

LOVE
OPTIMISM
CREATIVITY



Good Shepherd
Lutheran School | Para Vista

Dear Parents / Carers,

Change and loss at any time can be challenging. We recognise that when changes occur in families through separation, divorce, bereavement or natural disasters, young people may benefit from learning how to make sense of these changes. To support our children and young people, we are offering an evidence-based education program called *Seasons for Growth*.

This program is facilitated in small groups and supports children and young people to learn that change is part of life, to name and care for their feelings, build problem solving skills, make good choices and develop support networks. The children will attend weekly sessions of 40-45 minutes for 8 weeks. Each child is given a journal to record their experience and learning during the program.

Seasons for Growth will be offered over the course of term 2, facilitated by Renee Baker (Wellbeing Support), who has received special training in the use of this program. If you think your child 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 tear-off section below and return it to the school.

If you have any questions, please contact Renee Baker (Wellbeing Support) on renee.baker@gspv.sa.edu.au.

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I _____ give consent for my child

_____ to attend the Seasons for Growth program.

I have discussed this with them.

Parent/Guardian Signature _____

Child's Signature _____

