



Edmund W. Miles Middle School
501 Route 110, Amityville, NY 11701

Mr. Edward Plaia
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Dear Parents/Guardians,

First and foremost, welcome back to another school year, and thank you for entrusting us with your children. We are looking forward to delivering the most up to date curriculum, providing the safest environment possible, and using the most research based approaches to assist your children in reaching their fullest potential.

The students at EW Miles Middle School will be participating in a Mindful Education program which addresses the social-emotional learning of all students. Mindful Education is a scientifically-based method currently used in public schools across our nation that holds great promise for the students at our school. This program offers children tools which they are then able to utilize not only in school, but in all aspects of their lives.

The practice of mindfulness helps relieve stress, provides coping mechanisms, and serves to alleviate negative behaviors such as bullying, and over reacting in certain situations.

Mindful Education encourages students to make healthier life choices, thus creating an increase in self-esteem, an improvement in academic focus, and enhances their overall well-being.

We are very excited to bring this exceptional program into the school. We will have a parent orientation in the near future so you will be able to learn more about this essential practice. If you have any questions, please do not hesitate to call me. Thanks for your support!

Regards,

Ed Plaia
Principal