
Change, 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 wellbeing. Unresolved grief can affect a student’s learning. St. Peter’s offers Seasons 4 Growth to support students who have experienced a change or loss in their family through moving schools, a serious illness, a death of a loved person or pet, separation or divorce of parents, the addition of new family members or some other significant change.

The program:
• helps young people to realise that their emotions are a normal and valuable part of life.
• encourages them to express their thoughts and emotions.
• helps them to understand “grief.”
• teaches them to support others.

The program is not counselling or therapy.

Seasons 4 Growth is an eight-session program that concludes with an additional ‘Celebration’ session. At the end of the year each group will have the opportunity to have another meeting to discuss any issues arising after the program. Confidentiality regarding all discussions is emphasised in these sessions.

Seasons 4 Growth groups are facilitated by the School Chaplain and are grouped into four levels: for years R/1; 2/3; 4/5; and 6/7. Each participant is provided a workbook for journaling. If you are interested in registering your child for term 3, please complete the section below and return it to James Ziersch, via the school’s office or the classroom teacher by Thursday 20\textsuperscript{th} August.

Attention: James Ziersch

I _________________________ give consent for my son/daughter _________________________ to attend 8 sessions of the Seasons 4 Growth grief education program in 2009. (please circle)
Year 6/7 group / Year 4/5 group / Year 2/3 group / Year R/1.

I have discussed this with him/her and they are willing to attend.
Date: _______________________

________________________________  __________________________________
Parent/Guardian Signature  Child’s Signature