3rd March, 2016

Dear Parent/Guardian,

2016 Seasons for Growth Program

Change and loss are issues that affect all of us at some stage in our lives. At Xavier Catholic College we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

Seasons for Growth runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a ‘Celebration’ session. Later in the year each group will have the opportunity to meet for two further sessions to build on their earlier learning.

Seasons for Growth will commence on Monday, 7th March, 2016 and will be facilitated by Mrs Frances Lamont who has received special training in the use of this program. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to them about this. Should they decide to participate please fill in the permission slip below and return to the College Office as soon as possible.

Yours sincerely,

Mr Michael Vella
Principal

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Please return permission slip to the College Office.

2016 Seasons for Growth Program

Student’s Name: ___________________________ H/Room: ________

I give permission for my son/daughter to participate in the Seasons for Growth Program and I have discussed this with him/her.

Parent/Guardian Signature: ___________________________ Date: ______________

Parent/Guardian Name (please print): ___________________________

Student’s Signature: ___________________________