

# Just this Day

[www.justthisday.org](http://www.justthisday.org) On: November 25<sup>th</sup> 2009



## SCHOOLS INITIATIVE NEWSLETTER: LED BY PAUL MOSS

Schools worldwide are invited to take part in Just This Day by donating minutes of stillness. It is very simple. **You just register your school, and pledge minutes.** Those minutes then go on our counter page and your school is listed on the map of schools taking part across the globe.

1,000,000

Imagine if there were 1 million minutes of stillness donated to the world on November 25<sup>th</sup>!!!

### Paul Moss's message:

'Just This Day' gives a real chance for children to taste the beauty of silence and stillness. Instead of invented authorities they will be able to rest with the true authority that dwells in the heart of all.



I would invite and urge all schools to provide a short time and an appropriate space to the practice of quiet. It would be excellent if as many people as possible could meet at T S Eliot's 'still point of the turning world'.

If one of the political parties stated they had **NO IDEA** about education they would get my vote. The attics and cellars of education must be crammed full of the ideas, opinions and initiatives of the last 40 years.

Education has picked up policies like bargains from a market and then discarded them when inevitably they have proved not to work. Our poor children have been dragged back and forth and their tender hearts and minds have been agitated by this constant movement.



The best education comes from a simple response to the child in front of you and it is always founded in natural principle.

Although the being of the child needs stimulation and creative input there is a need to remember what receives all these impressions. The essence of the child needs recourse to stillness and silence.

Paul has spent all his working life with children, as teacher, Head Teacher, Governor and Schools Inspector, and has taught within State and Private systems. He now trains and supports education round the world, from London, UK to Soweto, South Africa

### Messages of Support

**Paul Moss:** Principal of St James Schools, Former Chairman & Vice Chairman of the Independent Schools Association



**"Just This Day' gives a real chance for children to taste the beauty of silence and stillness."**

**David Lynch Foundation**  
The foundation was set up by filmmaker David Lynch in 2005, to offer all children the chance to learn transcendental meditation. He says:



**"In today's world of fear and uncertainty, every child should have one class period a day to dive within himself and experience the field of silence—bliss—the enormous reservoir of energy and intelligence that is deep within all of us."**

David thanks everyone at just this day for all that you do to make the world a better place for us all.

**Camilla Batmangelidh,** Founder and Director of The Kids Company said at an event discussing children and spirituality:



**"Give up the prison and get enriched by connecting with one another in a limitless space"**