



## SAINT BRIGID'S SCHOOL COLLIE

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16 March 2017

Dear Parents and Families

### Seasons for Growth

Seasons for Growth is a peer support group program that can help your child learn skills and strategies to be more resilient in facing change in their lives. Change is a constant in all our lives and children will often experience this as a type of grief over the loss of someone or something significant in their lives. Children can be profoundly affected by changes and loss such as the loss of a pet, death of a grandparent, separation of their parents, moving house and leaving friends behind, starting at a new school, and many other changes in their lives.

Our School Counsellor, Laurie Sutherland, will be running Seasons for Growth groups next term. If you would like your child to participate in a group, please fill in the attached form, enclose it in an envelope marked for the attention of Laurie Sutherland, and drop it into the school office. Ideally, depending on the number of participants, siblings will be assigned to separate groups. Participants' details are kept strictly confidential, so rest assured your child's and family's personal information and privacy will be fully respected.

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### Seasons for Growth Registration Form

Child's Name:

Date of Birth:

Class Year:

Teacher's Name:

Reason for participating:

I request a follow-up phone call with Mr Laurie Sutherland: Yes / No

Parent name:

Contact number:

Kind regards,

Laurie Sutherland

School Chaplain