

Mindfulness Class for WHS Students



WHS will be again be offering Mindfulness Classes during the school year. The seven session class will be offered each term. The class will meet on Wednesdays during the last 40 minutes of class and will rotate between 1st, 2nd, 4th blocks and MyTime. The first class will start on September 20.

Mindfulness – non-judgmental, present-moment awareness – is a powerful, research-based practice that can help teens reduce stress and anxiety, and improve focus and concentration. The mindfulness class consists of seven sessions in which students will learn basic mindfulness practices and develop strategies for self-care and stress reduction. Topics will also include: working with difficult thoughts and emotions, managing test anxiety, and cultivating kindness and empathy. The class is open to all interested students, and will be taught by Sarah Rudell Beach, a former WHS teacher and Mindful Schools Certified Instructor and coordinated by Becky Halvorson, WHS Social Worker.

If your child is interested in the course, have them contact their alpha/floor team social worker:

Alison McKernan, (A-HAL) 763-745-6712; alison.mckernan@wayzata.k12.mn.us

Cali Fielder, (HAM -OR) 763-745-6662; cali.fielder@wayzata.k12.mn.us

Becky Halvorson, (OS - Z) 763-745-6661; becky.halvorson@wayzata.k12.mn.us