31st January 2018

**TERM 1 Personal Development/ Health / Mindfulness / Wellbeing**

**Healthy Skills for Life program – Stage 1 and Early Stage 1**

Dear Parents/Caregivers,

In Term 1, students in Years K-2 will participate in a weekly PD/H/PE Healthy Skills for Life lesson. There will be 8 lessons and the program will start on Monday 12th of February 2018.

During these lessons the children will not only be focusing on strength, balance and endurance, they will also be further developing their self-regulation, impulse control, listening and concentration. The program offers a curriculum based mindfulness and well-being program. It is expected that all children participate in this program as it is part of our curriculum.

The cost of the program is $45 per child. Payment should be made by Thursday 8 February. Alternatively, this cost will appear on your Semester One Statement of Account.

The children will need to wear their sport uniform on their Healthy Skills for Life lesson day, commonly called their Life Skills day. This may be in addition to their normal sports day. Please note that some classes have made their Life Skills lesson on the same day as their sport day. For other classes, students will wear their sport’s clothes on two days per week.

The Life Skills lesson days are as follows:

Monday: 2S, 1/2 P, 1S, 1G, 1K, 2H, KR

Tuesday: Support Classes, KS, KSM, 2O, KJ, K/1D

It is important that the teachers are aware of any medical conditions that may need to be taken into account when working with the children. Please indicate in the space below if your child has any medical conditions or has had a recent injury that may require some poses to be adjusted for them.



Regards,

Craig Brown Michaela Gersbach

Principal Life Skills Co-ordinator

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**TERM 1 Health/PE / Mindfulness / Wellbeing Life Skills Program**

MEDICAL CONDITIONS

My child has the following medical conditions/recent injuries:

Parent/Carer’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_