



Mindfulness in Action

Year 3 & 4

6 Week In-School Program



Wednesday 28th March 2018

Dear Parent/Guardian

Life Skills Group is an organisation that delivers physical, social and emotional life skills programs to develop healthy and calm kids.

The Life Skills Group has specifically developed life skills programs tailored to each year level. Using movement, games, yoga, mindfulness, creative activities, exercise and play, students are supported to build resilience, develop self-regulation, increase self-awareness, practise positive relationship skills, strengthen problem solving skills and develop listening, impulse control and concentration skills.

Students in Year 3 and Year 4 will participate in a 6 week Mindfulness in Action program and parents will be invited to attend a Family Wellbeing Day. Further information will be sent home.

TOTAL COST:	\$35.00 for a 6 week program
FINAL PAYMENT DUE:	Tuesday 24 th April, 2018
TOTAL SESSIONS:	Six
SESSION DURATION:	1 hour
SESSION COMMENCEMENT DATE:	Year 3 Students – Tuesday 1 st May Year 4 Students & 3/4S – Wednesday 2 nd May

The Mindfulness in Action is a valuable program aimed at supporting student's emotional health.

Thankyou,

Year 3 and Year 4 Teachers

AUTHORITY TO PHOTOGRAPH AND/OR FILM

Dear Parent/Guardian

I am seeking your permission to obtain and publish content that may include the images and/or name of your child in our promotional photo and/or film shoot. These could be in print and/or video, and publicly available on our Life Skills Group website.

Content examples include but are not limited to photographs, text, illustrations/graphics, videos, sound recordings, and examples of student work. All material will be for promotional and education usage and will not be revenue earning.

Our communications include but are not limited to:

- local community newspaper / magazine
- media promotions and advertising activities
- electronic and print promotional material
- promotional video for the Principles Convention and information for Schools

If you agree, please complete the permission slip and return to the school with payment.

Yours sincerely

Nikki Bonus nee Massaioli
Director
www.lifeskillsgroup.com.au

PERMISSION FORM - MINDFULNESS IN ACTION 6 WEEK PROGRAM

I give my permission for my child _____ in Class: _____
to participate in the Mindfulness In Action 6 week program.

Parent/Guardian: _____ Date: _____

Parent/Guardian Contact Number: _____

- Excursion Prepayment Qkr App
 Enclosed Payment of \$35.00 CSEF

Permission to Publish

I have read this permission to publish and agree to Life Skills Group obtaining and publishing content related to my child in Life Skills Groups' communications.

I give / do not give permission for my child's name to be included in the publication.

This signed permission remains effective until I advise the school otherwise.

Child's Name: _____ Class: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ Date: _____

PRIOR MEDICAL CONDITIONS OR RECENT INJURIES

Please provide details of any prior medical conditions or recent injuries that the trained Life Skills Group staff may need to be aware of:
