



BODY AND MIND WELLBEING PROGRAM

Dear Parents & Carers,

Next term all students K-6, are invited to participate in a Body & Mind Wellbeing program organised by an experienced external provider, 'Dance Fever Multisport'. Dance Fever Multisport have been teaching physical education programs in primary schools since 1999 and are currently teaching in over 750 schools across NSW.

Dance Fever Multisport will provide staff who will teach the students body movement poses, mindfulness and meditation skills. The program is structured for all ages and abilities and the students will participate in a variety of activities that focus on calming the mind for improved concentration and clarity. Students will also explore a diverse range of relaxation techniques including mindfulness, guided relaxation and visualisation.

The program is aligned to the area of social and emotional learning as part of the PDHPE curriculum. Children and young people who can understand and manage their feelings are more likely to develop a positive sense of self and be confident and curious learners.

This program will begin in Term 4, week 1. Each class will attend one lesson per week for the duration of 8 weeks. Due to a grant from Dance Fever Multisport, the program is offered at a significantly reduced cost to you with 8 sessions for only \$10.00

Please complete the permission note below and return it to the school office by **Thursday September 24 with a payment of \$10.00** if you would like your child to attend.

Thank you
Kariong Public School staff.

**PLEASE RETURN PERMISSION SLIP AND PAYMENT OF \$10.00 TO THE FRONT
OFFICE BY
Thursday September 24.**

I give permission for my child _____ in class _____
to participate in the Body & Mind Wellbeing program.

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