Dear Parents,

Loss and grief are issues which affect all of us at some stage in our lives. Learning to deal effectively with these issues is central to personal well being and happiness. Unresolved grief can also affect student's learning. Specimen Hill PS is offering an Australian education program call Seasons for Growth which supports participants who have experienced change in their family because of death, separation or divorce. The program explores issues such as change, loss, managing feelings, coping strategies and support networks. Seasons is an eight week session program which concludes with an additional ‘Celebration’ session.

If you believe that your child/ren will benefit from this program, please complete the attached slip and return it to the school. The program will begin in Term 2 as required.

Many thanks,

Sandy Young & Lisa Maxwell
Co-Facilitators

Return Slip

Seasons For Growth

I believe my child/ren ___________________________________________ would benefit from being involved in the Grief and Loss Program ‘Seasons’.

Parent Signature: _________________________________
Child’s Signature: _________________________________