

Parental Information Session
February 2024
Miss Kingaby

Seasons
for Growth®



What is Seasons for Growth?

- Supports children and young people to understand and respond well to the **issues they experience** as a result of **death, separation, divorce or other significant change and loss in their lives**
- Assists children and young people to understand that their feelings and other reactions are normal
- Develops skills for coping, problem solving and decision making
- Builds peer support network
- Helps restore self-confidence and self-esteem
- Educates children and young people about the grief process
- The SfG program is evidence based and relies on research, strategies and techniques.

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What is a Companion?

- A Companion is the Seasons for Growth trained adult, who facilitates the sessions
- Not a counsellor

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Why is it called Seasons for Growth?

The metaphor in the context of the Seasons for Growth program provides a concrete way of engaging with the more abstract experience of grief. Participants come to a deeper understanding of their experience of loss and grief as they recognise that:

- No season lasts forever
- Each season is unique and important for one's growth
- Each season has its own story - there are easy days and difficult days
- Seasons are unpredictable
- Individuals experience the seasons differently
- People find different ways to adapt to changes within each season
- Seasonal change is often silent, gradual and unseen

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What will my child learn?

Season	Seasons for Growth Tasks	Session Content
Autumn	Learn that change and loss are part of life.	Session 1: Life is like the seasons Session 2: Change is part of life
Winter	Learn about different ways people experience change and loss.	Session 3: Valuing my story Session 4: Naming my feelings
Spring	Learn skills to assist with adapting to change and loss.	Session 5: Caring for my feelings Session 6: Remembering the good times
Summer	Learn about ways that help in moving forward with life.	Session 7: Making good choices Session 8: Moving forward

What is the format for each session?

- Thursday 9.45-10.30am
- Your child will bring their snack and jacket with them
- Starts with a relaxation task, e.g. listen to music, listen to a story, meditation
- Revise last weeks session and then look at that weeks focus
- Journals are completed each week
- Confidentiality
- Sessions are for a lot of discussions, where they can share their views, opinions and stories if they want to
- At the end, we will all go outside for playtime. Pupils can then take their time integrating in to their class again or spend some time alone. I will be outside, so they can chat with me too.

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How can you help?

- Parental Engagement is **REALLY** important. Talk with your child about the sessions. They may require something for the next session, e.g. photo's.
- Respect only listening to your child's stories and not others
- If you and your child decide to sign up to the program, it is a full commitment to all of the sessions.
- Attend the **Celebration Event: Friday 3rd May at 2pm** in the Hall. Your child will get to share their journal with you.

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Feedback from last years participants and parents:

Pupils:

'I thought it was very helpful for my situation and it helped me get it off my chest' Pupil A

'It is very helpful for people who are going through a rough time. I want everyone to do it'
Pupil B

Parents:

'My children enjoyed Seasons for Growth and benefited a lot: their behaviour, their respect, their attitude have been noticed on many occasions.' Parent A

'I feel this programme really helped my son identify and talk about his feelings.' Parent B

"It was good for my child to think about their emotions and realise lots of other children would be feeling the same things.' Parent C

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