Dear Parents,

We have engaged with Life Skills GO to provide an online, interactive wellbeing personal development program at our school. This program is designed to nurture the social and emotional learning of your child so that they can be equipped to thrive in learning and in life.

Life Skills GO is included in the [Student Wellbeing External Programs Catalogue](https://education.nsw.gov.au/student-wellbeing/external-wellbeing-providers/student-wellbeing-innovation-fund/student-wellbeing-external-programs-catalogue) for the Department of NSW in the theme of behaviour, and has been assessed and approved by [BeYou](https://t.sidekickopen01.com/s3t/c/5/f18dQhb0S7kF8bGbvsVd-NJB59hl3kW7_k2841CX6NGW35QNv-1G7n-RW7vZrg94VdhXvf197v5Y04?te=W3R5hFj4cm2zwW3C7NYr4hcdFjW4hcdhG1LDhHrW43Xxsw3K96C0W49PG8q3zdyHDW3H6xcZ3FdyHKW4r5SKV3ZWVbyW1GHDGZ3ZY7M139P72&si=8000000016999897&pi=21bb2d0c-4def-4507-a7dd-acd6ff6e797b).

**Life Skills GO - Online Blended Learning Platform**

[Life Skills GO](https://www.lifeskillsgroup.com.au/go) is an evidence-based, curriculum-aligned online blended learning platform delivering social, emotional and physical learning for students.

* Explicitly teaches and measures social and emotional learning
* Proven to improve concentration, communication, listening and self-regulation skills and effectively support anxiety management
* 150+ age appropriate social, emotional & physical learning lessons
* 200+ videos, activities, games and printables to run or supplement your school's wellbeing program
* Comprehensive wellbeing reports on individual students

For more information please visit the website at: [www.lifeskillsgroup.com.au/go](http://www.lifeskillsgroup.com.au/go)

Free Resources:

* Watch a quick video on [the Student Experience](https://vimeo.com/618630302/a350280d91) for Life Skills GO
* Download Our [Guide To Teaching Emotions](https://t.sidekickopen01.com/s3t/c/5/f18dQhb0S7kF8bGbvsVd-NJB59hl3kW7_k2841CXdp3MP19wzwd4l0W2bzNLr5WdWnL101?te=W3R5hFj4cm2zwW4mKLS-3ZWVbyW4cLxYs3Z_21RW43Xxg23Fbt5RW3zhNxn4hCVq3W1LdPN-1Nf-9cW3H4Lys1NCH-SW1S1rmB3z8m_hW41S1xz1Nf6x7W4fJg0T4cg8C421W3&si=8000000004810788&pi=77235238-5191-42a3-921d-e1bab8a27b33)
* Download our [Resilience Activities for Families/Students](https://www.lifeskillsgroup.com.au/hubfs/Sales%202021/Free%20Resources/Resilience.pdf)
* Watch our [webinar on Parenting in an Uncertain World](https://www.lifeskillsgroup.com.au/parenting-uncertain-world-replay)

Please reach out with any questions and we will be happy to help.

Sincerely,