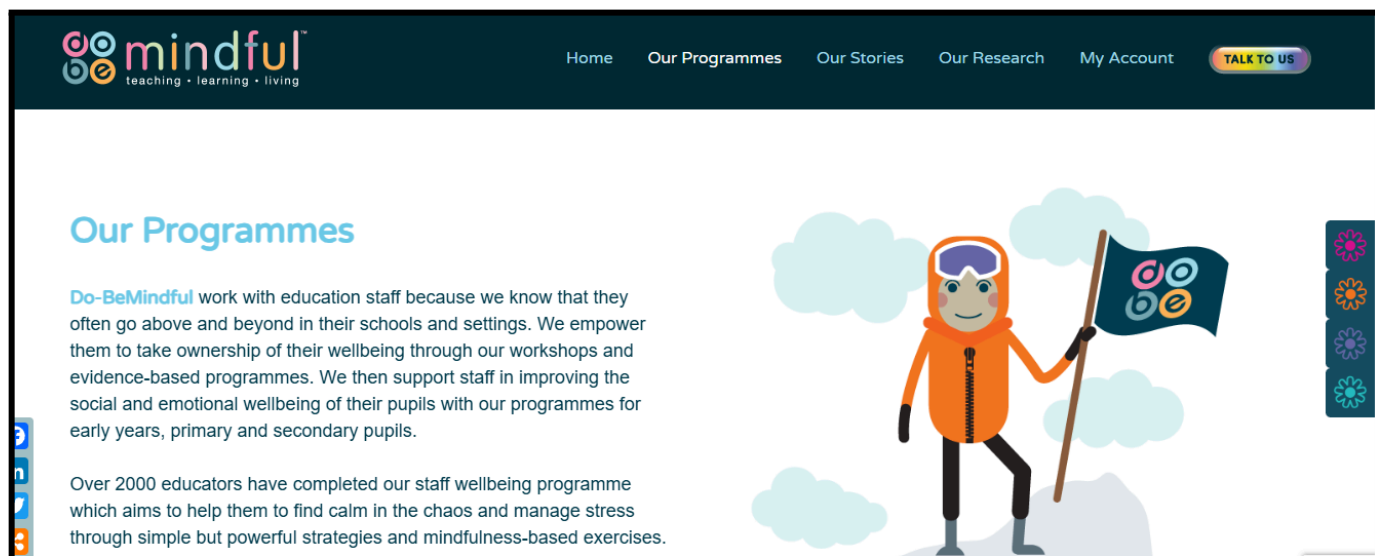
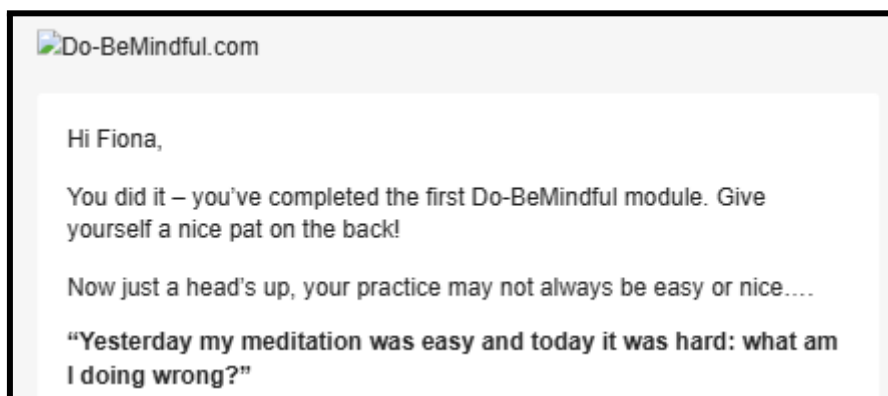


