



Dear Parent/Guardian,

**2021 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. Additionally, students who transfer to Xavier Catholic College during the school year or Year 7 students' who come from small primary schools may also benefit. 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. As a Jesuit Companion School we practise 'Cura Personalis' or care for the whole person. We accompany students in developing self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

We aspire to walk with our students in finding God & Gratitude in all things.

Seasons for Growth will commence in February, 2021 and will be facilitated by Mrs Frances Lamont who is trained in the use of this program.

Students are welcome to join the Seasons for Growth program at any time.

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 Kevin Lewis  
Principal

.....  
*Please sign and return permission slip to the College Office.*

**2021 Seasons for Growth Program**

**Student's Name:** \_\_\_\_\_ **P/Care:** \_\_\_\_\_

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:** \_\_\_\_\_