

Seasons for Growth

Dear Student

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 life can be a little difficult for a while when changes occur in families through death, separation, divorce or related circumstances. We therefore offer an education program called **Seasons for Growth**. This program is an opportunity for you to learn with a small group of peers who have experienced similar issues. The program will help you learn new skills to cope effectively with change and loss. It focuses on developing strengths in areas such as self-esteem, managing feelings, problem solving, decision making, communication and building support networks. **Seasons for Growth** is **not** counselling. It is an education program that uses a wide range of creative activities to help you learn how to manage well in times of change.

Seasons for Growth will commence in Week 9 of Term 3 and has been timetabled to run for eight weeks. Each weekly session is 40-50 minutes. The program concludes with a 'celebration' session.

If you feel you would benefit from being involved in **Seasons for Growth**, please complete the form below and return it to school in an envelope addressed to Mrs Jamieson by Friday 1st September.

Please note that a separate note inviting parents to nominate their children for the **Seasons for Growth** program has been sent to each parent and carer in the school. Both this student invitation and parent letter must be signed by parents and students and returned to the school to be able to participate in the program.

Regards

Mrs Jamieson
Principal

I _____ am interested in attending the Seasons
for Growth program.

Student Signature

Parent/Guardian Signature