Appendix 8

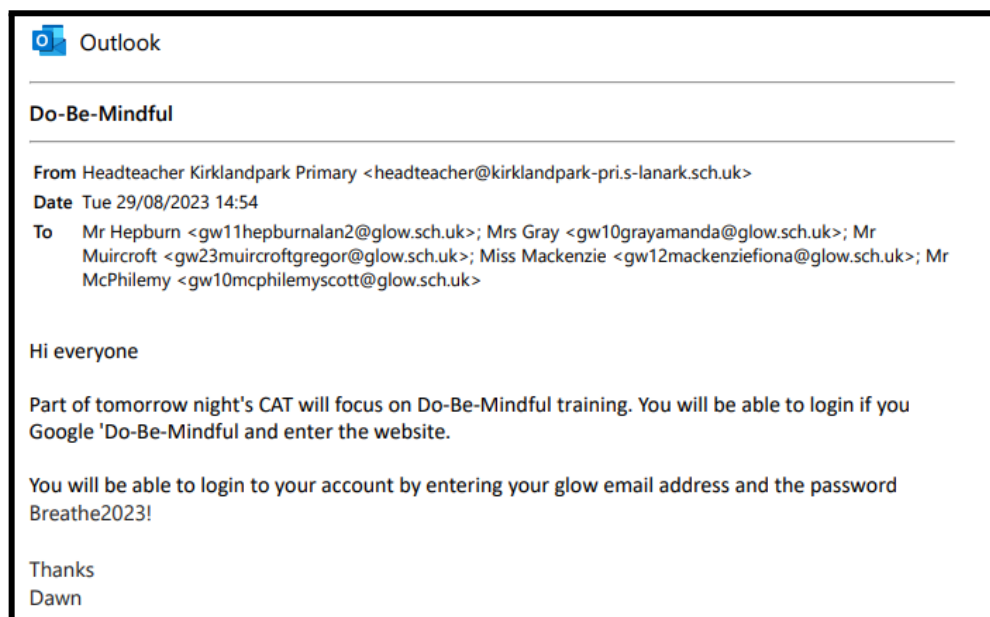
Staff are continuing their Do Be Mindful CLPL, focusing on improving the social and emotional wellbeing of our pupils. The programme supports staff in empowering pupils when managing their stress, using powerful calming strategies and mindfulness based exercises.



The screenshot shows the Do-BeMindful website. The header has a dark blue background with the logo on the left and navigation links (Home, Our Programmes, Our Stories, Our Research, My Account) in the center. A 'TALK TO US' button is on the right. The main content area has a light blue background. On the left, under the heading 'Our Programmes', there is a paragraph about working with education staff and a statistic: 'Over 2000 educators have completed our staff wellbeing programme'. On the right, there is an illustration of a person in an orange hoodie and goggles holding a flag with the Do-BeMindful logo. A vertical sidebar on the far right contains four colorful flower icons.



The screenshot shows an email interface. At the top, it says 'Do-BeMindful.com'. The email body starts with 'Hi Fiona,' followed by a congratulatory message: 'You did it – you've completed the first Do-BeMindful module. Give yourself a nice pat on the back!'. It then says 'Now just a head's up, your practice may not always be easy or nice....' and ends with a quote: '“Yesterday my meditation was easy and today it was hard: what am I doing wrong?”'.



The screenshot shows an Outlook email. The header says 'Outlook'. The email is from 'Do-Be-Mindful'. The 'From' field is 'Headteacher Kirklandpark Primary <headteacher@kirklandpark-pri.s-lanark.sch.uk>'. The 'Date' is 'Tue 29/08/2023 14:54'. The 'To' field lists several recipients: 'Mr Hepburn <gw11hepburnalan2@glow.sch.uk>; Mrs Gray <gw10grayamanda@glow.sch.uk>; Mr Muircroft <gw23muircroftgregor@glow.sch.uk>; Miss Mackenzie <gw12mackenziefiona@glow.sch.uk>; Mr McPhilemy <gw10mcphilemyscott@glow.sch.uk>'. The body of the email starts with 'Hi everyone' and then says 'Part of tomorrow night's CAT will focus on Do-Be-Mindful training. You will be able to login if you Google 'Do-Be-Mindful and enter the website.' It then says 'You will be able to login to your account by entering your glow email address and the password Breathe2023!'. It ends with 'Thanks Dawn'.