



CEDAR MOUNTAIN PRIMARY SCHOOL
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Rosemary Gebhardt, Principal
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Dear Parent/Guardian,

My name is Kimberly Forrest, and I am the school nurse at Cedar Mountain Primary School. I am completing my thesis for a master's degree in education in Curriculum and Learning School Nursing at William Paterson University. I am conducting a survey for Kindergarten and 1st grade students regarding feelings of anxiety in school and the Health Office. The basis of my thesis is whether the use of mindfulness techniques (either use of a water-type hourglass or a labyrinth-style maze puzzle) helps to lessen feelings of anxiety and nervousness while in the Health Office.

I would appreciate it if you would allow your child to be involved and grant permission to participate in this study. All responses are anonymous, and no personal indicators will be used except for gender and grade level. Not all students will participate in this study. You may reach out via email to find out if your child had participated in this study after its completion in March 2022 and I will let you know any specific information you wish to know.

Please click on this link to go to my Google permission/refusal form:

[Thesis Study Participation Form](#)

Responses must be received by January 7, 2022. Forms not completed by January 7, 2022 will be assumed that consent is granted for participation in study.

If you have any questions or would like to receive a copy of my completed thesis after May 2022, please reach out to me via email at kforrest@vtsd.com.

Thank you in advance for your role in helping me achieve this goal.

Kimberly Forrest, BSN, RN, CSN