

MODERN MEDITATION AND MINDFULNESS FOR SCHOOLS

Nurture your learners developing minds and support their emotional wellbeing and resilience for life



IT'S TIME TO X-HAIL!

Our X-HAIL Kids sessions make relaxation, meditation and mindfulness easy, fun and enjoyable for children aged 4-17.

Each class includes our ground-breaking signature X-HAIL techniques and unique meditation method which was devised by an ex-teacher to boost children's resilience, confidence, and attention span; encourage a growth mind set and

mindfulness, and support their emotional health and wellbeing for life.

“Children need their inner world to be quiet and calm often enough to hear themselves. That quiet need not be silent or still; we make sure it is magical, fun and inviting for them, but just imagine the world we could create if every child grew up knowing exactly who they were from the age of 4.”

Charlotte Collins, X-HAIL Founder.



WHY DOES MEDITATION AND MINDFULNESS IN SCHOOLS MATTER?

Impact on Inspection

Following the increasing focus on the promotion of the emotional wellbeing of learners, as seen in the Ofsted Inspection Framework 2019 and in Statutory Guidance for Relationships Education, RSE and Health Education (February 2019), there has never been a better time to build meditation and mindfulness into your curriculum, in order to not just meet, but exceed these new expectations.

The following extracts from the Department for Education's Statutory Guidance for Relationships Education, RSE and Health Education (February 2019), are those expectations that X-HAIL KIDS programmes are specifically aimed at achieving:

Pupils should know:

- That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- Simple self-care techniques, including the importance of rest.

X-HAIL KIDS programmes have been designed to support the attainment or maintenance of the grading of **OUTSTANDING** from OFSTED as this extract from the inspection framework demonstrates:

Outstanding Schools: The curriculum and schools wider work supports pupils to develop resilience, confidence and independence and lead a healthy and active lifestyle, helping them to know how to keep physically and mentally healthy.

Impact on attainment and achievement

What educators see in their children following implementation of meditation and mindfulness practices

- 83% improved focus
- 79% improved engagement
- 89% better emotional regulation
(Reference. Mindfulschools.org)

Impact on Mental Health and Wellbeing

- 10% of children and young people aged 5-16 have a clinically diagnosable mental health problem.
- 70% of children and adolescents who experience mental health problems have not had appropriate intervention at a sufficiently early age.
(Reference: Mental Health Foundation)

At X-HAIL, we believe that implementing meditation and mindfulness in your school could help improve these figures.



THE BENEFITS OF X-HAIL CLASSES FOR CHILDREN

- Increased cognitive performance: ability to pay attention and focus/make decisions/respond flexibly.
- Positive development of executive functioning skills.
- Reduction in stress and anxiety.
- Reduction in sense of tasks and time pressure.
- Better mental health: less distress/less negative emotion/less anxiety/less depression.
- Greater wellbeing: improved self-confidence/ improved self-efficacy/ improved self-compassion.
- All of which contribute to attainment and achievement.

(Reference: Mindfulness in Schools Project)

THE BENEFITS OF X-HAIL INSET TRAINING DAYS AND WELLBEING RETREAT DAYS FOR TEACHERS

- 77% more satisfied with their jobs
- 80% deliver the curriculum with more ease
- 82 % connect better with students.

(Reference: mindfulschools.org)

- Positive impact on health
- Positive impact on attendance
- Significant reduction in teachers stress levels.

(Reference: Manus et all 2001)

- Enhanced job performance
- Improved classroom management
- Improved organisation
- Improved ability to prioritise
- Improved autonomy
- Greater attunement to pupils needs.

(Reference: Mindfulness in Schools Project)



WHY CHOOSE X-HAIL?

Forget everything you think you know about meditation.



We are Down to Earth!

Each X-HAIL class, workshop or event will include modern music and easy to learn and implement techniques that staff and kids actually respond to.

No pretzel bending bodies or ‘guru status’ teachers for us. We teach using relatable analogies that are relevant to children and/or your team and deliver content with a sense of humour to ensure that everyone feels really comfortable throughout.

We use a Quadruple Threat Approach to Busting Stress

Not only do our classes teach the transformational skill of meditation but they also employ the therapeutic benefits of gentle movement, aromatherapy (where appropriate and safe) and music. This combines to help ease tension and impact both the body

and emotional health.

As we incorporate movement, stretching and dance some schools allocate funds from their sports budget to pay for X-HAIL KIDS sessions.

We are Flexible

Your X-HAIL instructor will create a bespoke package of X-HAIL meditation sessions, workshops and/or talks, specifically to meet the needs of your school, your learners, your team, your diary, your working hours and your desired outcomes.

For teachers and staff we offer quick and uplifting 30 minute lunchtime sessions, more relaxing one-hour long sessions, two-hour long practical and interactive meditation workshops and full retreat or training days.

For learners we offer pre and post school clubs, school assemblies and workshops that can be run as stand alone sessions or as part of a programme that runs right across the school year.





We are Accredited and Experienced

Our instructor training is accredited by the IPHM and our class plans and programmes have been devised by a qualified teacher with teachers and schools in mind. All our instructors have enhanced DBS and complete training led by our in-house safeguarding and schools liaison officer. Many of our instructors also complete training on crisis intervention, suicide prevention and talking about suicide training led by our chosen charity POPYRUS.

