



SEASONS FOR GROWTH 2018

Seasons For Growth will again be offered this year as part of the pastoral care program at Infant Jesus School

What is Seasons for Growth all about?

Seasons For Growth is an educational program that aims to strengthen the social and emotional wellbeing of children and young people who are dealing with significant life changes by:

- Exploring the impact of the change on everyday life
- Learning new ways to respond to these changes

Who is it for?

Anyone who is living with the effects of change and loss such as:

- Loss of someone you love
- Parents and families separate
- Migration or refugee experience
- Impact of illness
- Family work-life changes

Seasons helps children:

- Feel special, become more confident and build self-esteem
- Have the chance to understand their feelings
- Learning they are 'not alone' in their experience
- Have a say and learn new ways to think and respond

How Does Seasons for Growth Work?

Seasons is a structured eight week program taking place in small age related groups. There is opportunity for time to talk and listen in a friendly and confidential atmosphere, as well as take part in activities around the weekly theme using drawing, music, art, journaling, role-plays and stories. Each weekly session lasts 40-50 minutes and takes place during school at a time suitable for both teacher and class.

When will Seasons start?

Seasons will commence in Term 3, week 3.

What is the Cost?

There is no cost for the Seasons Program. It is offered as part of the Pastoral Care Program at Infant Jesus School.

How can my Son or Daughter take part in Seasons?

If you think your son or daughter may benefit from the program I would encourage you to talk about it with them. Should they wish to participate please email myself or complete the tear off slip and return it to your child's teacher, the office or myself by Friday June 29 I would be happy to hear from you if you have any queries.

Penny Storey

Social Worker

Seasons for Growth Coordinator

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Seasons for Growth Program 2017 Participation Consent Form

I _____ (Parent's/Carer's full name) give my consent for my son /daughter _____
Class: _____ to attend the Seasons for Growth Program. I have discussed this with him / her.

Child's signature: _____

Parent / Guardian signature _____