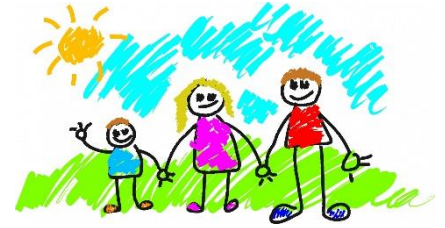




NETHERLEE PRIMARY SCHOOL and NURSERY CLASS  
Clarkston Road, Netherlee, East Renfrewshire G44 3SF ☎0141-570 7260



**NETHERLEE VALUES: Friendship and Fairness, Respect and Responsibility, Courage and Compassion**



Dear Parents and Carers

Change, loss and bereavement are issues that affect all of us at some stage of our lives. At Netherlee 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 and sensitively.

We are therefore offering the opportunity to access ERC's **"Give Us a Break"** programme which will run in Netherlee over the next term. This small group based support, using an extensive range of appropriate resources, will be run by Julie Roberts and Kelly Linn. This will give the children the opportunity to practise new skills needed to cope effectively with change and loss and will focus on issues such as self – esteem, managing feelings, problem solving, decision making, effective communication and support networks.

This programme will involve weekly sessions lasting approximately 30 mins and will be over the course of 7 to 8 weeks. This is for pupils in P4 to 7 only at this time. A flyer with further information regarding this programme is attached to this email.

If you feel this may be something you would like your child to access in order to support them, please use the link to complete the short form. <https://forms.gle/F5TDHRbHSp6L7kRu8>

If you have any questions regarding this, please feel free to contact me by email or just call the school.

Kind regards

Julie Roberts  
DHT



**NETHERLEE VISION: Our Netherlee Community Working With and For Our Children**