



## KIRKHILL PRIMARY SCHOOL

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*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, 10/12/2021

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, illness, 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, anxiety and managing feelings, problem-solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session lasts 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 prior learning.

I am planning to start new groups in the new school term in January for Primary 4 and Primary 5. 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. If you are interested in your child being considered for a place in this programme, please complete the form by Thursday, 16<sup>th</sup> December 2021 by 3pm.

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKTKfchnQDCpHvIOIFRyVPMIUOEQONFZKSFTV0hCNFhXVE1WM1QwTkZQUy4u>

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.

*Angelique Duffy*

Season for Growth Companion



#PROUD Perseverance Resilience and Respect Optimism Unity Diversity