Mindfulness Matters at HMS!

**Mindfulness** means paying attention in a particular way on purpose in the present moment non-judgmentally

Research shows that...

- students who use mindfulness before an exam perform better than students who do not
- mindfulness helps improve performance on standardized tests
- mindfulness can improve concentration
- mindfulness can help with anxiety, stress, and depression by improving self-regulation

This School Year at Hammarskjold...

- students will be introduced to the concept of mindfulness and its benefits relative to academic, social, and emotional success
- periodic brief exercises on the morning announcements will bring awareness and focus to the tasks of the school day
- staff will reinforce the concept of mindfulness in the classroom by prompting students to be mindful of their tasks, surroundings, and materials

What can you do?

- Encourage your child to use techniques taught to re-focus on the present moment
- Ask your child about what he/she has learned about mindfulness
- Use the Own Your Success checklists that were sent home and available on the virtual backpack to guide your child’s academic, social, and emotional growth.
- Practice with them!

Contact the Student Services Office at 732.613.6845 with any questions related to Mindfulness at HMS.
Hammarskjold students own their success...

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