

## People Directorate

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Date: September 2021

Dear Parent or Carer,

Change and loss are issues that affect each and everyone of us at some stage in our lifetime. At Heathfield Primary School, we recognise that when changes occur in families through death, separation, divorce or other related circumstances, young people may benefit from learning how to manage these changes and the emotions that accompany them. Therefore, we are 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 through 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 approximately eight weeks and each weekly session is 40-50 minutes. We will commence our **Seasons For Growth** groups in October 2021. These groups will be facilitated by Mrs. McBlane, Mrs. Thomson, and Mrs. Cathcart all of whom have received specialised training in the use and support of the programme.

If you believe your son or daughter would benefit from **Seasons for Growth**, we would encourage you to speak to your child about this opportunity. If you decide that this programme is the right fit for your child, please complete and return the bottom portion of this page to the school by **Friday 24<sup>th</sup> September 2021**

If your child has already been through the **Seasons for Growth** programme, but you believe they would still benefit from additional support, please let us know.

Sincerely,

The Pupil Support Team

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### **Seasons for Growth**

I \_\_\_\_\_ give consent for my child \_\_\_\_\_ to attend the Seasons for Growth Programme.

Parent or Carer Signature \_\_\_\_\_

Child's Signature \_\_\_\_\_ Class \_\_\_\_\_