



Grose View Public School

~ *A future focused school* ~



Education
Public Schools

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18 June 2020

Dear Parents/Carers

BE YOU PROGRAM

Be You is a national initiative for educators which aims to promote and protect positive mental health in children and young people in every early learning service and school in Australia. Their vision is to build an education system in which every learning community is positive, inclusive and resilient – where every child, young person, staff member and family can achieve their best possible mental health.

The home environment, and the families that occupy them, play a primary role in the ongoing development of children and young people. Families can include parents, carers, grandparents, and kin who care for a child.

Any educator in an early learning service or school needs to know how to work effectively, sensitively and confidentially with families (who can have a diversity of circumstances) to foster the mental health of children and young people.

Your child has been invited to participate in the Be You program, working in a small group, focussing on social and emotional literacy, resilience, tools to help with anxiety and stressful situations and self-regulatory behaviours. The program is to go for one-two hours per week for the term.

Please fill in the permission slip below and feel free to contact Miss Graham or Mr Smith for any further details.

Yours sincerely

Mr Michael Smith
Teacher

GROSE VIEW PUBLIC SCHOOL Be You Program



My child _____ of class _____ has been invited to participate in the Be You program in Term 3 at school.

I give permission to attend

I do not give permission to attend

Parent/Carer Signature: _____ Date: _____