



Dear Parents and Carers,

Merimbula Public School will be hosting the Getting on Track in Time (*Got It!*) Program in Term 2, a fun early intervention program for students in Years 1 and 2.

Got It! aims to help build resilience and social and emotional skills in children, with support from parents/carers and teachers. It is run in a group and can help with knowledge and skills in dealing with emotions, child development, behaviour and parenting.

When: Every Thursday mornings from 9am to 11am across Weeks 1 to 9, Term 2, 2024.

Who attends: A group of 8 children in Years 1 & 2 and their parent/carer. The *Got It!* facilitators will run each group, which include:

- 1) Together Group – for the children, parent/carer, and teacher co-facilitator
- 2) Parent/Carer Group – for the parents and carers.

Where: Merimbula Public School

As this is an early intervention program, children with a diagnosis, NDIS plan or ongoing community health supports/services (e.g. speech or occupational therapy) are unlikely to be selected for the program.

Please return the questionnaire and consent form to school **if you would like your child to be considered for the program by Tuesday, February 20, 2024.**

We can provide a support letter to employers for parents/carers who wish to attend group during work time.

If you have any questions or would like help with the questionnaire, please contact the Got It! team on (02) 6150 7070.

Regards,
Got It Team
Southern NSW Local Health District

Watch the *Got It!* Video

