



PREP HEALTHY SKILLS FOR LIFE INCURSION

<i>Date note distributed:</i>	Friday February 2
<i>To:</i>	Parents/Guardians of Selected Students
<i>Date & Time of event:</i>	Monday February 12, 19, 26 & March 5, 19 & 26.
<i>Where:</i>	Main Music Room, Oakleigh South Primary School
<i>Cost:</i>	\$36.00
<i>Response Required: YES/NO</i>	YES (return to classroom teacher)
<i>QKR Payment & QKR form due by:</i>	Friday February 9
<i>Staff member in charge & e-mail addresses:</i>	Erik Albers albers.erik.n@edumail.vic.gov.au

This term, to support our Prep students and their transition into Primary School, all students will participate in the 'Healthy Skills for Life' program presented by the Life Skills Group. This is a 6-week program (one 45-minute session per week) where students will develop skills to build awareness of their physical, social, and emotional health and wellbeing.

Students will participate in a range of activities to:

- Increase self esteem, self image, build resilience and confidence
- Build and practise positive and respectful relationships and friendships
- Strengthen problem solving skills
- Develop an understanding of values, personal qualities and emotional responses
- Enhance concentration, communication, negotiation and listening skills
- Identify behaviours that impact on mental and physical wellbeing
- Develop team work, tactics and strategies through team games and group work
- Improve balance, spacial awareness and motor skills

Thanking you,
The Prep Team

OSPS uses an app called QKR! as our preferred payment method for accepting payments from parents. It is a quick and easy to download and learn. QKR! Payments are child specific – please ensure you have selected the correct child before finalising a payment. Please visit the OSPS website for instructions and further information

www.oakleighsouthps@vic.edu.au/tiqbiz-qkr

QKR website link www.qkr.mastercard.com/for-everyone-australia



HEALTHY SKILLS FOR LIFE PERMISSION NOTE

The Permission Form is now on QKR.
When you pay via QKR the permission form
will pop up to fill in!