



# ST JUDE'S PRIMARY SCHOOL

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Thursday 24 August

## SEASONS FOR GROWTH PROGRAM

Beginning in Week 8 this term, we will be implementing an 8 session program called 'Seasons for Growth' which is run by Good Grief, through the Sisters of St Joseph: <https://www.goodgrief.org.au/>. Some staff at St Jude's who are formally trained as 'Companions', spend time with a small group of students who are dealing with some aspect of change, separation, loss or grief. The sessions do not provide counselling or therapy.

The sessions:

- aim to support young people to understand and manage grief that is experienced because of change, the loss of a parent or significant other through death, separation or divorce.
- assist in normalising the emotions associated with the loss
- encourage the expression of thoughts and emotions
- educate about the grief process
- develop a peer support network
- draw on extensive research in developing a sound educative response to loss and grief. 'Seasons for Growth' provides opportunities for students to integrate the appropriate knowledge, skills, and attitudes to understand and cope with change, loss and grief, using the metaphor of the seasons.

It helps children to:

- accept the reality of loss
- work through the pain and grief
- adjust to an environment in which a significant person is no longer present
- emotionally relocate and move on with life. However, they do suggest that the young person participates in the program six to twelve months after the loss, as they are in a better position to cope with the program. The program is strictly confidential and implemented with discretion and sensitivity.

Please feel free to talk to Susan Chant if you have any concerns or issues you would like to discuss further regarding this nomination. If you think that this program is something that your child would benefit from, please talk to your child and their teacher, then contact Susan at [susan.chant@cg.catholic.edu.au](mailto:susan.chant@cg.catholic.edu.au)

After nominations are made and numbers are ascertained, a permission slip and further information will be sent home via your child.

**An information session will be held on Tuesday 29 August in the library from 8.30-8.45am. This session will inform parents about the program.**

Kind regards,

Peter Galvin