



# Sacred Heart Central School

Faith & Knowledge



Dear Families

In Term 3 and 4 2018, we will again be running the Seasons for Growth Young Peoples Program at Sacred Heart.

The program is designed to educate students about the grief process. It creates an opportunity for students to talk to other students who may be experiencing similar emotions from change or loss. It may assist them to process these emotions and develop strategies to cope with them.

The program involves one session per week of 45-60 min (depending on the age group), for 9 weeks and then two 'reconnector' sessions late in Term 4. For a group to run we require 4-7 participants in the age group. Unfortunately, the program does not cater for Kindergarten students.

On the back of this letter, taken from the Good Grief website, is some information to explain more details about the program. If you think your child may benefit from being involved in Seasons for Growth, would you please complete and return the attached 'Expression of Interest/Permission' form by:

**Term 3 Week 5 – Friday 24<sup>th</sup> August 2018 to the Front Office.**

Sacred Heart 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.

For more information about Seasons for Growth for Children and Young People, you can go to their website <http://www.goodgrief.org.au/children-and-young-people>. An information pack for parents and carers is available from the school upon request, and I invite any questions or concerns you may have in making your decision to register for this program.

For information about Seasons for Growth at Sacred Heart, please contact myself at [kerrie.murphy@cg.catholic.edu.au](mailto:kerrie.murphy@cg.catholic.edu.au) or on 0269422612 during school hours.

Warm regards

Mrs Kerrie Murphy  
Student Wellbeing Officer  
Seasons for Growth Companion

Mrs Nicky Trinder  
Assistant Principal  
Sacred Heart Central School



## Children & Young People's Program

"Seasons for Growth® is a small group loss and grief education program. The Young People's Program aims to strengthen the social and emotional wellbeing of children and young people (aged 6 -18) who are dealing with significant loss or change including the death of a loved one, parental divorce or separation, the experience and aftermath of natural disaster and moving house or school as well as many other life changes and losses.



Small groups of 4-7 children work with a trained adult Companion (facilitator) who supports the children to have a say and learn new ways to think about and respond to the changes and losses in their lives. Children learn that they are not alone in dealing with the effects of change, loss and grief, and build their understanding and communication, decision making and problem solving skills as part of a supportive peer group.

The Seasons for Growth® Young People's Program is a structured eight week program filled with peer-to-peer learning opportunities - time to talk and listen as well as take part in activities including drawing, music, art, journaling, role plays and stories. A celebration session and two follow up 'reconnector' sessions complete the program, and each session explores an age appropriate concept, for example "I am Special" and "Feelings". The story of the seasons is used to explain the cycles of life, including change and loss, and provides a valuable metaphor for children to explore and understand their own story.

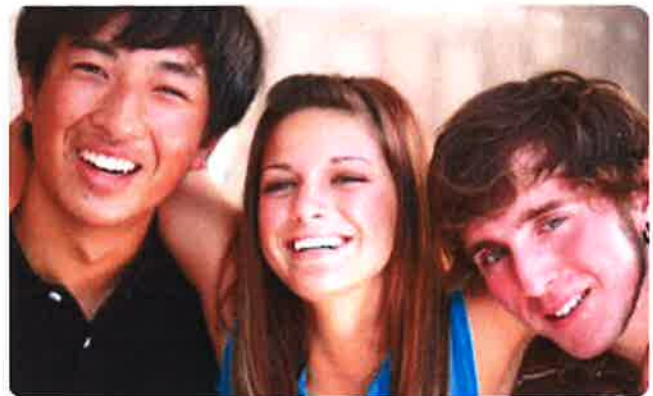
The Seasons for Growth® Young People's Program has five levels;

### Primary school

- Level 1: Stage 1/Yrs 1 & 2
- Level 2: Stage 2/Yrs 3 & 4
- Level 3: Stage 3/Yrs 5 & 6

### Secondary School

- Level 4: Stage 4/Yrs 7 & 8
- Level 5: Stage 5/Yrs 9 & 10



"I feel stronger and I can achieve anything I want to do. I will be the same person when I get home but I will be... refreshed and trying to be always positive." 15 yr old girl

"Bad things won't last forever" 8 year old boy

"I can make choices and decisions" 11 year old girl

"(I learned) how to cope with feelings and not to bottle my anger up" 10 year old boy

Seasons for Growth® was developed in 1996 by Anne Graham in collaboration with education, health and welfare professionals. It is recognised within the national mental health initiatives for children and young people - KidsMatter and MindMatters. Adults who facilitate the Seasons for Growth® program have been endorsed by an agency, undertaken training and are accredited as Companions."



## Expression of Interest/Permission

PLEASE RETURN THIS PAGE TO THE SCHOOL OFFICE by **Friday 24<sup>th</sup> August 2018**

I would like my child/ren to be involved in the Seasons for Growth Young People's Program at Sacred Heart, facilitated by Kerrie Murphy.

Name \_\_\_\_\_ Year Level \_\_\_\_\_ Class \_\_\_\_\_ Childs Consent Y / N

Name \_\_\_\_\_ Year Level \_\_\_\_\_ Class \_\_\_\_\_ Childs Consent Y / N

Name \_\_\_\_\_ Year Level \_\_\_\_\_ Class \_\_\_\_\_ Childs Consent Y / N

Name \_\_\_\_\_ Year Level \_\_\_\_\_ Class \_\_\_\_\_ Childs Consent Y / N

I **would** / **would not** like an information pack sent home.

I give permission for my child/ren to participate if their group has enough numbers to go ahead in 2018.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Parent/Carer

The following details are for follow-up purposes (please print clearly).

Parent/Carer Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred method of contact:      *Email*              *Phone*              *Letter*

If there is another Parent/Carer that requires the same information sent to a different address, please provide these details.

Parent/Carer Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Preferred Email: \_\_\_\_\_

Preferred method of contact:      *Email*              *Phone*              *Letter*

If there are any details you would like Kerrie to know, you can add these on the back of this form. This information will be kept confidential. Thank you for your time.