

Seasons for Growth



The **Seasons for Growth** programme supports children and young people to understand and respond well to change, loss or grief experiences.

Broomhill Primary School will offer Seasons for Growth to small groups of P2-7 children after the Spring holiday.

What is **Seasons for Growth**?

Seasons for Growth is a grief and loss programme. It is based on small- group peer learning processes, creating a safe, enjoyable creative space for children and young people aged 6-18 years to develop new ways of thinking and responding to change and loss in their lives.

The programme uses the metaphor of the seasons to illustrate the cyclic nature of grief:

- no season lasts forever
- individuals experience the seasons differently
- seasons are unpredictable
- seasonal change is often silent, gradual and unseen.



Seasons is an education programme - it does not provide counselling or therapy.

What does **Seasons for Growth** do?

Seasons for Growth aims to strengthen the social and emotional wellbeing of children and young people who are dealing with significant life changes by:

- exploring the impact of the change and loss on feelings and everyday life
- learning new ways to respond to these changes.

Who is it for?

Any child or young person who is living with the effects of change and loss. Many factors can cause life change such as:

- loss of someone you love
- parents and families separate
- moving to a new place / school
- impact of illness
- the experience of a natural disaster
- many other significant life changes and losses.



Change, loss and grief affects everyone differently. It is the impact of the change on the individual child, not the event itself that Seasons for Growth focuses on. Confidentiality is strongly emphasised.

Evidence

Seasons for Growth has been evaluated extensively over the last 25 years. More information can be found at www.goodgrief.org.au/research

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Intended outcomes

Seasons for Growth provides the support and space for children and young people to:

- learn about how different people respond to change, loss and grief
- understand that it is normal to experience a range of grief and loss reactions
- explore new approaches to dealing with change, loss and grief in their lives
- build communication, decision making and problem solving skills
- participate in a supportive network of peers and adults
- integrate their new learning into their relationships with family, friends and others.

How will it be delivered?

Seasons for Growth will run over 8 sessions, in our school library, with a small groups of 4-7 participants. It will be facilitated by the headteacher, Mrs Cameron, who is a recently trained Seasons for Growth 'companion'. Children will participate in a developmentally appropriate level of the programme, starting week beginning 19 April, on the following day/time:

Level 1: P2-3 Tuesdays, 2-2.45pm

Level 2: P4-5 Mondays, 2.10-2.55pm

Level 3: P6-7 Mondays, 3-4pm (+ snack before session starts at 3.15pm)

Parents/carers can refer their child for Seasons for Growth by clicking [here](#) and completing a referral form. P5-7 children can make a self-referral by speaking with the headteacher. All parents/carers will be required to give consent for their child to commence Seasons for Growth.



Several parents have already reached out for support for their child and are on our list to attend Seasons for Growth. Depending on demand, some children may be allocated a place on the next run of the programme, starting early next session. (Secondary schools may offer Seasons for Growth Levels 4-5 for youngsters 13-18 years.)

What children say about **Seasons for Growth**

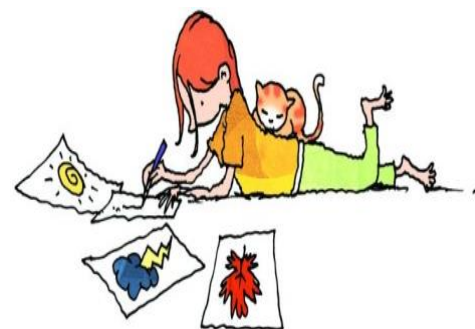
"I learned ways to help with my feelings."

"I liked doing things in my journal. It's fun and you get friends."

"I have learnt that you can deal with your feelings by listening to music, playing games or take a walk."

"I got friends and support from the group."

"It'll be ok. It's normal to feel the way I do."



For more information about **Seasons for Growth** please contact the headteacher at:

Broomhill Primary School ▪ 57 Edgehill Road ▪ Broomhill ▪ Glasgow ▪ G11 7HZ

Phone: 0141 334 5171

Email: headteacher@broomhill-pri.glasgow.sch.uk

Twitter: @BroomhillPSG

Website: <https://blogs.glowscotland.org.uk/gc/broomhillprimaryschoolwebsite>

