education committee welcomes Cassandra Budge to the team

Changes are being made to the wellness dashboard to make it more user friendly

Mental health week awareness at gmas is week 10

Download the wwcmm2 app on your iphone, ipad and android for easy access to a simple mindfulness tool.

Have a positively Perfect holiday break

POSITIVE EDUCATION PARENT EVENING

We were very excited with the positive response from our parenting community in regards to the information evening. We are developing our resources to enable positive networking and symmetry of delivery of mindfulness practices across our school and at home if families wish to use the practice together.

The scientific evidence supporting mindfulness practices is over whelming.

MINDFULNESS ACROSS GMAS USING WWCM2 APP

Creating a unified mindfulness practice across our community.

A study performed at Stanford found that an eight week mindfulness course reduced the reactivity of the amygdala and increased activity in areas of the pre-frontal cortex that help regulate emotions, subsequently reducing stress. Similarly, researchers from Harvard University discovered corresponding changes in the physical structure of the brain with a similar meditation course; evidence that meditation serves as a realistic and maintainable stress management technique.

People who regularly practice mindfulness meditation report feeling less stressed and more emotionally balanced.

The reason is that, as you continue to meditate, your brain physically changes. Using brain imaging techniques, neuroscientists have observed shifts in the threat system of the brain.

Goals for Term 4

We look forward to our Positive Education Community Information Evening

2nd November 2016

7.00 arrivals for a 7.15 start

We also look forward to developing our new team for 2017.

Resources for Parents

<http://www.headspace.com/science/meditation-for-stress>

<http://www.smilingmind.com.au/>

http://www.gmas.wa.edu.au/dashboards/wellness_dash.html

Whole School Character Strength Christmas Tree Challenge!

Each home room will be asked to create a class Christmas tree using their character strengths the design is completely up to them. We expect some magical trees decorating our school during term 4.



Reference:

Tang, Y. Y., Tang, R., Jiang, C. & Posner, M. I. Short term meditation intervention improves selfregulation and academic performance. *J. Child Adolesc. Behav.* 2, 4 (2014).

Hölzel, B., Carmody, J., Vangel, M., Congleton, C., Yerramsetti, S., Gard, T. & Lazar, S. (2011) Mindfulness practice leads to increases in regional brain gray matter density. *Neuroimaging.* 191. 3643.

Goldin, P. & Gross, J. (2010). Effects of mindfulnessbased stress reduction (MBSR) on emotion regulation in social anxiety disorder. *Emotion.* 10, 1. 8391.