



**Shawlands Primary School**  
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Dear Parents/Carers

Change and loss are issues that affect all of us at some stage in our lives. At Shawlands 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 40-45 minutes. 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 within the next few weeks and will be facilitated by Miss Fowler, Miss MacDonald, and Mrs Fleming 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 them first about this. Should they decide to participate please fill in the section below and return to the school as soon as possible. If there is sufficient demand we will run a further course later in the session.

Shawlands Primary 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 contact the school office and someone will get back to you.

Thank you

Theresa Wright

Headteacher



Seasons for Growth Return Slip.

I give consent for my child to attend the Seasons for Growth programme. I have discussed this with them.

Child's name: \_\_\_\_\_ class: \_\_\_\_\_

Parent/Carer signature: \_\_\_\_\_