

St Levan Primary School
where all children SHINE...for life

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Dear Families,

As many of you will be aware, I was previously Head of Education and Training with Mindfulness in Schools Project before joining St. Levan as Headteacher. I've seen firsthand the positive impact that this can have on children and young people (as well as the adults that work with and care for them). The attitudes and approaches of mindfulness are well aligned with the values of St. Levan Primary School.

I am planning to teach **Paws b** to Years 3, 4 and 5 after February half-term (more information about this below). This will also give Miss Finch some dedicated time to work with Year 6. I will teach a shorter course to Year 6 in the summer term (.breathe).

Years 3, 4 and 5 will be learning about mindfulness once a week as part of a 12 week classroom-based curriculum called **Paws b**. More information about this can be found [here](#).

You may have heard of mindfulness or read some of the recent media coverage about it. A great deal of this media interest has arisen as a result of the growing body of rigorous research evidence regarding the potential benefits of mindfulness for young people. These include randomised control trials and neuroscientific studies.

As Professor Katherine Weare (Emeritus Professor, Southampton and Exeter Universities) observed in her award-winning research summary: [Evidence for the Impact of Mindfulness on Children and Young People](#), schools who engage in mindfulness are likely to see 'beneficial results on the **emotional wellbeing, mental health, ability to learn** and even the **physical health** of their students.

The classroom-based mindfulness curriculum being offered - '**Paws b**' - is a classroom-based curriculum for children aged 7 -11 and is offered formally as a series of lessons which often sit well alongside National Curriculum subjects and in the children's everyday lives. The Paws b course was created by experienced primary school teachers, mindfulness experts and [research scientists](#).

During the course they will be learning about many things, including:

- Specific areas of the brain and how these affect our ability to **focus, make good choices, recognise when we need to steady ourselves** when our body or mind is busy or out of balance.
- Ways that mindfulness can support them in many day-to-day activities, including **concentration** and **memory, behavioural self-management**, and in **relationships with family and friends**.
- Ways to respond rather than react – and therefore make better choices and take best care of themselves and others.

The feedback from children who have previously taken part in **Paws b** is very positive. They report enjoying the lessons and find the learning supports them in a broad range of situations from being able to concentrate and focus more easily in school to helping them feel calmer in exams and competitions. Many have described sharing the learning with other family members and finding it helps them with their relationships with family and friends.

You can see a summary of feedback about **Paws b** from students here: [Impact Data - Mindfulness in Schools Project](#)

Should you be interested in reading further about the body of research evidence around mindfulness for both young people and school staff, you may find more information here: [The Evidence - Mindfulness in Schools Project](#)

If you have any questions about any of the above, please don't hesitate to contact me.

Many thanks,

Ben Chalwin

Headteacher