Dear Parents,

Change and loss are issues that affect all of us at some stage in our lives. At St Rose 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 are therefore offering a very successful education program called ‘Seasons for Growth.’ This program is facilitated in small groups and is based on research which 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 8 weeks and each weekly session is 40-50 minutes. The program concludes with a ‘celebration’ session. Later in the year each group will have the opportunity to meet for two further sessions to build on their earlier learning. Seasons for Growth will commence in Week 2 Term 3.

If you think your son or daughter would benefit from ‘Seasons for Growth’ we would encourage you to talk to them about this. Should you decide to participate please fill in the tear off slip below and return it to the school office by Thursday June 25th.

St Rose 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.

Laura Dickson
Season for Growth Site Coordinator

SEASONS FOR GROWTH PROGRAM

I ______________________ give consent for my child ______________________

in Year ____ to attend the Seasons For Growth program. I have discussed this with them.

_________________________ ______________________
Parent/Guardian Signature Date