



Dear Parents and Caregivers,

Change and loss are issues all of us face at some stage of our lives. At Kariong Public School 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.

Seasons For Growth runs for 8 weeks in school hours and each weekly session is 40-45 minutes. The program concludes with a 'celebration' session. Later in the year each group will have the opportunity to meet for a further session to build on their earlier learning. There is no cost involved.

Seasons For Growth will commence in Term 3 (week to be determined) for Years 1-6. If you think your son or daughter would benefit from this program, we would encourage you to talk to him/her about this. Should he/she decide to participate, please fill in the form attached and return to the office by Thursday 2nd July. Please also include a brief reason for participation e.g. divorce, death etc. Students who have not participated in the program before will be given first preference.

If you require further information or have any questions please contact me at school on 4340 1885.

Kariong Public School 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.

Sue Gasper

Seasons For Growth Site Coordinator

Return to School Office for Mrs Gasper

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

Parent/Guardian Signature: _____ Child's signature _____

Reason for participation _____