

Eve Skogstad  
23 Tui Street  
Point Chevalier  
Auckland

22.10.15

Dear Eve,

Your file number for this application: **2015-1070**

Title: **A pilot evaluation on the efficacy of a universal school-based mindfulness intervention to enhance resilience in children.**

Your application for ethics approval has been reviewed by the Unitec Research Ethics Committee (UREC) and has been approved for the following period:

**Start date: 22.10.15**

**Finish date: 22.10.16**

Please note that:

1. The above dates must be referred to on the information AND consent forms given to all participants.
2. You must inform UREC, in advance, of any ethically-relevant deviation in the project. This may require additional approval.

You may now commence your research according to the protocols approved by UREC.

We wish you every success with your project.

Yours sincerely,



Sara Donaghey  
Deputy Chair, UREC

cc: Elizabeth Niven  
Cynthia Almeida

