



KIRKHILL PRIMARY SCHOOL

irkhill Road, Newton Mearns, Glasgow G77 5RJ (0141-570 7200)

e-mail: schoolmail@kirkhill.e-renfrew.sch.uk

Website: www.ea.e-renfrew.sch.uk/kirkhill



At Kirkhill we are #PROUD of our school community. Everyone is encouraged to be creative, strive for excellence and be inspired to attain, achieve and be their best.



Friday, 4th December 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 is 1 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 January 2021 for children in Primary 4 and will be facilitated by Angelique Duffy who have received special training in the use of this programme. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her first about this. Should he/she decide to participate please click on the link below by Friday, 11th December.

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKTkfchnQDCpHvIOIFRyVPMIUOEQ0NFZKSfJTV0hCNFhXVE1WM1QwTkZQUy4u>

Further details are available on the website: <http://www.seasonsforgrowth.org>

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 require any further information, please do not hesitate to contact us.

Yours sincerely,

Mrs Angelique Duffy

#PROUD Perseverance Resilience and Respect Optimism Unity Diversity



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UNCRC Article 28

Every child has the right to an education.

UNCRC Article 29

Education must develop every child's personality, talents and abilities to the full.

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