

Meditation & Wellbeing: *Promoting Holistic Wellbeing in Primary Schools*

Primary schools in Kildare and Leighlin diocese are being encouraged to introduce the whole-school practice of meditation in their school. This school year saw ten new schools adopt the practice and it is hoped to double that figure over the next school year.

Dr Noel Keating offers a free 90-minute in-service to schools throughout the school year and he can be contacted at any stage via mnkeating@gmail.com to book a date with him. Noel, together with Bryan O'Reilly, will facilitate **an EPV approved Summer Course** again this year from **03-07 July 2023** which is very conveniently located for Kildare and Leighlin schools, in Ballyshannon NS, which is just a 6-minute drive from Exit 2 (Kilcullen) on the M9. **Places are limited to 20 participants, so early booking is advised.**



This highly engaging course will provide evidence-based research which **will enable you to practice holistic well-being activities across a range of subjects in the primary curriculum** for the mutual wellbeing of teacher and child.

All participants will receive **a free copy of the book 'Meditation with Children'** as well as a copy of the **accompanying CD** and access to a wide range of **additional, practical resources.**

A core aim is to enable teachers to **effectively integrate** meditation and mindful activities into their own lives and **into classroom planning and practice** across the curriculum. There will be a specific focus on **music, the visual arts, physical education,** and **SPHE** to support and enhance learning in the classroom.

The venue, Ballyshannon National School, offers modern facilities in an ideal location, situated just a 6-minute drive from the Kilcullen exit on the M9.

Registration through Kildare Education Support Centre: [click here to register](#)