



19 April 2021

## Rock & Water Program

Dear Parents,

The students in Year 4, Year 5 and Year 6 have been selected to participate in the *Rock & Water* Program for Term 2. This program has been developed to allow opportunities for students to develop their resilience, self-control, respect and confidence through psychophysical style activities.

The activities require your child to have physical contact with other students, use equipment, such as foam bats and take part in some intense physical activity, like hitting an exercise bag. All of these activities are essential components of the program, conducted in a controlled environment and completed under strict supervision of a *Rock & Water* specialist and classroom teacher.

The *Rock & Water* program consists of weekly 40 minute lessons, beginning 20 April (tomorrow). To ensure maximum impact of this highly specialised program, participation in these sessions is dependent on student behaviour at school throughout the week and during the program.

Thank you for your support

Miss Olimpia Pirovic

Principal

