



Waldorf Academy Toronto Provides Students With Perceptive Learning Experiences

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Toronto, Ontario based Waldorf Academy, a private middle school in Toronto that follows the teaching theory of the early 20th-century Austrian scholar, Rudolf Steiner, is proud to announce that they incorporate various forward-thinking learning experiences into their curriculum, with a particular emphasis on mindfulness.

A Waldorf Academy Toronto report defines mindfulness as the practice of consciously being aware of the moment—all the feelings, sensations, and thoughts—without attaching any judgment to them at all. Jennifer Deathe from Waldorf Academy states that even though the concept was not popularized in the west during Steiner's life, Waldorf Academy believes that incorporating mindfulness into their curriculum allows their students to be present at the moment while being calm and composed as they process the true nature of the moment properly. "Mindfulness allows you to not be overwhelmed or overreact to what is going on around you, instead creating the space in your mind to focus on what's important to you," says Deathe.

A recent study was conducted by Harvard and MIT, researching the effects of school-based mindfulness training after hearing reports of students who outperformed their peers on tests by using the practice. The study included sixth-grade students in a school in Boston, where mindfulness educators took half the group

through mindfulness practices, while the other half attended a computer coding class. At the end of two months, the mindfulness group said they felt less stressed than they had before and felt they had better self-control. Further studies, including brain scans, also mapped the positive effects and quantitative benefits that the other half of the control group did not experience.

“Mindfulness training, which includes meditation, is very beneficial to kids because it helps them become more effective learners and more aware of their thoughts. At Waldorf Academy Toronto, we are committed to ensuring that our students succeed, not only in their courses but also in turning them out into the world as responsible human beings. We found out that helping children to focus and to not be affected by all the distractions around them, are integral parts that make our learning methodologies more effective,” asserts Deathe. She explains that the school does not teach mindfulness and meditation explicitly as they are put in place structurally within their teaching practices and daily decision making.

Waldorf Academy Toronto further explains that there are a number of ways on how they incorporate mindfulness into their curriculum. They encourage kids to create their own space for practice so they learn responsibility for their emotions and actions by themselves. The school also encourages teachers to practice what they preach so they are better able to guide their class with an attitude of mindfulness. Deathe says, “This way, our teachers can reduce their own stress while they’re in the classroom, as well as see students’ perspectives better. Mindful teachers are also be able to help students with their own practices, and help them with their questions or challenges.”

In addition to this, the Academy fosters a friendly environment where students can interact with the teachers and staff freely. “Mindfulness is about choosing to be aware, so it makes a lot of sense that you would spend time understanding mindfulness and the benefits it brings. By spending time with people who practice mindfulness, our students are able to understand its gains and therefore be more proactive about integrating it into their lives,” says Deathe.

Furthermore, she states that the school also organizes a number of extra-curricular activities that promote mindfulness and meditation, which include the annual Waldorf Academy Toronto winter fair and more. She also points out that the school often hears from parents that they find noticeable changes in their children once they begin meditation training. “If you have wondered before if mindfulness has a place in school, we would be happy to show you our results. Feel free to call us and arrange a meeting with Waldorf Academy and we will be more than happy to show you how our curriculum can further help your child to advance in their education and in their early life,” she said.

More information can be found on the school’s website. Interested parties may also connect with Waldorf Academy Toronto through their official social media pages on Twitter, Facebook, Instagram, and YouTube to stay up to date with their latest news and important announcements.

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For more information about Waldorf Academy, contact the company here: Waldorf Academy Jennifer Deathe 416-962-6447 jdeathe@waldorfacademy.org 250 Madison Avenue Toronto, Ontario M4V 2W6

Waldorf Academy

Waldorf Academy is an elementary private school in Toronto Ontario with over 30 years of experience educating young minds from Pre-K to Grade 8.

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