



YEAR 3 & 4 HEALTHY SKILLS FOR LIFE INCURSION

<i>Date note distributed:</i>	Friday September 7
<i>To:</i>	Parents/Guardians
<i>Date & Time of event:</i>	Year 3 & 4 classes will be conducted on either Monday October 8, 15, 22, 29, November 12, 19, 26 & December 3 or Friday October 12, 19, 26, November 2, 16, 23, 30 & December 7.
<i>Where:</i>	Main Music Room, Oakleigh South Primary School
<i>Cost:</i>	\$48.00
You can find the QKR charge in the:	Year Level tab
<i>Response Required: YES/NO</i>	YES
<i>QKR Payment & QKR form due by:</i>	Monday October 8 by 4pm.
<i>Staff member in charge & e-mail addresses:</i>	Erik Albers albers.erik.n@edumail.vic.gov.au

In Term 4, all students in Year 3 & 4 will participate in the 'Healthy Skills for Life', Unit 2, presented by instructors from the Life Skills Group. This 8-week program (one 45-minute session per week) will follow on from last year where students will continue to develop their skills to build awareness of their physical, social, and emotional health and wellbeing.

Unit 2 builds upon the foundations of Unit 1 by deepening students understanding of the life skills being taught. Fundamental movement skills are practised in more detail through the activities and games.

The program also involves stretching, mindfulness, creative activities, exercise and play aimed at building resilience, developing self-regulation, increasing self-awareness, practising positive relationship skills, understanding inclusiveness and strengthening problem solving skills. The program will also focus on the following values during each session:

- Respect
- Honesty
- Teamwork
- Resilience
- Caring for others
- Confidence
- Strength
- Gratitude

Thanking you,
Year 3 & 4 Teams

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!