We are Affordable

We offer discounts for block and repeat bookings and our previous clients and schools tell us that they have seen a great return on their investments.

A meditating school is less stressed, more productive, more creative and performs better under inspection which not only saves you money but also improves the lives of the community that you are such a big part of.

IT'S TIME TO X-HAIL

Get in touch to book a consultation to discuss how we can help you and your team by emailing hello@x-hail.org.

HOW DOES IT WORK? SESSIONS FOR LEARNERS



X-HAIL Whole School Meditation Programme From £1,620

This programme includes 4 fun and interactive sessions of meditation and mindfulness sessions for each class at your school.

Each session will run for 30-45 mins (depending on age of learners) and cover the following topics:

- My Brain Made Me Do It: How to interact with the contents of the mind and our emotions;
- Meditation Made Easy: Exploring fun and engaging methods of meditation;
- Mindful Me: How to fold the calm and clarity that learners experience during meditation into everyday life.

The programme concludes with a final visit from your instructors, the following term, to each class to troubleshoot and deepen their practice.

Schools also have the option of adding a workshop/information evening for parents to their programme for a small additional charge.

X-HAIL Schools Meditation Mentor Programme From £1,980

This programme provides an opportunity to create a culture of self-care and well-being which is led and maintained by the students themselves! Instructors will visit the school to deliver the **X-HAIL Whole School Meditation Programme** as described above and then return to work with a small group of learners that will be supported to lead regular drop in meditation and relaxation sessions for their peers.



Instructors will visit the group weekly during the training period of four weeks, usually at lunchtime, and once a term once training has been completed.



X-Hail Session

1-hour from £90 per session

Max 10 participants per session (Or four sessions from £270)

A unique fusion of meditation techniques featuring X-HAIL's signature approach of breathwork, gentle stretches and restorative chi-gung inspired movement, against a backdrop of blissfully mixed chilled chart classics and soothing aromatherapy blends.

This is for schools who want to optimise the health and wellbeing of their teachers and staff whilst allowing them to experience deep connection to the soul, channelling of chi energy and a good old confidence boost at the same time!

An ideal way to signal the end of the working day and to encourage the most restful night's sleep.

X-HAIL Kids Pre/Post School Club £4.50 per child

X-HAIL instructors are available to host before and after school clubs for learners whose parents/care-givers feel would particularly benefit from dedicated time once a week to stretch, relax, be mindful and enjoy mindful art/craft, all whilst boosting confidence, creativity, sense of self and resilience. Sessions are usually split into either Reception/KS1 or KS2.

SESSIONS FOR STAFF

**Lunchtime Digital Detox
30 Mins from £70 per session
Max 10 participants per session
(or four sessions from £210)**

Teachers and staff can spend their lunchbreak recharging with soothing mindful movement and guided super easy and intuitive meditation against a backdrop of acoustic and chill out classics on the stereo. This short session will see them leave ready to face whatever the rest of the day holds.



The Meditation Masterclass **2-hours from £200 per session** **Max 20 participants per session**

In this two-hour workshop, suitable for complete beginners and the more seasoned meditator alike, staff and teachers will learn how to meditate using The X-HAIL Method and as a result they will see stress levels, productivity and performance transformed!

They'll be given practical advice on how to implement these practices into daily life at home, at work and on the go, so that they can support their emotional wellbeing and physical health with ease.

X-HAIL in the Classroom **£400 per session** **Max 20 participants per session**

This one day training course provides teaching staff with the tools and knowledge to implement modern mindfulness and meditation practices into the classroom to support learner wellbeing, behaviour and achievement. Mapped against statutory guidance from the Department of Education for PSHE teachers will learn how to seamlessly embed these powerful tools into the school day; learn tips and fun techniques to engage learners with the practice, plus be given a toolkit to support learners who are struggling emotionally or behaviourally.

We believe that in order to support learners with meditation and mindfulness, teachers must have a sound understanding of what it feels like to practice mindfulness and meditation and therefore all teachers that attend this training course must have previously attended a Meditation Masterclass AND their learners must have completed the X-HAIL Whole School Meditation Programme or the X-HAIL Schools

Meditation Mentor Programme.

Resident Wellbeing Advocate **From £300 (per four-hour block)**

Your instructor can be with you for the morning or the afternoon or even a full working day. You can choose to have set times for workshops and classes or allow drop in 1-2-1 appointments for teachers and staff to discuss their own wellbeing, self-care, and meditation practice.

Each session will provide bespoke advice on specific meditation techniques, aromatherapy blends and breathwork to help improve sleep, performance, creativity etc. This option works best when booked once a quarter or once a term.

X-HAIL Retreat Day **From £400 per day**

Ideal as a treat that supports the emotional wellbeing of staff, so that they can in turn support their learners optimally, our retreat days combine your choice of meditation, yoga, reiki, aromatherapy and acupuncture to provide a safe space where teachers and staff let go of the stress and come back to who they really are away from the pressure, time constraints and paperwork.





X-HAIL
x-hail.org
hello@x-hail.org