



HEALTHY SKILLS FOR LIFE

(Resilience, confidence, self-esteem, respectful relationships and self image)
PREP - YEAR 6

<i>Date note distributed:</i>	Monday March 20
<i>To:</i>	Parents/Guardians of Prep to Year 6 Students
<i>Date & Time of event:</i>	Monday 24th April to Friday 16th June
<i>Cost:</i>	\$36.00
<i>Response Required: YES/NO</i>	YES (return to classroom teacher)
<i>Return form & payment due by:</i>	Friday 21 st April
<i>Staff member in charge & e-mail addresses:</i>	Erik Albers albers.erik.n@edumail.vic.gov.au

In Term 2, all students in Prep to Year 6 will participate in the 'Healthy Skills for Life' program presented by instructors from the Life Skills Group. This is an 8 week program (one 45 minute session per week) where children will develop skills to build awareness of their physical, social, and emotional health and wellbeing. Children will participate in a range of activities to:

- Increase self esteem, self image, build resilience and confidence
- Build and practise positive and respectful relationships
- 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,
Erik Albers

OSPS uses an app called QKR! as our preferred payment method for accepting payments from parents. It is a quick and easy to down load 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

Once you have completed your payment, please complete the permission note and return it to your classroom teacher. If you have any questions, please contact the school office on 9570 1016.



RETURN SLIP/ PERMISSION NOTE

I have used Qkr! (please tick the box).

Date of QKR! payment: _____

<i>Please circle:</i> I give permission for my child to participate in the Healthy Skills for Life Program, at Oakleigh South PS from Monday 24 th April to Friday 16 th June 2017.	YES / NO
Student's name:	Grade
Parent / Guardian Signature:	Date