

St Mary's Catholic Primary School, Toukley

Address: 458 Main Road, Noraville NSW 2263
Telephone: (02) 4396 5100
Fax: (02) 4396 5101
Email: smt@dbb.catholic.edu.au
Website: www.smtddb.catholic.edu.au



Dear Parents and Carers,

In Term 2, we would like to commence the 2023 **Seasons for Growth** program at St Mary's. Loss at any time can be challenging. We recognise that when changes occur in families through separation, divorce, bereavement (of a parent or significant other), or other loss experiences, young people may benefit from learning how to make sense of these changes. To support our children and young people, we are offering an Australian evidence-based education program called **Seasons for Growth**.

Seasons for Growth is a small group program that supports children and young people to learn change is part of life, naming and caring for feelings, problem-solving, making good choices and developing a peer support network. The children will attend the weekly sessions of 30-40 minutes, during the school day for eight weeks, concluding with a 'Celebration' session. Each child is given a journal to record their experience and learning during the program. Group Companions will promote mutual respect, trust and confidentiality. *It is important to note that it does not provide counselling or therapy.*

Trained and experienced adult leaders (Companions) work through the program with the students in groups of no more than 6 children at a time. The program is divided into 3 age groups, Stage 1 (Year 1 and 2), Stage 2 (Year 3 and 4) and Stage 3 (Year 5 and 6). The program does not include Kindergarten children.

Participation in the program is voluntary and the child must agree to be involved in the program and the loss was experienced more than six months ago.

Further information about **Seasons for Growth** can be found at www.goodgrief.org.au or you can call the office and leave a message and I will return your call on a Thursday or alternate Wednesday.

If you think your child could benefit from the **Seasons for Growth** program and is interested in participating, please complete the expression of interest form below and return it to your class teacher by **Wednesday, March 22nd, 2023**. We will then organise the children's groups and information will be sent home with the program participants.

Thank you,
Nicole Anderson
Parent Engagement Coordinator (PEC)

2023 Seasons for Growth Expression of Interest Form

I consent for my child/children _____
from class/classes _____ to attend the Seasons for Growth program. I have discussed this with
him/her.

Parent/Guardian's signature: _____ Date: _____