



What's Happening at Reed?

Read a note from a few of our Reed teams...

Reed Community Time Team

Reed is a special place to be! Every Friday afternoon, the whole school comes together to share our learning, celebrate special events and each other's accomplishments, and sing favorite songs from music class. Students practice **mindful breathing** and **whole body listening**. We are learning names of all the teachers who keep us safe at Reed school, and how to keep our playground safe and respect our shared equipment. We have met our Kimochis Characters and begun our first Kimochis challenge "Use Friendly Signals." Friendly faces make friendly places! Some of our 2nd grade classes have shared songs that help us understand concepts of counting by 5s, short and long vowel sounds, color names in Spanish, and joining the the Run for Reed on Friday, October 12!



Reed Social Emotional Learning Team

We have begun our in-class mindfulness lessons (thank you PTA) and school-wide mindfulness moments during Community Time. We are learning that Mindfulness is paying attention to what is happening right now. As a community, we are learning strategies, such as deep breathing and feeling grounded to help us become more mindful in our daily activities. See below for a copy of the Mindfulness parent letter.



Reed Special Events Team

On September 26 Reed School celebrated Character Day. Students participated in a variety of lessons focused on identifying and naming character traits.

STEAM Team

STEAM lessons have been focused on the principles of engineering. Kindergarten students are building simple machines with Legos. 1st grade students are building a drumming monkey that can be coded to drum a variety of patterns. 2nd grade students are building a movable robot that can travel around the room after being coded from an iPad.

September 21, 2018

Dear Parents,

Mindful Classroom has been invited to give mindfulness lessons at Reed this fall. Every student will be participating. Each classroom will receive 16 visits over the next couple of months. The teachers are Liz Keefe, who taught music at Reed for many years, and Lisa Allen, who teaches music part-time in San Francisco. Both Liz and Lisa have extensive training in mindfulness and many years teaching elementary students.

Mindfulness can be defined as “paying attention to what is happening in the moment.” The mindfulness lessons are secular. A typical lesson starts with a minute of mindful breathing, and continues with songs, stories and engaging activities. The goal is to leave the teacher and students with an array of activities that they can continue on their own.

Key Benefits of Mindfulness for Students:

- increased focus
- emotional regulation
- increased compassion and empathy

Lesson Topics Include:

Attention and Regulation Skills – We practice some simple regulation and attention skills so that students can learn to help themselves when they feel difficult emotions or are distracted.

Mindful Ethics – How do we treat each other, speak to each other and care for one another? How can we nurture generosity and gratitude?

Brain Science – How do the amygdala, hippocampus and prefrontal cortex function? How does mindfulness affect the brain?

For more information about **Mindful Classroom** or for more details about the teachers, you can visit the website listed below. Please let us know if you have any questions. It’s a pleasure to be at Reed!

All the best,
Liz Keefe and Lisa Allen



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