



# Drummond

COMMUNITY HIGH SCHOOL

## Connecting to old Ties



**Lorraine Murray** is author of 2 books and runs her programme through [www.teachchildrenmeditation.com](http://www.teachchildrenmeditation.com) [info@teachchildrenmeditation.com](mailto:info@teachchildrenmeditation.com)

It feels a little bit strange to be writing a blog post for my old school! But I am delighted as it's a chance to share how it has influenced me and the work I do.

I left in 1986 with 8 O Grades and 5 Highers yet my fondest memory of my old school was learning to dance, wearing a black pencil skirt with white trainers... I know, not cool! However at every wedding or Ceilidh I have attended since, I have been grateful for my ability to dance the 'dashing white sergeant'!

We had some great teachers at our school and I was fortunate to come away with enough qualifications that helped me into a degree at Napier University - a BA in Communication which I received with distinction. The dedication of my teachers at that time helped me improve my confidence and ultimately helped me travel and study worldwide. Each step has shaped the work I do which focuses on developing our worldwide training programme (Connected Kids) and publishing 2 books on my speciality of how adults can teach kids meditation and mindfulness.

I remember the stress of exams and the pressures I faced in school and had I been given access to meditation skills I know my transition into study and work life would have been smoother. Emotionally and mentally it was a bit bumpy for me at the time and I am delighted that Drummond has embraced this for their pupils. The research now proves the positive impact it has on academic abilities, emotional intelligence and improving behavioural issues.

It has been an interesting experience providing a meditation and mindfulness programme for the school this year. Before this I was invited into the school to work with teens directly, teaching them meditation skills. Imagine my surprise to see a gentleman, Mr Douglas Follen, who had been a housemaster in my day! What was more surprising is that he didn't look any different!

Having worked with lots of schools, head teachers and other professionals in education through my work, I know how important school life is in helping shape the person I have become. Life isn't easy but it is our ability to build a sense of resilience that helps us manage tough times and appreciate good times. I wish every pupil who passes through Drummond the best for their future. And for my previous teachers I offer my heartfelt thanks.

Lorraine Murray