



Dear Parents

Change and loss are issues that affect all of us at some stage in our lives. At Brunstane 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 program called Seasons for Growth.

This program 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 program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

The Seasons for Growth Program runs for eight weeks and each weekly session is 40-50 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 on 14th March and will be facilitated by Mr McMillan and Miss Williams who have received special training in the use of this program. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about this. Should he/she decide to participate please fill in the tear-off section below and return to the school by Wednesday 2nd March.

An information session for parents and carers who would like their children to participate will be held on Monday 7th March in the school parent room.

I would strongly encourage you to attend this session to gain an insight into the value of the program. Brunstane is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved.

Signed:

Seasons for Growth Site Coordinator

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PLEASE RETURN THIS SECTION TO THE SCHOOL

I give consent for my son/daughter to attend the Seasons for Growth Program. I have discussed this with him/her.

I am able/unable to attend the parent information session on Monday 7th March

Signed: _____
Parent/Guardian Signature Child's Signature