

25th July, 2017

Dear Parents,

During our Health lessons in Term 2, we spent some time exploring and discussing Mental Health. We examined the definitions, looked at community support that is available and investigated the way elite athletes manage their feelings and how they deal with difficult situations such as defeat and injury.

The students showed a great deal of interest in the topic and we have decided to continue along a similar line this term. We will be exploring the importance of positive relationships, healthy lifestyle choices and relaxation.

Mrs Jeanette Mansour, our school counsellor, has offered to be involved in some of our sessions and her expertise will be a valuable addition to our learning. We also hope to give our students a range of strategies to use when dealing with conflict situations. Because Jeanette is working within the school in a role other than a teacher, we need permission for your child to be included.

Please fill out the permission note below and return it to school by Monday, 31st July.

Thank you for your support.

Amanda Gierek and Edward Shaw

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Term 3 Health – Year 3

Parents Name: _____ Child's name: _____

I give permission for my child to participate in the activities related to Health, social skills, mental health and positive relationships. I understand that my child may sometimes work with Mrs Mansour, within the Year 3 space.

Signed: _____ Date: _____