

media release Wednesday 15th November

Brighton's Dharma Primary School announced as winner of the national 'ISA Award in Excellence and Innovation in Pupils' Mental Health and Wellbeing'.

The [Dharma Primary School](http://www.dharmaschool.co.uk) has been recognised at the recent [ISA Awards](#) as a leader in the development of mental health and wellbeing initiatives in UK schools. The ISA Awards Judges commented: *"The Dharma Primary School is a trailblazer in forward-thinking methods of ensuring pupil wellbeing. For the last 23 years they have built their ethos around the practice of meditation and mindfulness, long before it became a buzzword in education. The children are clearly engaged in mindfulness and it runs seamlessly through the school, with staff, pupils and parents fully involved. The impact it is having is clear."*

The Independent Schools Association (ISA) hosts its annual awards every November as a celebration of the breadth of quality and provision across the country, and recognising the very best of independent school education in England.

Clare Eddison, headteacher at the Dharma Primary School, said: *"As a small, independent school we are thrilled to have won the prestigious [ISA Award for Excellence and Innovation in Pupils' Mental Health and Wellbeing](#). Mindfulness is currently a buzzword in education, but we have decades of experience with this approach and, crucially, as an integrated and embedded part of our ethos and curriculum. Through daily meditation and mindfulness practices, we encourage children to cultivate focus, self-reflection and kindness which in turn helps develop their resilience and self-esteem. They are able to draw upon mindfulness practices to help with overcoming obstacles in their learning, resolving peer disputes, and boosting their wellbeing. Our core aim is that our pupils leave school happy, that they love learning and excel academically. This enables them to make a successful transition into secondary education."*

Watch our video clip, ['How does mindfulness make you feel?'](#) to find out why our students love our ethos!

The Dharma Primary School's next [Open Morning](#) is on Friday 24th November. For more information and to book, call the school office on 01273 502055.

The school is also running a public workshop on Saturday 25th November, [Managing Your Mind: Tips and tools to stay cool in school](#) for children in Years 5, 6 and 7 — bookings via eventbrite.co.uk.

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