



# ST JOHN THE BAPTIST CATHOLIC PRIMARY SCHOOL

At St John the Baptist Catholic Primary School - We are Respectful Responsible Learners



Change and loss are issues that affect all of us at some stage in our lives. At St John the Baptist Catholic Primary 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 during Term 3 a very successful educational program called *Seasons for Growth* to children in Years 1 – 6.

Seasons for Growth is a program for children, young people or adults who have experienced significant change or loss. Seasons for Growth is based on the belief that change, loss and grief are a normal and valuable part of life. We examine the impact of changes such as death, separation, divorce, and explore how we can learn to live with and grow from these experiences.

The Young People's Program aims to strengthen the social and emotional wellbeing of children who are dealing with significant loss or change including the death of a loved one, parental divorce or separation, moving house or school as well as many other life changes and losses. The core intentions of this program are the development of resilience and emotional literacy to promote social and emotional wellbeing. The program is educational in nature and does not provide therapy.

Small groups of children work with a trained teacher (Companion) who supports the children to have a say and learn new ways to think about and respond to the changes and losses in their lives. Children learn that they are not alone in dealing with the effects of change, loss and grief, and build their understanding and communication, decision making and problem solving skills as part of a supportive peer group.

The *Seasons for Growth*® Young People's Program is a structured eight week program filled with time to talk and listen as well as take part in activities including drawing, music, art, journaling, roleplays and stories concluding with a celebration session. We use the imagery of the four seasons to illustrate that grief is cyclical, not a linear journey with a clear end. It is used to explain the cycles of life, including change and loss, and provides a valuable metaphor for children to explore and understand their own story.

If your child has experienced significant change or loss and you would like him/her to participate in this program please complete the following permission slip and return to me by Friday 5<sup>th</sup> July.

Thank You

Nicole Cumming  
Principal





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I \_\_\_\_\_ (Parent/Guardian) give permission for my child \_\_\_\_\_

in class \_\_\_\_\_ to participate in the *Seasons for Growth* Program in Term Three.

The reason I think he/she would benefit from participating in this program is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signed \_\_\_\_\_ Parent/Guardian      Contact number \_\_\_\_\_

Date \_\_\_\_\_