



## KIRK HILL PRIMARY SCHOOL

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Tuesday, 10 March 2020

Dear Parents/Carers,

Change and loss are issues that affect all of us at some stage in our lives. At Kirkhill 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 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 practise 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 lasts approximately one hour. 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 April for Primary 4 and 5 and will be facilitated by Mrs Angelique Duffy who has received special training in the use of this programme.

Kirkhill Primary School is pleased to be able to offer this important programme and we are confident that it will be a valuable learning experience for those who request to be involved.

If you are interested in your child being considered for a place in this programme, please complete the form by Friday 20<sup>th</sup> March 2020: <https://bit.ly/2HsS9aF>

*Angelique Duffy*

Season for Growth Companion