



2 June 2017

To Whom It May Concern

In 2016, a group of Onehunga High School students and staff benefited from a Mindfulness and Yoga pilot programme, led by Kristina Cavit of the Kindness Institute. The open and respectful approach of Kristina and her colleagues, combined with the accessible programme content, has had very positive outcomes for everyone involved.

Consistently, participants reported:

- improved ability to relax
- decreased stress levels
- increased appreciation of self and others
- increased respect for self and others
- successfully applying techniques to reduce anxiety/anger
- greater connectedness

Every student and staff member involved, stated that this programme has been helpful and that they would like to continue with it.

In 2017, some of our students have taken the opportunity to undertake further Mindfulness workshops provided by Kristina out of school hours. Students involved have now talked with our entire Year 9 cohort about their experiences, and of their own volition, have begun to teach mindfulness to these students. Interest from students is sufficient to now begin a mindfulness club at school.

Students and staff continue to benefit greatly from the work of Kristina and the Kindness Institute, and we all appreciate the positive difference that this makes.

Yours faithfully

Deidre Shea  
Principal