



Pilot Mindfulness Meditation Australia

Do you want to improve your students' focus, attention and emotional regulation? Are you considering using mindfulness with your students? Would you like to be part of a research project examining the benefits of mindfulness at school?

Background

Mindful Meditation Australia (MMA) is a philanthropic not-for-profit organisation committed to improving mental, emotional and physical wellbeing through evidence-based mindfulness and meditation programs. MMA has developed a whole of school mindfulness program that is being rolled out in schools across the state. MMA is partnering with Curtin University to build an evidence base regarding the benefits of implementing mindfulness programs with children in a whole of school approach.

The pilot aims to answer the following questions:

What impact does regular brief mindfulness-based meditation - implemented as part of the daily primary school classroom routine over the course of one term - have on:

- i) students' emotional self-regulation, mental wellbeing, school connectedness/belonging, school engagement;
- ii) students' focus and attention;
- iii) student behaviour and teaching time devoted to behaviour management issues; and
- iv) effective on-task teaching time (i.e. engagement in class)

Who will take part?

MMA will provide training to the whole school free of charge and will support the school over the course of one term to implement mindfulness as part of their day-to-day routine. Once established, mindfulness activities take only a few minutes per day.

We are looking for primary schools within the Perth metropolitan area that are interested in implementing a whole-school mindfulness practice. One class from the school, preferably a Year 5 or Year 6 class, will participate to evaluate the impact of the program.

What the school will receive

- Complimentary training in MMA's Mindful Education program (all parts)
- Support to develop a whole of school approach, a part of MMA's Recommended Pathway
- Access to MMA's program resources, curriculum and online hub

What we ask of the school

- Commit to a whole-of-school implementation of the program during Term 3, 2022
- Support for the research by allowing access to selected staff to participate in interviews about the program
- Support from staff and students to undertake questionnaires before and after implementing the program
- Willingness to partake in any media opportunities that may arise, to promote the pilot study and MMA in general
- Assist MMA with obtaining permission from parents of students appearing in any photos/videos (to be used for marketing and promotional purposes)

To register your school's interest, please complete the following application form and return it to the email address at the bottom of the page.

**Application to participate in the Curtin University and Mindful Meditation Australia
(MMA) Research Pilot**

Applications close 5pm, Friday 20 May 2022

For this research, we are looking for schools that are interested in mindfulness but have not undergone training to implement a whole of school approach.

Please complete all of the questions below and submit the application to:

Professor David Lawrence, School of Population Health, Curtin University
david.lawrence@curtin.edu.au

Questions:

- 1. What is the name of your school?**
- 2. Contact person or people from your school leadership team that will assist.**

Name:

Title:

Contact:

- 3. Does your school currently participate in mindfulness and or meditation activities? Yes No**
- 4. If you answered yes to question 3, please briefly explain the activities you undertake, how long you have been practising, and to what degree the practice is happening across your school.**

- 5. Is mindfulness and meditation something your school is interested in expanding or starting? If you are interested briefly explain why.**

- 6. Is your school's leadership team largely supportive of these practices being implemented? Please explain what actions support this.**

- 7. Would your school be available to support and/or participate in all aspects of the MMA Recommended Pathway as defined below?**
 - A whole-day workshop with all school staff ((can be broken up into two half-days)
 - A follow-up half-day session with the selected project team
 - Select two wellbeing champions from your school to attend the Mindful Me program (whole-day)
 - Assist with an after-school information session for families, including help with providing a suitable facility at the school and promoting the session
 - Host MMA trainers for a follow-up session with small groups of staff (during or after school) as required
 - Host Curtin researchers on 2-3 occasions across one term to measure results during Term 3

Name:

Position:

Date:

Principal or Deputy Principal signature:

Please return form to:

Professor David Lawrence

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david.lawrence@curtin.edu.au