



## Information for Parents/Carers

Seasons for Growth is an educational programme that uses the imagery of the seasons to illustrate the cyclical nature of grief. It aims to strengthen the wellbeing of children who may be dealing with major life changes including death, separation and other significant losses by:

- exploring the impact of change and loss on everyday life
- learning new ways to respond to these changes

Over 8 sessions children have an opportunity to share (If they choose), some of their experiences and work together. Children of similar age and ability support each other to learn new ways to cope with difficult situations alongside a trained Companion. Confidentiality is strongly emphasised.

The *Seasons for Growth*<sup>®</sup> small group (4-7 pupils) programmes are designed to be facilitated by one or two trained Companions (Mrs Leonard and Mrs Ketchion).

We are going to begin by offering this programme to Primary 7. We will speak to the whole class about the programme and answer any questions. Every pupil will then be given an information and consent letter to bring home. If they feel it would be something they would benefit from, they would return the consent letter to school. Depending on numbers, we would then select a small group of pupils for the sessions. Unfortunately we can't guarantee that all pupils will get to be part of the first group.

The Seasons for Growth website is available if you would like any further information.

<https://seasonsforgrowth.co.uk/>

Mrs Leonard