[Sample Letter – Parent to School]

Month Day, Year

Dear [Name],

My child(ren) attend(s) [name of the school]. As a parent, I have concerns about his/her ability to optimize the opportunities our school provides while meeting the challenges of being kid today. In fact, [name of child] finds school very stressful [difficult or other adjective describing your child].

I have done some research regarding methods to improve academic success while decreasing stress and behavioral incidents. I've recently discovered a program called Inner Explorer, and I would like our school to consider implementing this daily, audio guided, age and stage appropriate mindfulness program.

Benefits:

* Automated: Teachers can launch a web-enabled device and just press play.
* Minimal teacher training: 45-minute online tutorial - even substitute teachers can use with students.
* Succinct: Each session is only 5-10 minutes long. The program can fit into the school day (any time) without changing curriculum or schedules.
* Verified: Research shows a decrease in teacher stress by 43%, behavioral incidents by 60%, and improves grades by 15-20% in reading, math and science.
* Established: In five years Inner Explorer has grown from 12 to 4,500 classrooms.
* Sustainable: Four age and stage appropriate programs.
* Collaborative: Parents and Caregivers can opt in and join their students.
* Low Cost: Approximately $2 per student per year.

I believe Inner Explorer would provide great benefits to our entire school community. Students and teachers participate together. Both have the opportunity to pause and reflect, leading to less stress, more focus and greater sense of wellbeing. Please consider looking further into this program by visiting **www.innerexplorer.org**. Thank you!

[your name]