



# Midlothian



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HEAD TEACHER



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27<sup>th</sup> November 2017

Dear Parent/Carer

Next term we will be offering children in P3 and P4 the opportunity to take part in the 'Seasons for Growth' programme.

'Seasons for Growth' is an education programme primarily for children who have experienced a lot of changes in their lives eg through death, separation, divorce or related circumstances, with the aim of helping children learn how to manage change and loss effectively. It focuses on issues such as managing feelings, problem-solving, effective communication and decision-making, and maintaining self-esteem.

'Seasons for Growth' is run for small groups and is based on research that highlights the importance of peer support. Special training is required before any adult is qualified to run a group. The group will be run by Mrs Findlay and Mrs Black.

The programme runs for eight weeks, with each weekly session lasting about 50 minutes. As 'Seasons' is an Education programme, and part of Health & Wellbeing, it will be run in school time.

If you and your child feel this programme would be helpful, please complete the tear off slip below and return it to the school by Monday 4<sup>th</sup> December. The maximum number of children we can take is 8 so it may not be possible to take everybody.

We will hold an **information session** for parents on **Monday 11<sup>th</sup> December at 2.30pm**. Please enter the school through the front office.

I look forward to hearing from you.

Yours sincerely

Mrs Findlay and Mrs Black

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## SEASONS FOR GROWTH' PROGRAMME

- I wish my child to be considered for the 'Seasons for Growth' group.
- I will/will not attend the information session on Monday 11<sup>th</sup> December at 2.30pm.

Child's Name \_\_\_\_\_

Signature of Parent/Carer \_\_\_\_\_ Child's Signature \_\_\_\_\_

Contact tel.number \_\_\_\_\_

**AIM HIGH**  
**CELEBRATE SUCCESS**  
**ENJOY LEARNING**