

27 March 2018

Dear Parents/ Carers,

As part of the Grade 4 wellbeing program, students are participating in a program titled MAT (Marital Arts Therapy) life skills program for 6 weeks. Students will be having one session each Monday from 23 April to 28 May.

The program will be building on and extending important life skills including:

- Team building,
- Cooperation skills,
- Problem solving,
- Conflict resolution,
- Impulse control and managing emotions

The cost of this activity is \$40.00 and is covered by the \$100 Activities Payment in the 2018 School Charges under Section A: Essential Items. If you have not paid the Activity Payment yet please do so, or forward \$40.00 in an envelope to the school office.

Many thanks,
Brenda, Sarah, Josie, Phana and Cameron

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