



✈ Online Form - Life Changer Program (Year 8) - OPT Out Note

Activity Name:	Life Changer Program (Year 8) - OPT Out Note
Date/Time:	Thursday 28 March 2024 9:10am - 3:10pm
Description:	<p>OPT Out NOTE: This note only needs to be submitted by parents/carers who DO NOT want their child to attend.</p> <p>Life Changer is a preventative mental health and wellbeing program that empowers young people with the courage to thrive by developing their social, emotional and resilience skills.</p> <p>On the 28/03/2024 all of Year 8 will participate in a whole day workshop held at Henry Kendall High School. Key themes explored during the program include physical and mental health, goal-setting, problem- solving, gratitude, self-awareness, resilience and connection. All students are expected to participate.</p> <p>If you have any further questions regarding the program, please contact: Melanie Gould (Student Support Officer) on 02 4325 2110</p>
Venue:	School
Dress Code:	Full School Uniform.
Educational Outcomes:	The Program will cover key teachings from the PD/H/PE and Wellbeing Curriculum.
Additional Information:	<p>This event/activity is required to be held in accordance with any current NSW Health COVID-19 Public Health Orders and the NSW Department of Education's policies and procedures. There is a risk that students may be exposed to COVID-19 whilst attending and participating at this event. Students should not attend if displaying any symptoms of illness, and/or if directed to isolate under public health orders.</p> <p>Students may be recorded or photographed to promote the event on local and social media.</p>
Due Date:	Thursday 21 March 2024

Student Name:

Parent/Carer Name: *

Parent/Carer Phone Number: *

Emergency Contact Name: *

Emergency Contact Phone Number: *

Medical Conditions (including any medication required):

Dietary Requirements:

Parent/Carer Signature: *