24 July 2018

 **Mindfulness**

 **Term 3 PDHPE Program**

Please return your **opt out** form by Thursday 2 August

 **only if you do not wish for your child to participate** in this program

Dear Parents/Caregivers

This term we have engaged the Life Skills Group to deliver a **PDHPE** enrichment mindfulness program that will extend our school’s classroom learning. The enrichment program involves movement, games, stretching, mindfulness, creative activities, exercise and play aimed at building resilience, developing self-regulation, increasing self-awareness, positive relationship skills, understanding inclusiveness and strengthening problem solving skills.

The enrichment program is also a professional development opportunity for teachers who will develop their strategies for teaching physical, social, and emotional health and wellbeing of students by working alongside the Life Skills Group teachers, as required by the NSW **PDHPE** syllabus.

The enrichment program will run for 8 weeks and the school, through equity funding,

will be covering the cost of this program to enable all students to have the opportunity to

participate.

The program will take place each Friday and we ask that all students wear their sports uniform on Fridays during the 8 weeks of this program, commencing 3 August 2018.

Kind Regards,

Joan Westerweller

Principal

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**Mindfulness**

**Term 3 PDHPE Program**

Please return your **opt out** form by Thursday 2 August

 **only if you do not wish for your child to participate** in this program

I **do not** give my child \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in class \_\_\_\_\_\_\_\_\_ permission to attend the Life Skills Group enrichment program commencing on Friday, 3 August 2018 and continuing each Friday for 8 weeks throughout Term 3.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

 (Parent/Caregiver) (Parent/Caregiver)