



# MATER DEI CATHOLIC COLLEGE

Plunkett Drive, Wagga Wagga NSW 2650 - PO Box 8185, Koorringal NSW 2650  
Ph 02 6923 8300 Fax 02 6923 8399 Email [mdcc-info@ww.catholic.edu.au](mailto:mdcc-info@ww.catholic.edu.au)  
ABN 76 511 781 921 [www.mdccww.catholic.edu.au](http://www.mdccww.catholic.edu.au)

Dear Parents/ Guardians,

Change and loss are issues that affect all of us at some stage in our lives. Mater Dei Catholic College, we recognise that when changes occur in families through death, separation, divorce, moving to a new place 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 is aimed at secondary students. 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 in Term 2 and will be facilitated by Carroll House Leader, Virginia Baggio who has received specialised training in the use of this program. The sessions will run during school hours at the College, and will not always fall on the same day or lesson to limit any disruption to learning.

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 wish to participate please fill in the tear-off section below and return to the College office by Week 6, Term 1. Groups will be formed based on the age of the students, if we have more interest than positions available we will offer more programs at a later date.

Mater Dei Catholic College 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. If you would like more information on Seasons for Growth, please contact Virginia Baggio through the College office or by email [baggiiov@ww.catholic.edu.au](mailto:baggiiov@ww.catholic.edu.au).

Virginia Baggio  
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.

**Signed:** Parent/Guardian: \_\_\_\_\_

Student: \_\_\_\_\_