

Thursday August 10, 2017

Dear Parents,

We are excited to let you know that we will again be running 'Kids with Courage' at MECS this term, for all Year 4 students. This will be facilitated by MECS staff: Naomi Campbell, Carly Russ, Natasha le Brocq (Student Welfare Officer), Cassie Eckard (Counselling Intern) and Samantha Blood (Trained KWC Leader).

The program was created by Lifekeys, a church health and evangelism Christian ministry, and has proven effective in helping children learn how to handle life better, even in very challenging cases.

The 'Kids with Courage' program includes themes that build on children's strengths. In a supportive, fun atmosphere children explore feelings, learn about handling difficulties, set goals, identify positive ways of relating to others and learn about personal safety and wellbeing.

The students will be involved in the program for 2 hours every Thursday afternoon for 7 weeks across Terms 3 and 4. Various activities, discussions and role-plays will occur during this time.

Program Outline:

Session One (Thu 24 <sup>th</sup> Aug)	Feelings & Boundaries
Session Two (Thu 31 <sup>st</sup> Aug)	Social Skills
Session Three (Thu 7 <sup>th</sup> Sep)	Grief and Loss
Session Four (Thu 14 <sup>th</sup> Sep)	Anger
Session Five (Thu 21 <sup>st</sup> Sep)	Fear and Worry
Session Six (Thu 19 <sup>th</sup> Oct)	Self-esteem
Session Seven (Thu 26 <sup>th</sup> Oct)	Review and Celebration of KWC completion

This program wouldn't be complete without you! Therefore we wish to have you involved in two ways. Firstly we would like you to come to a **Parent Orientation Evening** where details of the program will be explained and outlined, so that you are aware of the content that will be covered. Secondly, you can be involved by asking your child about the program and encouraging them in what they learn.

The Parent Orientation Evening is very important to the success of the program for your child. Please make every effort to attend.

- **Parent Orientation Evening: Thursday 17<sup>th</sup> August 7.30–8.30pm** (in the main staffroom)

We look forward to sharing the adventure with you. If you have any concerns or relevant information about your child being involved in this program, please don't hesitate to come and speak to us or write this on the confidential questionnaire form.

Many thanks for your support and prompt return of the attached confidential questionnaire so that we can be sensitive to the needs of all of the children in the program. (***Please return the Parent Questionnaire in a sealed envelope to the class teacher or bring it with to the Parent Orientation Night next week.***)

Warm regards,

Alistair Coffey  
**Middle Primary Cluster Leader**