



Dear Parents/Carers,

As part of our Health & Physical Education program CSPS students in Yr 3-Yr 6 will be participating in “Play To Your Strengths” incursion run by the St Kilda Football Club.

Date:	Yr 5-Yr 6 - Monday, 13 September 2021 Yr 3- Yr 4 - Tuesday, 14 September 2021
About:	<p>The Play To Your Strengths Program draws on international expertise and uses St Kilda football players (AFL and AFLW) in an engaging way to help kids discover and work to their individual strengths.</p> <p>It celebrates differences and helps kids overcome problems, improve their relationships and get a greater sense of wellbeing.</p> <p>Using Saints players as inspiration, Play To Your Strengths introduces students to Values in Action (VIA) Character Strengths in a fun and engaging manner.</p> <p>Through interactive exercises, students learn about the 24 universal strengths, explore their top strengths and ways they can flex these in all aspects of life as well as gain an insight into the strengths of others.</p> <p>Please visit Play To Your Strengths Program Outline for more information.</p>
Program Benefits:	<p>Some of the positive outcomes of the program include:</p> <ul style="list-style-type: none">• Build Resilience• Boost Confidence• Strengthen Relationships• Achieve Goals <p>This program links to the Health and Physical Education curriculum and we encourage all students to participate.</p>
Cost:	<p>The cost of this incursion is \$5.00</p> <p>Includes a workbook, AFL and AFLW player strength profiles and a Saints stress footy.</p> <p>All permission and payment is made via QKR.</p>
Due:	Wednesday, 1 September 2021

DANIELLE CURTOIS

Physical Vibe

Wednesday, 16 June 2021