



**Principal: Mrs R Scammell**  
**Summerhill Academy**  
Plummer's Hill  
St George  
Bristol  
**BS5 7JU**

Tel: 0117 903 0347

Email: [info@sa.cabot.ac.uk](mailto:info@sa.cabot.ac.uk)

Website: [www.summerhillacademy.org.uk](http://www.summerhillacademy.org.uk)

We were approached by the Inner Peace team and asked if we would be interested in putting on an Inner Peace Day at our school. At Summerhill Academy, our strong belief is that the wellbeing of the child is tantamount to their learning, and therefore we jumped at the opportunity.

I cannot thank the Inner Peace Team enough for the amazing day they put on! Everything ran smoothly and without hitch and the day had a hugely positive impact on both staff and students alike.

The volunteers made it very clear from the word go that they would work around the school's needs and requirements. Planning the event was quick, efficient and stress free thanks to the team's professionalism, cooperation and flexibility. They really did bend over backwards to accommodate the school's needs, from the date of the event to the details of what the day would include. They were incredibly flexible in terms of working with the space and technology within our school.

The day itself was an absolute treat from the calming and reaffirming volunteer led sessions to the wonderful celebration assembly at the end of the day.

The volunteer led sessions were engaging, calming and pitched perfectly for the age of the children. Teachers reported noticeable differences in the children after the sessions. They were given skills to take with them throughout life. Teachers watching the sessions were impressed and inspired to continue with similar activities in their own practice. The school is now looking into ways that inner peace can be injected into the curriculum on a regular basis and we are looking forward to making use of the follow up sessions that the Inner Peace team offer.

All of the volunteers were really friendly and amenable. They worked really well in some quite challenging classes. It was great that they came from many different countries and cultures and that they shared this with the children. This was great for our multi-cultural school.

The celebration assembly at the end of the day was the icing on the cake. What a fantastic way to finish such an inspiring day! The children were treated to music and dance acts which they would never normally get to see.

Yours sincerely,

Rachel Scammell