

September 18th 2017

Change and Loss Support Programme for S4/5 Pupils

Dear Parent/ Carers

Change and loss are issues that affect all of us at some stage in our lives. 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 programme called Seasons for Growth. This programme is facilitated in small groups and is based on research that highlights the importance of social support and the need to practice new skills to cope effectively with change and loss. The programme focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is one hour. The programme concludes with a 'Celebration' session. After the Christmas holidays, the group will have the opportunity to meet again to build on their earlier learning.

Seasons for Growth will commence on Tuesday the 3rd October 2017 and will be facilitated by Lilimar Simpson (Community Learning Worker) and Anna Carey-Miller (Pupil Support Worker) who have received special training in the use of this program.

We have visited your child during PSE classes over the last couple of weeks to inform them about the programme. An informal drop in session for parents and carers, who would like their children to participate, will be held on Tuesday 19th September at the Hill of Banchory Family Centre from 5:30-7pm.

If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about this. Should you feel that there may be circumstances where your child may benefit from being part of this programme then please fill in the slip enclosed and return to the school for attention of Anna Carey-Miller by 25th September 2017.

Further information would be available at our drop in session should you have any queries.

Yours faithfully

Anna Carey-Miller
(Pupil Support Worker)

Lilimar Simpson
(Community Learning Worker)

**PLEASE RETURN THIS SECTION TO THE SCHOOL FOR THE
ATTENTION OF ANNA CAREY-MILLER**

I give consent for my son/daughter to attend the Seasons for Growth Program. I have discussed this with him/her.

Young person Name (please print)-

Parent/Guardian Name (please print) -

Signed:

Parent/Guardian Signature Child's Signature