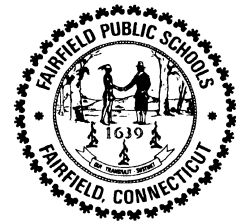


# ***ROGER LUDLOWE MIDDLE SCHOOL***

689 Unquowa Road

Fairfield, CT 06824-5010

Phone (203) 255-8345 - Fax (203) 255-8214



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Megan Tiley, Principal  
Ian Banner, Assistant Principal

Steve DeAngelo, Dean of Students  
Karin Shaughnessy, Assistant Principal

## **PRINCIPAL'S MESSAGE**

February 23, 2018

Greetings RLMS Parents/Guardians:

*What is Mindfulness?*

*Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us. (Mindfulness.org).*

RLMS will begin "**Mindfulness Mondays**" during our Flex/Homeroom period. The entire student body and staff will be participating in mindfulness activities for approximately 3-5 minutes. Our hope is to improve body awareness, regulation of emotions, and regulation of attention. Teaching mindfulness can help us experience less stress, anxiety and depression as well as improved cognitive functioning.

Students and staff have viewed a mindfulness introductory video this past week. It is imperative that everyone in the building stop what they are doing to participate (students, teachers, administrators, custodians, secretaries, kitchen staff, etc.). We are asking students and parents arriving late to wait at the entry door until the mindfulness session ends (approximately 8:30-8:34). We will have a sign posted on the door and will "buzz" people into the building as soon as possible. We appreciate your help in support in our mindfulness effort.

Do not hesitate to contact me if you have any questions regarding upcoming events at Roger Ludlowe Middle School. GO BULLDOGS!!

Warm regards~

Megan Tiley  
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