



Greetings from Bluearth

Your child/children may have mentioned Bluearth or you may have seen the Bluearth Coach out in the playground over the past few weeks and wondered what it was all about.

Bluearth is a movement and activity based program that uses the joy of movement to help children better understand themselves, peers, teachers and the important relationships that exist between them. In an inclusive and fun environment students experience a range of individual, partner and group activities to improve posture, function, self awareness and mindfulness. This helps build lifelong habits in physical activity and movement that is so important for children's development, health and wellbeing. With skilful guidance and reflection, amazing results have been achieved.

Bluearth provides on the job training for teachers so that the program can be sustained long term within the school. The Bluearth Coach will be working with teachers and their classes on a regular basis – please feel free to speak with them if you would like to know more about the program – or join in.

You might also like to visit the Bluearth website www.bluearth.org and look at our parents section for more information and activities for the whole family. We also encourage you to read some latest research in how mindfulness improved children's learning: <http://time.com/3682311/mindfulness-math/>

