**2020 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 educational 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 The University of Western Australia (UWA) 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’ self-regulation, focus and attention.

ii) student behaviour and teacher’s time devoted to behaviour management.

iii) effective on-task teaching time.

**Who will take part?**

MMA will provide training to the whole school free of charge (full offering $5,700) 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 Independent Primary schools within the Perth metropolitan area who 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**

* Training in MMA’s program (all parts)
* Support to develop a whole of school approach
* 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 for one term
* Support for the research through access to selected staff to participate in interviews about the program, and support from staff and students to undertake questionnaires before and after implementing the program.

To register your schools 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 University of Western Australia (UWA) and Mindful Meditation Australia (MMA) Research Pilot**

**Applications close 5:00pm 3 July 2020**

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 either email address listed on the next page before 5pm on 3 July 2020.

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

Name:   
Title:   
Contact:

1. **Does your school currently participate in mindfulness and or meditation activities?** Yes No
2. **If you answered yes to question 3. Please briefly explain the activities you undertake, how long you have been practicing and to what degree the practice is happening across your school.**
3. **Is mindfulness and meditation something your school is interested in expanding or starting? If you are interested briefly explain why.**
4. **Is your school’s leadership team largely supportive of these practices being implemented? Please explain what actions support this.**
5. **Would your school be available to participate in all parts of the training as defined in UWA’s research brief and below? Please confirm you are willing to help UWA and MMA facilitate:** 
   * A full-day training session with all primary staff (one whole day or broken up)
   * Help organise an after school family information session (obligation free for parents)
   * Host MMA trainers for a follow-up session with small groups of staff (during or afterschool)
   * Host UWA researchers on 1-3 occasions across one term to measure results during term
   * Provide previous year data to potentially help map changes across multiple years

**Name:  
Position:   
Date:**

**Principal or Deputy Principal signature:**

**Please return form to**

David Lawrence

Graduate School of Education     
T +61 8 6488 3017  •  E [david.lawrence@uwa.edu.au](mailto:david.lawrence@uwa.edu.au)

Or

Brayden Zeer

Mindful Meditation Australia  
T  0438 810 111 •  E [brayden@mindfulmeditationaustralia.org.au](mailto:brayden@mindfulmeditationaustralia.org.au)