



YEAR 5 & 6 HEALTHY SKILLS FOR LIFE INCURSION

<i>Date note distributed:</i>	Wednesday June 20
<i>To:</i>	Parents/Guardians of Selected Students
<i>Date & Time of event:</i>	Year 5 & 6 classes will be conducted on either Monday July 16, 23, 30, August 6, 13, 20, 27 & September 10 or Friday July 20, 27, August 3, 10, 17, 24, 31 & September 14.
<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 (return to classroom teacher)
<i>QKR Payment & QKR form due by:</i>	Monday July 16 by 4pm.
<i>Staff member in charge & e-mail addresses:</i>	Erik Albers albers.erik.n@edumail.vic.gov.au

In Term 3, all students in Year 5 & 6 will participate in the 'Healthy Skills for Life' Tools for Transition program, 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 Two builds upon the foundations of Unit One by deepening students understanding of the life skills being taught. This second unit links concepts to the wider school community by encouraging students to reflect on how a change in their behaviour can affect classmates, other students, family and community members. Fundamental movement skills are practised in more detail through the activities and games. There is a greater focus on the science behind the brain and how mindfulness can impact neuroplasticity.

The program involves a weekly focus aimed at managing big emotions, building teamwork and communication skills, developing self-regulation, practising positive self-talk, understanding self-belief, taking healthy risks and strengthening leadership skills. The program will also focus on the following values during each session:

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

Thanking you,
Year 5 & 6 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!