

Seasons for Growth

Dear Parents/Carers

25th August 2017

Change and loss are issues that affect all of us at some stage in our lives. At St Thomas' School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We therefore offer an education program called **Seasons for Growth**. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem solving, decision making, and effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a 'celebration' session.

Seasons for Growth will commence in Week 9 of Term 3 and will be facilitated by companions who have received special training in the use of this program. If you think your child would benefit from **Seasons for Growth**, we would encourage you to talk with them about this. Should they decide to participate please fill in the tear-off section below and return to the school in an envelope addressed to Mrs Jamieson by Friday 1st September.

An information session for parents will be held if it is deemed necessary, either by numbers wanting to be involved, or by requests for such a session. In the meantime, brochures will be available at the school for those who wish to find out more, or you may wish to contact me directly to discuss the program.

St Thomas' is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

Please note that a separate note inviting students to nominate for the **Seasons for Growth** program has been handed to each child from **Year 1-6** in the school. Both this parent letter and student invitation must be signed by parents and students and returned to the school, (preferably in the same envelope) to be able to participate in the program.

Regards

Ursula Jamieson

Principal

I _____ give consent for my child _____

to attend the Seasons for Growth program and have discussed this with them.

Parent/Guardian Signature

Child's Signature