



Dear Student,

Change and loss are issues that affect all of us at some stage in our lives. At Brunstane we recognise that life can be a little difficult for a while when changes occur in families through death, separation, divorce or related circumstances. We are therefore offering a very successful program called Seasons for Growth.

This program is an opportunity for you to learn with a small group of peers who have experienced similar issues. The program will help you learn new skills to cope effectively with change and loss. It focuses on developing strengths in areas such as self-esteem, managing feelings, problem-solving, decision-making, communication and building support networks.

Seasons for Growth is not counselling. It is an education program that uses a wide range of creative activities to help you learn how to manage well in times of change.

Seasons for Growth has been timetabled to run for eight weeks commencing on 14th March and each weekly session is approximately one hour. 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 earlier learning.

IF YOU ARE INTERESTED IN BEING INVOLVED IN SEASONS FOR GROWTH AN INFORMATION SESSION WILL BE HELD ON WEDNESDAY 2ND MARCH.

Chris McMillan
Principal Teacher (Acting)

Pupil's Name: _____

I would like to take part in the Brunstane Primary Seasons for Growth group

I do not want to take part in the Brunstane Primary Seasons for Growth group

Parent/Carer Name _____

I do/do not give permission for my child to take part in the Brunstane Primary Seasons for Growth group.

(Please delete as appropriate)

Signed: _____ Contact # _____

