



Valley View Public School

Respect, Responsibility, Personal Best

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28 April 2021

RESILIENCE GROUPS

Dear Parents/Carers,

Your child _____ of class _____ has the opportunity to participate in 'Resilience Groups', a program to be run by our School Chaplain, Mrs Carrie Mallinson.

Resilience Groups were developed to assist students of all ages in building resilience, developing problem-solving skills and improving social competency. During the program, students will participate in weekly lessons, each focusing on a new skill. They will also choose a staff mentor who they will 'check-in' with on a regular basis throughout the program to discuss their progress.

If you would like your child to participate, please fill out the form below and return to school by Friday 7th May

Yours sincerely

Carrie Mallinson
School Chaplain

Kirsty Squires
Principal

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RESILIENCE GROUPS

I give permission for my child in class to participate in **Resilience Groups** at Valley View Public School.

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Parent/Carer

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Date