



Grade 1 Mind and Body Incursion
Monday 26th February



7th February 2018

Dear Parents,

On **Monday 26th February 2018**, the Grade One children will have the opportunity to take part in **Supreme Incursions Mind and Body workshop**, as part of our Inquiry focus on Feelings and Values this term. Each grade will attend a 60-minute session.

The incursion will provide the students with opportunities to build on social confidence, as well as teaching them about ways to improve physical strength & flexibility in new and fun ways. They will gain new skills to assist them with improving their concentration and focus. Students will also learn how breathing and relaxation can assist them to regulate their own emotions and become more mindful. They will further develop their self-esteem and self-belief, something we know is imperative to students' academic, physical and social development

The cost of the incursion is \$11.00 and this is part of the Excursion Levy.

If you have not paid the Excursion Levy, please circle payment type and return permission form below together with payment (if applicable) to your teacher by **Tuesday 20th February 2018**.

We look forward to further developing our understanding of the mind and body through fun, hands-on activities!

Regards,

Trish Enzinger
Principal

Alyce Elmore, Fiona Pumpa, Rebecca Yates,
Erin O'Mara and Steve Williams
The Grade One Team

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Child's name: _____ Grade: _____

- My child **will / will not** be participating in the **Mind and Body Incursion**.
- I have not paid the Excursion Levy and enclose payment of **\$11.00**
Payment by Cash / Cheque / QKR ___ / ___ / 2018 (date paid)
- I have paid my child's Excursion Levy.
- Please allocate payment from my Camps, Sports and Excursions Fund

I give permission for the teacher in charge to consent, where it is impracticable to communicate with me, to my child receiving such medical or surgical treatment as may be deemed necessary.

Parent Signature: _____

Please complete and return form and payment to your teacher by Tuesday 20th February 2018.